



# 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

Goya

- Barley (65/14) ----- Cooked: 1/3 cup



Quaker

- Medium Pearled Barley (55/14) ----- 1/3 cup



### Whole Grain Cook Time

Don't know how long to cook your whole grains? [click here.](#)



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

**Bran**

**Bob's Red Mill**

- Wheat Bran (45/9) ----- 1/4 cup

**Bob's Red Mill**

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

**Hodgson Mill**

- Oat Bran (115/20) ----- 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

**Kashi Go**

- Dark Cocoa Cereal- Keto Friendly (110/15) --- 3/4 cup

**Kellogg's**

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

- Special K Zero Cinnamon (150/8) ----- 1 cup

**Magic Spoon ++**

- Grain Free Cereal- Cinnamon Roll (140/15) -- 1 cup

- Grain Free Cereal- Cocoa (140/15) ----- 1cup

**Post**

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

- Shredded Wheat (85/21) ----- 1/2 cup

**Quaker**

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



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

++ Not whole grain

## Cereal, Granola/Seeds

Less than 2 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 (86/17) --- 1/4 cup
- Vanilla Blueberry Granola w/ Flax Seeds (90/16) ----- 1/4 cup
- Zero Added Sugar Caramel Mocha Nut Granola (140/9) ----- 1/3 cup

### Magic Spoon

- Honey Almond Protein Granola (130/10) ---- 1/3 cup

### Nature's Path Organic

- Organic Coconut Granola (85/12) ----- 1/4 cup

### Nutrail

- Honey Nut\* (160/9) ----- 1/3 cup
- Blueberry Cinnamon\* (160/9) ----- 1/3 cup

### Quaker

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

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

\*contains 5g saturated fat

## Cereal, Hot

Saturated fat-free, Maximum 250 mg sodium

### Better Oats

- Instant Multigrain Hot Cereal with Flax Bare (160/28) ----- 1 packet
- Steel Cut Quick Cooking Oatmeal (130/22) -- 1 packet
- 100 Calorie Maple & Brown Sugar (100/18) -- 1 packet

### Cream of Wheat

- Hot Cereal (80/16) ----- 1/2 cup

### Bob's Red Mill

- Rolled Oats (95/17) ----- 1/2 cup



## Cereal, Hot - cont.

Saturated fat-free, Maximum 250 mg sodium

### Quaker Oatmeal

- |   |       |                         |
|---|-------|-------------------------|
| - Instant Original (100/19)                       | ----- | <b>Dry:</b><br>1 packet |
| - Instant High Fiber Maple & Brown Sugar (160/35) | ----- | 1 packet                |
| - Lower Sugar Maple & Brown Sugar (120/24)        | ----- | 1 packet                |



### Kodiak Cakes

- |  |       |          |
|--|-------|----------|
| - Apple Cinnamon Protein Oatmeal (190/31)    | ---   | 1 packet |
| - Blueberry & Cream Protein Oatmeal (190/31) | ----- | 1 packet |
| - Cinnamon Roll Power Cup (115/19)           | ----- | 1/2 cup  |



## Couscous

100% Whole grain

### HEB

- |  |      |                        |
|--|------|------------------------|
| - Whole Wheat Garlic & Olive Oil (95/18) | ---- | <b>Dry:</b><br>1/4 cup |
|--|------|------------------------|



### Bob's Red Mill

- |                                      |       |         |
|--------------------------------------|-------|---------|
| - Whole Wheat Pearl Couscous (75/14) | ----- | 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).

## 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

## 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

### Tinkyada Pasta Joy

- Organic Brown Rice Pasta (70/15) ----- 1/3 cup



## Pasta, Other

100% Legume/Vegetable

### Ancient Harvest

- Organic Gluten Free Pasta Shells (67/12) ----- 1/3 cup

### Ancient Harvest Protein

- Green Lentil Penne (67/13) ----- 1/3 cup
- Red Lentil Rotini (67/12) ----- 1/3 cup

### Banza

- Chickpea Pasta Penne (63/12) ----- 1/3 cup
- Chickpea Pasta Shells (63/12) ----- 1/3 cup

### Barilla

- Red Lentil Penne (63/11) ----- 1/3 cup
- Red Lentil Spaghetti Pasta (60/11) ----- 1/3 cup

### Explore

- Black Bean Spaghetti (60/4) ----- 1/3 cup

### Green Giant (Frozen)

- Spiral Veggie Butternut Squash (65/16) ----- 1 cup
- Spiral Veggie Zucchini (20/3) ----- 1 cup

### Miracle Noodle

- Spaghetti(16/10) ----- 2 cup

### Nasoya

- Pasta Zero, Fettuccine(52/14) ----- 2 cup
- Pasta Zero, Spaghetti (52/14) ----- 2 cup



### Quinoa

100% Whole grain

#### Goya

- Quinoa (75/13) ----- 1/3 cup

#### Success

- Boil in Bag Quinoa (75/12) ----- 1/3 cup

#### Tru Roots

- Organic Sprouted Quinoa (70/13) ----- 1/3 cup



### Rice

100% Whole grain

#### Lundberg

- Wild Blend (70/10) ----- 1/3 cup

#### Minute

- Ready to Serve Brown (70/13) ----- 1/3 cup

- Ready to Serve Brown & Wild (75/14) ----- 1/3 cup

#### Ben's Original

- Ready Rice Whole Grain Brown (65/13) ----- 1/3 cup

- Whole Grain Brown Rice (70/15) ----- 1/3 cup



### Rice Blend

100% Whole grain

#### Minute

- Brown Rice & Quinoa (75/14) ----- 1/3 cup

#### Seeds of Change

- Quinoa, Brown, and Red Rice with Flax (75/14) ----- 1/3 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](#)

## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Rice, Other

Mann's

- Cauliflower Rice (55/8) ----- **Dry:** 2 cup

Miracle Noodle

- Rice Style (60/7) ----- 2 cup



### Portion Size



1/2 cup rice  
1 serving, cooked

about the size  
of a baseball

### Wheat Germ

Kretschmer

- Original Toasted (120/16) ----- **Dry:** 1/4 cup



## Low-Carb Alternatives, Frozen

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

### Rice Alternatives



- Green Giant Riced Veggies
- Birds Eye Riced Cauliflower

### Spaghetti Alternatives



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