

CHOOSE ANY 3 TO HIT YOUR 48G WHOLE GRAIN TARGET!



Cooked Grains
1/4 CUP



Whole Grain Bread
1 SLICE



Whole Grain Crackers
4 CRACKERS



Whole Grain Cereal
1/4 CUP



Cooked Oats
1/3 CUP



Breakfast Biscuit
1 BISCUIT