



CEREAL & GRAIN EXCHANGE

Serving Size

Fork Friendly Selections (Cal/g carb)

Barley

100% Whole grain

Barley, cooked ----- 1/3 cup

Quaker

- Medium Pearled Barley (80/18)



Calorie and carbohydrate count represents 1/8 cup dry serving



Bran

Oat, dry ----- 1/4 cup

Wheat, dry ----- 1/2 cup

Bob's Red Mill

- Wheat Bran (100/20)

Bob's Red Mill

- Oat Bran (113/20)

Hodgson Mill

- Oat Bran (113/20)



Using bran to achieve
bowl regularity... [click here.](#)

Cereal, Cold

100% Whole grain

Minimum 20 g WG/serving

Wheat flakes ----- 3/4 cup

Mixed grain/nugget- 1/4 cup

Puffed cereal ----- 1 1/2 cup

Raisin bran ----- 1/3 cup

Sugar frosted cereal-- 1/2 cup

Ezekial (1/4 cup)

- 4:9 Almond (100/19)

- 4:9 Golden Flax (90/19)

General Mills (3/4 cup)

- Cheerios (75/15)

- Wheaties (100/22)

- Whole Grain Total (100/25)

Kellogg's (1/2 cup)

- Frosted Mini Wheats Original (95/23)

Mom's Best (1/2 cup)

- Naturals Toasted Wheat-Fuls (100/22)

Post (1/4 cup)

- Grape-Nuts (105/24)

Quaker (1/2 cup)

- Oatmeal Squares (105/22)



For fiber facts... [click here.](#)



Serving Size

Fork Friendly Selections (Cal/g carb)

Cereal, Granola/Seeds

Less than 1 g saturated fat

Lower in sugar compared to competing brands

Granola ----- 1/4 cup

Bear Naked

- Fit Triple Berry Crunch (120/23)
- Fit Vanilla Almond Crunch (120/22)

Kind Granola

- Raspberry Clusters with Chia (83/16)
- Vanilla Blueberry Clusters (83/16)

Quaker

- Simply Granola Oats, Honey & Almonds (100/18)



Lower your *cholesterol* with these foods... [click here](#).

Cereal, Hot

Saturated fat-free

Maximum 250 mg sodium

Cream of Wheat --- 1/2 cup cooked

Oatmeal, ----- 1/2 cup cooked
old-fashioned

Oatmeal, ----- 1 package
regular instant

Better Oats

- Bare (160/28)

Bob's Red Mill

- Rolled Oats (190/32)

Quaker

- Instant Original (100/19)
- Instant High Fiber Maple & Brown Sugar (170/34)
- Lower Sugar Maple & Brown Sugar (120/24)

Think Thin

- Berry Crumble with Protein (190/33)
- Vanilla Almond Pecan (190/31)



Oatmeal Servings



Plain Oats, dry (1/4 c)
Net weight: 20 g
Calories: 75
Carb: 14 g



Packaged Oatmeal (1 bowl)
Net weight: 50 g
Calories: 190
Carb: 31 g



Flavored Oats (1 pouch)
Net weight: 43 g
Calories: 160
Carb: 33 g



Serving Size

Fork Friendly Selections

Couscous

100% Whole grain

HEB Pre-packaged - 1/2 cup cooked

Look for whole grain or whole wheat couscous on the ingredients list!



Ingredients: Couscous (whole grain durum wheat), autolyzed yeast extract, olive oil, salt, garlic*, natural flavor, onions*, soy protein isolate, parsley*, yeast extract, white pepper, soy sauce (soybean, wheat, salt).
*Dried

Pasta, Wheat or Rice

100% Whole grain

Wheat Pasta, cooked - 1/3 cup

Rice Pasta, cooked --- 1/3 cup

Pasta, Other

100% Legume/Vegetable

Chickpea Pasta, ----- 1/3 cup cooked

Lentil Pasta, cooked - 1/3 cup

Veggie Pasta, ----- 3/4 cup cooked

HEB

- Whole Wheat Garlic & Olive Oil (80/18)

Near East

- Whole Grain Wheat Couscous Original Plain (95/19)



Barilla Whole Grain

- Elbows (60/13)

- Penne (60/13)

- Spaghetti (60/13) 1 in. circumference held, dry

Jovial Gluten Free

- Brown Rice Spaghetti (70/14)

Tinkyada Pasta Joy

- Organic Brown Rice Pasta (70/15)



Ancient Harvest Pow!

- Green Lentil Penne (67/12)

- Red Lentil Rotini (67/13)

Banza

- Chickpea Pasta Penne (63/11)

- Chickpea Pasta Shells (63/11)

Green Giant

- Spiral Veggie Butternut Squash (50/12)

- Spiral Veggie Zucchini (15/2)





Serving Size

Fork Friendly Selections (Cal/g carb)

Quinoa

100% Whole grain

Quinoa, cooked ----- 1/3 cup

Ancient Harvest

- Traditional Quinoa (60/11)

Near East

- Quinoa Blend (67/13)

Tru Roots

- Sprouted Quinoa (57/10)



Rice

100% Whole grain

Rice, cooked ----- 1/3 cup

Lundberg

- Wild Blend (53/11)

Minute

- Ready to Serve Brown (80/15)

- Ready to Serve Brown & Wild (77/14)



Portion Size



1/2 cup rice
1 serving, cooked



about the size
of a baseball

Cooking with Quinoa



Quinoa is an ancient South American grain that has recently become a popular addition to many Americans' diets. Quinoa contains all nine essential amino acids and is naturally gluten-free. Follow the link below to learn how to cook quinoa with 10 different quinoa recipes.

Source: [Perfect Quinoa & 10 Quinoa Recipes](#)



Serving Size

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Rice Blend

100% Whole grain

Rice Blend, ----- 1/2 cup
cooked

Seeds of Change

- Caribbean Style Brown Rice with Red Beans (125/25)
- Quinoa & Brown Rice with Garlic (120/23)



Wheat Germ

Wheat Germ, ----- 1/4 cup
dry

Kretschmer

- Original Toasted (120/16)



Low-Carb Alternatives

To enjoy your favorite rice and spaghetti meals with lower carbs (and calories), try the following alternatives.

Rice Alternatives



- Green Giant Riced Veggies
- Birds Eye Riced Cauliflower

Spaghetti Alternatives



- Green Giant Butternut Squash Veggie Spirals
- Green Giant Zucchini Veggie Spirals