



# BREAD EXCHANGE

Serving Size

Fork Friendly Selections (Cal/g carb)

## Bagel

100% Whole wheat  
Saturated fat-free

Bagel -----	1/3
Bagel Thin -----	1/2
Mini Bagel -----	1

### Thomas

- Whole Wheat Bagel (85/17)
- Whole Wheat Bagel Thin (55/12)

### Pepperidge Farms

- Mini Bagel (100/20)



## Bread Slices

100% whole wheat - Saturated fat-free  
Minimum 16 g whole grains/serving

Thin Slice Bread -----	1
Sandwich Bread -----	1
Thin, Slim, Round ---	1/2

### Dave's Killer Thin Sliced

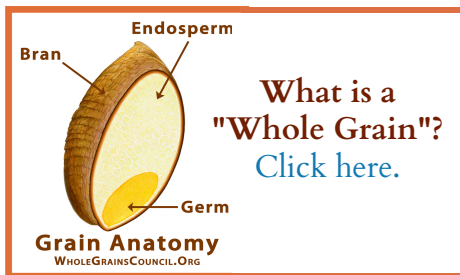
- 21 Grain (70/12)
- Good Seed (70/13)

### Ezekial 4:9

- Sprouted Whole Grain (80/15)

### Oroweat

- 12 Grain (100/17)
- Whole Wheat (100/19)
- Double Fiber (80/19)
- Whole Wheat Sandwich Thin (70/14)



## Bread Crumbs

Saturated fat-free  
Maximum 50 mg sodium

Bread Crumbs -----	1/4 cup
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### Kikkoman Panko (55/12)



## Buns

100% whole wheat - saturated fat-free  
At least 16 g whole grains/serving

Hamburger Bun -----	1/2 bun
Hot dog Bun -----	1/2 bun

### Nature's Own

- Whole Wheat Hamburger Buns (65/12)
- Whole Wheat Hot Dog Buns (55/11)



## Cornbread/Stuffing

Saturated fat-free  
Maximum 250 mg sodium

Cornbread, cooked -- 2-in cube

Fleischmann's

- Simply Homemade Cornbread (85/17)

Pamela's

- Gluten-Free Cornbread Muffin Mix (70/13)



## English Muffins

100% Whole wheat  
Saturated fat-free

English Muffin ----- 1/2

Oroweat

- Whole Wheat English Muffin (75/15)

Thomas

- Whole Wheat English Muffin (60/11)



## Flatbread & Pita

100% whole wheat - saturated fat-free  
Minimum 16 g whole grains/serving

Pita Wrap ----- 1/2

### WHOLE GRAINS

Brown Rice, Wild Rice,  
Colored Rice  
Buckwheat  
Oats  
**Whole** Corn  
**Whole** Rye  
**Whole** Wheat  
Quinoa

Flatout Wraps

- Italian Herb (45/11)

- Multigrain with Flax (50/11)

- Original (45/11)

Sam's Choice

- Whole wheat (70/13)

Toufayan

- Whole wheat (80/16)



## Mix, Biscuit (boxed)

Lower in saturated fat & salt

Dry Mix ----- 3 Tbsp

Bisquick

- Heart Smart (70/14)



## Mix, Pancake/Waffle

100% Whole wheat  
No more than 1 g saturated fat

Dry Mix ----- 3 Tbsp

Arrowhead Mills

- Buckwheat Pancake & Waffle (85/15)



## Pancake, Frozen

Lower in salt

Pancake (4 in across, --- 1  
1/4 in thick)

**Golden**

- Potato (70/10)
- Sweet Potato (70/13)



## Roll, Crescent

Lower in saturated fat & salt

Crescent Roll ----- 1  
Breadstick ----- 1

**Pillsbury**

- Reduced Fat Crescent (90/13)
- Crescents (100/12)
- Breadsticks (70/14)



## Roll, Dough

Lower in saturated fat & salt

Dinner Roll ----- 1 roll

**Rhodes**

- Dinner Roll (100/19)



## Roll, Prebaked

Lower in saturated fat & salt

Roll ----- 1/2

**Sister Schubert's**

- Wheat Dinner Rolls (70/11)



## Did You Know?



Whole grains can reduce the risk of developing heart disease, Type II Diabetes, and some cancers. Look for labels that say **Whole Grain** or **Whole Wheat**, or choose products such as brown rice and oats to meet 3 servings (48 grams) of whole grains each day.

Source: [Oldways Whole Grains Council](#)



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## Taco Shells

100% Whole grain

Taco Boat ----- 1

Taco Shell ----- 2

**Ortego**

- Good Grains Blue Corn (120/15)
- Good Grains White Corn & Chia Seeds (120/15)



## Tortillas

100% Whole wheat

Maximum 1 g saturated fat

Tortilla, flour or ----- 1  
corn (6 inches across)

Tortilla, flour ----- 1/2  
(10 inches across)

**Kroger**

- Whole Wheat Tortilla (65/11)

**Mission**

- 100% Whole Wheat Soft Taco (55/11)
- Organics Whole Wheat Tortilla (75/12)



## Waffles, Frozen

100% Whole wheat

Waffle (4 in across) --- 1

**Kashi**

- 7 Grain (90/15)
- Blueberry (85/16)

**Nature's Path**

- Organic Flax Plus (95/14)



## Snack Search



When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. When eating something with carbs, try to include a protein or healthy fat to avoid blood sugar spikes.

Source: [Fork Friendly Snack Guide](#)

Click for snack ideas!