

Whole Grain White Bread

INGREDIENTS: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, FIBER BLEND (OAT FIBER, SUGARCANE FIBER, CALCIUM SULFATE, INULIN, OAT FLOUR, FERROUS FUMARATE, VITAMIN D3, FOLIC ACID), YEAST, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VEGETABLE OIL (CANOLA AND/OR SOY), SALT, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK, SOY FLOUR.

Whole Grain Rich?	Oz Equivalent?
<input type="checkbox"/> Yes:	Group B
<input checked="" type="checkbox"/> No:	61 grams = 2 oz eq
<input type="checkbox"/> Need more	2 slices = 2 oz eq
<input type="checkbox"/> Info:	1 slice = 1 oz eq

Nutrition Facts

Serving Size 2 Slices 61g
Servings Per Container 10

Amount Per Serving

Calories 140	Calories from Fat 13.5
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6g	12%

Vitamin A 0%

Vitamin C 0%

Calcium 30%

Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Great Seed Bread

INGREDIENTS: ORGANIC WHOLE GRAINS (ORGANIC WHOLE CRACKED WHEAT, ORGANIC WHOLE WHEAT FLOUR), FILTERED WATER, ORGANIC ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), ORGANIC GRAIN AND SEED BLEND (ORGANIC WHOLE BROWN FLAX SEED, ORGANIC SUNFLOWER SEED KERNELS, ORGANIC SESAME SEEDS, ORGANIC BLACK SESAME SEEDS, ORGANIC BLUE POPPY SEEDS, ORGANIC QUINOA, ORGANIC RED QUINOA, ORGANIC BLACK QUINOA), ORGANIC DRIED CANE SYRUP, ORGANIC VITAL WHEAT GLUTEN, YEAST, ORGANIC AGAVE NECTAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ORGANIC SUNFLOWER SEEDS, ORGANIC PUMPKIN SEEDS, ORGANIC WHOLE GRAIN STEEL CUT OATS, ORGANIC OAT FIBER, SEA SALT, ORGANIC SOYBEAN OIL, ORGANIC CULTURED WHEAT FLOUR, CALCIUM SULFATE, ENZYMES, ASCORBIC ACID.

Whole Grain Rich?	Oz Equivalent?
<input checked="" type="checkbox"/> Yes:	Group B
<input type="checkbox"/> No:	42 grams = 1.5 oz eq
<input type="checkbox"/> Need more	1 slice = 1.5 oz eq
<input type="checkbox"/> Info:	½ slice = .75 oz eq

Nutrition Facts

Serving Size 1 Slice 43g
Servings Per Container 17

Amount Per Serving

Calories 110	Calories from Fat 22.5
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 5g	10%

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Wheat Crackers

Ingredients

WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (TURMERIC OLEORESIN, ANNATTO EXTRACT). BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS. CONTAINS WHEAT.

Whole Grain Rich?	Oz Equivalent?
<input checked="" type="checkbox"/> Yes:	Group A
<input type="checkbox"/> No:	31 gms = 1¼ oz eq
<input type="checkbox"/> Need more Info:	16 crackers = 1¼ oz eq 8 crackers = ¾ oz eq

NUTRITION FACTS

Serving Size: 31 g
Serving per container about 8

Amount Per Serving	16 Pieces
Calories 140	
Calories from Fat 45	
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Monounsaturated Fat 1g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Potassium 95mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 0%	Calcium 2%
Vitamin C 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Tortillas

Ingredients: Corn masa flour, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), guar gum, amylase.

Whole Grain Rich?	Oz Equivalent?
<input type="checkbox"/> Yes:	Corn masa flour is NOT a whole grain Group B
<input checked="" type="checkbox"/> No:	47 grams = 1½ oz eq 2 tortillas = 1 ½ oz eq
<input type="checkbox"/> Need more Info:	1 tortilla = ¾ oz eq

Nutrition Facts

Serving Size: 2 tortillas (47 g)

Amount Per Serving	
Calories	Calories from Fat
100	10
Total Fat 1.5 g	
Sat. Fat	0 g
Trans Fat	0 g
Cholesterol 0 mg	
Sodium 10 mg	
Carbohydrates 20 g	
Dietary Fiber	3 g
Sugars	2 g
Protein 2 g	
Vitamin A	0%
Calcium	2%
Vitamin C	0%
Iron	4%

Graham Crackers

Ingredients

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR. CONTAINS WHEAT, SOY.

Whole Grain Rich?	Oz Equivalent?
<input type="checkbox"/> Yes:	Group B
<input checked="" type="checkbox"/> No:	31 grams = 1 oz eq
<input type="checkbox"/> Need more Info:	Grain based dessert – Can serve but NOT COUNT

NUTRITION FACTS

Serving Size: 31 g	
Serving per container about 13	
Amount Per Serving	8
Calories 130	Crackers (31g)
Calories from Fat 25	
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Monounsaturated Fat 0.5g	0%
Cholesterol 0mg	0%
Sodium NaNmg	7%
Potassium 50mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Calcium 0%
Vitamin C 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholest	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Fiber	25g 30g

Cereal

Ingredients:

Rice, Sugar, Hydrogenated Vegetable Oil (Coconut And Palm Kernel Oils), Salt, Contains Less Than 0.5% Of Natural And Artificial Flavor, Red 40, Yellow 6, Turmeric Oleoresin (Color), Blue 1, Yellow 5, Blue 2, Bha (To Help Protect Flavor).

Vitamins and Minerals

Sodium Ascorbate (Source Of Vitamin C), Ascorbic Acid (Vitamin C), Niacinamide, Reduced Iron, Zinc Oxide (Source Of Zinc), Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Folic Acid, Vitamin B12, Vitamin D.

Whole Grain Rich?	Oz Equivalent?
<input type="checkbox"/> Yes:	Group I
<input checked="" type="checkbox"/> No:	27 grams = .95 oz eq Round down to ¾ oz eq
<input type="checkbox"/> Need more Info:	Not creditable - Sugar exceeds allowed limit

Nutrition Facts

Serving Size: ¾ cup (27 g)	
Amount Per Serving	
Calories 110	Calories from Fat 10
Total Fat 1 g	
Sat. Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 140 mg	
Carbohydrates 23 g	
Dietary Fiber 0 g	
Sugars 9 g	
Protein 14 g	
Vitamin A	15%
Calcium	0%
Vitamin C	10%
Iron	10%

Banana Bread

Ingredients

2½ cups flour
1 cup whole wheat flour
2 tsp baking soda
1 cups sugar
½ cup vegetable oil
2 eggs
2 cups mashed ripe bananas
1 tsp vanilla extract

Serving size= 1 slice
Servings per recipe = 32

*Use Worksheet for Calculating
Grains Contribution from a
Recipe

Whole Grain Rich?	Oz Equivalent?
<input type="checkbox"/> Yes:	White flour 2.5 cups x 125 = 312.5 gms WW flour 1 cup x 120 = 120 gms Total = 432.5 gms
<input checked="" type="checkbox"/> No:	
<input type="checkbox"/> Need more Info:	432.5gms / 32 servings = 13.5 gms / serving 13.5 / 16 = .84 oz eq (round down) A slice = .75oz eq