

BREADS & GRAINS	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Bagel	1 each	195	1	0	0	379	8	38	2
Bread, Wheat	1 slice	74	1	0	0	130	3	14	1
Bread, White	1 slice	80	1	0	0	140	3	15	0.5
Bread, Whole Grain	1 slice	65	1	0	0	127	3	12	1.5
Breadstick	1 each	80	1	0	0	110	3	14	1
Cornbread	4x4 square	108	3	0.5	0	152	3	18	1
Crackers, Rye-Krisp	Pkg of 2	74	0	0	0	174	2	17.5	5
Crackers, Saltines	Pkg of 2	26	0	0	0	78	0.5	4	0
Macaroni	1/2 cup	206	11	1	8	156	4	22	1
Rice, Brown	3/4 cup	143	1.5	0	0	74	3	30	2
Rice, White	3/4 cup	182	0	0	0	0	3	41	0.5