



# CEREAL & GRAIN EXCHANGE

## Cereal & Grains

1 choice = 15 grams of carbohydrate and approximately 80 calories

Barley, cooked	1/3 cup	Granola	
Bran, dry		low-fat	1/4 cup
oat	1/4 cup	regular	1/4 cup
wheat	1/2 cup	Kasha	1/2 cup
Bulgur, cooked	1/2 cup	Millet, cooked	1/3 cup
Cereals		Muesli	1/4 cup
bran	1/2 cup	Pasta, cooked	1/3 cup
cooked (oats, oatmeal)	1/2 cup	Polenta, cooked	1/3 cup
puffed	1 1/2 cup	Quinoa, cooked	1/3 cup
shredded wheat, plain	1/2 cup	Rice, white or brown, cooked	1/3 cup
sugar-coated	1/2 cup	Tabbouleh, prepared	1/2 cup
unsweetened	3/4 cup	Wheat germ, dry	3 Tbsp
Couscous	1/3 cup	Wild rice, cooked	1/2 cup
Grits, cooked	1/2 cup		

### Fork Friendly Selections (Cal/g carb)

### Serving Size

### Product Picture

## Barley

### Quaker

- Medium Pearled Barley (85/19) ----- 1/8 cup



## Bran

### Bob's Red Mill

- Wheat Bran (90/18) ----- 1/2 cup



### Bob's Red Mill

- Oat Bran (110/20) ----- 1/4 cup

### Hodgson Mill

- Oat Bran (120/23) ----- 1/4 cup



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

## Cereal, Cold

100% Whole grain, Minimum 20 g WG/serving

### Ezekiel

- 4:9 Almond (100/17) ----- 1/4 cup
- 4:9 Golden Flax (95/18) ----- 1/4 cup

### General Mills

- Cheerios (70/15) ----- 3/4 cup
- Wheaties (65/15) ----- 1/2 cup
- Whole Grain Total (70/17) ----- 1/2 cup

### Kellogg's

- Frosted MiniWheats Original (105/26) ----- 1/2 cup

### Post

- Grape-Nut Flakes (75/17) ----- 1/2 cup

### Quaker

- Oatmeal Squares Brown Sugar (105/22) ----- 1/2 cup



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

## Cereal, Granola/Seeds

Less than 1 g saturated fat

Lower in sugar compared to competing brands

### Bear Naked

- Fit Triple Berry Crunch (100/21) ----- 1/4 cup
- Fit Vanilla Almond Crunch (110/20) ----- 1/4 cup

### Kind Granola

- Raspberry Granola with Chia Seeds (115/22) -- 1/4 cup
- Vanilla Blueberry Granola w/ Flax Seeds (120/21) ----- 1/4 cup

### Quaker

- Simply Granola Oats, Honey & Almonds (100/18) ----- 1/4 cup



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

## Cereal, Hot

Saturated fat-free, Maximum 250 mg sodium

### Cream of Wheat

- Hot Cereal (120/24) ----- 3 Tbsp.

### Bob's Red Mill

- Rolled Oats (95/17) ----- 1/4 cup

### Quaker

- Instant Original (100/18) ----- 1 pouch

- Instant High Fiber Maple & Brown Sugar (150/35) ----- 1 pouch

- Lower Sugar Maple & Brown Sugar (120/24) ----- 1 pouch

### Kodiak Cakes

Cinnamon Oatmeal with Protein (190/31) ----- 1 packet

### Nature's Path

- Original (190/31) ----- 1 packet



## 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

## Couscous

100% Whole grain

### HEB

- Whole Wheat Garlic & Olive Oil (95/18) ----- 1/4 cup

### Bob's Red Mill

- Whole Wheat Pearl Couscous (150/28) ----- 1/4 cup



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).

## Pasta, Wheat or Rice

100% Whole grain

### Barilla Whole Grain

- Elbows (60/13) ----- 1/3 cup

- Penne (60/13) ----- 1/3 cup

- Spaghetti (60/13) ----- 1/3 cup

### Jovial Gluten Free

- Brown Rice Spaghetti (70/14) ----- 1/3 cup



## Pasta, Other

100% Legume/Vegetable

### Ancient Harvest

- Quinoa Super Grain Pasta Shells (70/15) ----- 1/3 cup

### Ancient Harvest Pow!

- Green Lentil Penne (70/12) ----- 1/3 cup

- Red Lentil Rotini (70/13) ----- 1/3 cup

### Banza

- Chickpea Pasta Penne (65/11) ----- 1/3 cup

- Chickpea Pasta Shells (65/11) ----- 1/3 cup



## Pasta, Other (cont.)

100% Legume/Vegetable

### Explore

- Black Bean Spaghetti (90/10) ----- 1/2 cup

### Green Giant (Frozen)

- Spiral Veggie Butternut Squash (50/12) ----- 3/4 cup

- Spiral Veggie Zucchini (15/2) ----- 3/4 cup



## Quinoa

100% Whole grain

### Ancient Harvest

- Traditional Quinoa (60/11) ----- 1/4 cup

### Near East

- Quinoa Blend (70/13) ----- 1/4 cup

### Tru Roots

- Sprouted Quinoa (60/10) ----- 1/4 cup



## 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](#)

## Rice

100% Whole grain

### Lundberg

- Wild Blend (55/11) ----- 1/4 cup

### Minute

- Ready to Serve Brown (80/15) ----- 1/3 cup

- Ready to Serve Brown & Wild (80/14) ----- 1/3 cup

### Uncle Ben's

- Ready Rice Whole Grain Brown (65/13) ----- 1/2 cup

- Whole Grain Brown Rice (60/12) ----- 1/2 cup

- Boil in Bag Whole Grain (60/12) ----- 1/2 cup

- Instant Brown Rice (60/12) ----- 1/2 cup



## Rice Blend

100% Whole grain

### Minute

- Brown Rice & Quinoa (110/21) ----- 1/2 cup

### Seeds of Change

- Seven Whole Grains Rice (110/21) ----- 1/2 cup



## Portion Size



1/2 cup rice  
1 serving, cooked



about the size  
of a baseball



## Wheat Germ

Kretschmer

- Original Toasted (120/16) ----- 2 Tbsp



### Low-Carb Alternatives

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

#### Rice Alternatives



20 Cal  
4g Carb  
per 1/2 cup serving

- Green Giant Riced Veggies
- Birds Eye Riced Cauliflower

#### Spaghetti Alternatives



15 Cal  
2g Carb  
per 3/4 cup serving

50 Cal  
12g Carb  
per 3/4 cup serving

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