

<p>WHOLE WHEAT BREAD</p> <p>Nutrition Facts Serving Size 43g</p> <p>Amount Per Serving Calories 110 Calories from Fat 10</p> <p>Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 150mg Total Carbohydrate 21g Dietary Fiber 3g Sugars 4g Protein 5g</p> <p>Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 6% *Percent Daily Values are based on a 2,000 calorie</p>	<p>WHITE ENRICHED BREAD</p> <p>Nutrition Facts Serving Size 45g</p> <p>Amount Per Serving Calories 120 Calories from Fat 13</p> <p>Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 306mg Total Carbohydrate 23g Dietary Fiber 1g Sugars 2g Protein 3g</p> <p>Vitamin A 0% • Vitamin C 0% Calcium 7% • Iron 9% *Percent Daily Values are based on a 2,000 calorie</p>
<p>WHOLE GRAIN CEREAL</p> <p>Nutrition Facts Serving Size 33g</p> <p>Amount Per Serving Calories 120 Calories from Fat 15</p> <p>Total Fat 1.5g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 85mg Total Carbohydrate 26g Dietary Fiber 5g Sugars 5g Protein 3g</p> <p>Vitamin A 25% • Vitamin C 50% Calcium 0% • Iron 10% *Percent Daily Values are based on a 2,000 calorie</p>	<p>ENRICHED CEREAL</p> <p>Nutrition Facts Serving Size 30g</p> <p>Amount Per Serving Calories 120 Calories from Fat 9</p> <p>Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 270mg Total Carbohydrate 26g Dietary Fiber 1g Sugars 10g Protein 1g</p> <p>Vitamin A 10% • Vitamin C 10% Calcium 10% • Iron 25% *Percent Daily Values are based on a 2,000 calorie</p>

<p>WHOLE WHEAT CRACKERS</p> <p>Nutrition Facts Serving Size 28g</p> <p>Amount Per Serving <u>Calories 120 Calories from Fat 40</u></p> <p>Total Fat 4.5g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 180mg Total Carbohydrate 19g Dietary Fiber 3g Sugars 0g Protein 3g</p> <p>Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 4% *Percent Daily Values are based on a 2,000 calorie diet.</p>	<p>ENRICHED CRACKERS</p> <p>Nutrition Facts Serving Size 16g</p> <p>Amount Per Serving <u>Calories 80 Calories from Fat 40</u></p> <p>Total Fat 4.5g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 135mg Total Carbohydrate 10g Dietary Fiber 0g Sugars 1g Protein 1g</p> <p>Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 2% *Percent Daily Values are based on a 2,000 calorie diet.</p>
<p>BROWN RICE</p> <p>Nutrition Facts Serving Size 195g</p> <p>Amount Per Serving <u>Calories 216 Calories from Fat 15</u></p> <p>Total Fat 2g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 10mg Total Carbohydrate 45g Dietary Fiber 4g Sugars 1g Protein 5g</p> <p>Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 5% *Percent Daily Values are based on a 2,000 calorie diet</p>	<p>WHITE RICE</p> <p>Nutrition Facts Serving Size 174g</p> <p>Amount Per Serving <u>Calories 169 Calories from Fat 3</u></p> <p>Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 9mg Total Carbohydrate 37g Dietary Fiber 2g Sugars 0g Protein 4g</p> <p>Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 1% *Percent Daily Values are based on a 2,000 calorie diet</p>