

## NUTRITIONAL ANALYSIS - BREADS and GRAINS

| BREADS & GRAINS       | SERVING SIZE | CALORIES | TOTAL FAT | SATURATED FAT | CHOLESTEROL | SODIUM     | PROTEIN | CARBOHYDRATES | FIBER |
|-----------------------|--------------|----------|-----------|---------------|-------------|------------|---------|---------------|-------|
|                       |              |          | Grams     | Grams         | Milligrams  | Milligrams | Grams   | Grams         | Grams |
| Bagel                 | 1 each       | 195      | 1         | 0             | 0           | 379        | 8       | 38            | 2     |
| Biscuit               | 1 each       | 103      | 5         | 1             | 0           | 298        | 2       | 14            | 0.5   |
| Bread, Garlic, French | 1 slice      | 103      | 4.5       | 1             | 0           | 197        | 2       | 13            | 1     |
| 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   |
| Breadstick            | 1 each       | 80       | 1         | 0             | 0           | 110        | 3       | 14            | 1     |
| Cereal, Cheerios      | 3/4 cup      | 77       | 1         | 0             | 0           | 199        | 2       | 16            | 2     |
| Cereal, Corn Flakes   | 3/4 cup      | 80       | 0         | 0             | 0           | 150        | 1       | 18            | 1     |
| Cereal, Rice Krispies | 3/4 cup      | 70       | 0         | 0             | 0           | 170        | 1       | 16            | 0     |
| Combread              | 4x4 square   | 108      | 3         | 0.5           | 0           | 152        | 3       | 18            | 1     |
| Crackers, Graham      | 4 each       | 240      | 6         | 1             | 0           | 343        | 4       | 44            | 2     |
| Crackers, Saltine     | 2 each       | 26       | 0.5       | 0             | 0           | 78         | 0.5     | 4             | 0.5   |
| Dinner Roll, Wheat    | 1 each       | 86       | 2         | 0             | 0           | 148        | 3       | 15            | 1.5   |
| Dinner Roll, White    | 1 each       | 88       | 2         | 0             | 0           | 147        | 2       | 15            | 0.5   |
| Doughnut, Mini        | 1 each       | 59       | 3         | 0.5           | 5           | 76         | 1       | 7             | 0     |
| Muffin, Blueberry     | 1 each       | 260      | 15        | 2             | 27          | 177        | 3       | 29            | 1.5   |
| Muffin, English       | 1/2 each     | 66       | 0.5       | 0             | 0           | 131        | 2       | 13            | 1     |
| Noodles, cooked       | 1/2 cup      | 80       | 0.5       | 0             | 0           | 0          | 3       | 16            | 1     |
| Rice Pilaf            | 1/2 cup      | 71       | 2         | 0.5           | 0           | 167        | 1       | 12            | 0.5   |
| Rice, Brown           | 1/2 cup      | 95       | 1         | 0             | 0           | 49         | 2       | 20            | 1.5   |
| Rice, Fried           | 2/3 cup      | 183      | 4         | 1             | 106         | 837        | 7       | 29            | 1     |
| Rice, Spanish         | 1/2 cup      | 124      | 1.5       | 0             | 0           | 354        | 3       | 25            | 1     |
| Rice, White           | 1/2 cup      | 121      | 0         | 0             | 0           | 0          | 2       | 27            | 0.25  |