



# BREAD EXCHANGE

## Bread

1 choice = 15 grams of carbohydrate and approximately 80 calories

|  |            |                                   |              |
|--|------------|-----------------------------------|--------------|
| Bagel, large                           | 1/4 (1 oz) | Naan, 8x2"                        | 1/4          |
| Biscuit, 2.5" across                   | 1          | Pancake, 4" across,<br>1/4" thick | 1            |
| Bread                                  |            | Pita, 6" across                   | 1/2          |
| reduced-calorie                        | 2 slices   | Roll, plain, small                | 1            |
| white, whole grain,                    | 1 slice    | Stuffing, bread                   | 1/3 cup      |
| pumpernickel, rye,<br>unfrosted raisin |            | Taco shell, 5" across             | 2            |
| Chapatti, small, 6" across             | 1          | Tortilla, corn, 6" across         | 1            |
| Cornbread, 1.75" cube                  | 1 (1.5 oz) | Tortilla, flour, 6" across        | 1            |
| English muffin                         | 1/2        | Tortilla, flour, 10" across       | 1/3 tortilla |
| Hot dog/burger bun                     | 1/2 (1 oz) | Waffle, 4" across                 | 1            |

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

## Bagel

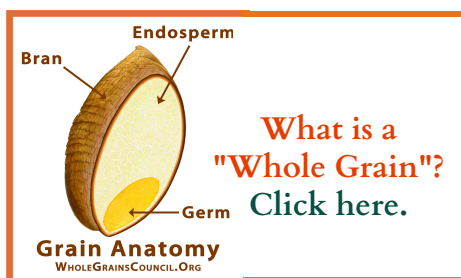
100% Whole wheat - Saturated fat-free

### Thomas

- Whole Wheat Bagel (85/17) ----- 1/3 bagel
- \*\*Bagel Thin Plain (55/12) ----- 1/2 bagel

### Pepperidge Farms

- Mini Bagel (100/20) ----- 1 bagel



### WHOLE GRAINS

Brown Rice, Wild Rice,  
Colored Rice  
Buckwheat  
Oats  
**Whole** Corn  
**Whole** Rye  
**Whole** Wheat  
Quinoa

\*\*This is not a whole wheat product

## Bread Slices

100% whole wheat - Saturated fat-free - Minimum 16 g whole grains/serving

### Dave's Killer Thin Sliced

- 21 Grain (70/12) ----- 1 slice
- Good Seed (70/13) ----- 1 slice



### Ezekial 4:9

- Sprouted Whole Grain (80/15) ----- 1 slice



### Oroweat

- 12 Grain (110/19) ----- 1 slice
- Whole Wheat (100/19) ----- 1 slice
- Double Fiber (80/19) ----- 1 slice
- Whole Wheat Sandwich Thin (70/14) ----- 1/2 sandwich



## Bread Crumbs

Saturated fat-free - Maximum 50 mg sodium

### Kikkoman

- Panko Bread Crumbs (55/12) ----- 1/4 cup



## Buns

100% whole wheat - Saturated fat-free - At least 16 g whole grains/serving

### Nature's Own

- Whole Wheat Hamburger Bun (65/12) ----- 1/2 bun
- Whole Wheat Hot Dog Bun (55/11) ----- 1/2 bun



## Cornbread/Stuffing

Saturated fat-free - Maximum 250 mg sodium

### Fleischmann's

- Simply Homemade Cornbread (85/17) ----- 2" cube



### Pamela's

- Gluten-Free Cornbread Muffin Mix (70/13) -- 2" cube



### English Muffins

100% whole wheat - Saturated fat-free

#### Oroweat

- Whole Wheat English Muffin (75/15) ----- 1/2 bun

#### Thomas

- Whole Wheat English Muffin (60/11) ----- 1/2 bun



### Flat Out Fold It & Wraps

100% whole wheat - Saturated fat-free - Minimum 16 g whole grains/serving

#### Flatout Wraps

- 5 Grain Flax (90/16) ----- 1 pita

- Multigrain with Flax (70/19) ----- 1 pita

- Original Light (60/19) ----- 1 pita

#### Sam's Choice

- Whole wheat (70/13) ----- 1/2 pita

#### Toufayan

- Whole wheat (80/16) ----- 1/2 pita



### Mix, Biscuit (boxed)

Lower in saturated fat & salt

#### Bisquick

- Heart Smart (70/14) ----- 3 T, dry mix



### Mix, Pancake/Waffle

100% whole wheat - No more than 1 g saturated fat

#### Kodiak Power Cakes

- Buttermilk (95/14) ----- 1/4 cup, dry mix

#### Bob Red Mills

- 10 Grain (70/14) ----- 1/4 cup, dry mix



### Pancake, Frozen

Whole Grain

#### Kodiak Power Flap Jacks

- Buttermilk (63/10) ----- 1 pancake





## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Roll, Crescent

Lower in saturated fat & salt

#### Pillsbury

- Reduced Fat Crescent (90/13) ----- 1 roll
- Crescents (100/12) ----- 1 roll
- Breadsticks (70/14) ----- 1 stick



### Roll, Dough

Lower in saturated fat & salt

#### Rhodes

- Dinner Roll (100/19) ----- 1 roll



### Roll, Prebaked

Saturated fat free & no more than 130 mg sodium

#### Rhodes

- Dinner Rolls (100/19) ----- 1 roll



### Taco Shells

100% whole grain

#### Ortego

- Whole Grain Corn (120/16) ----- 2 shells



#### Old El Paso

- Whole Wheat Taco Bowls (70/12) ----- 1 shell



## Did You Know?



Whole grains can reduce the risk of developing heart disease, Type II Diabetes, and some cancers. Look for labels that say Whole Grain or Whole Wheat, or choose products such as brown rice and oats to meet 3 servings (48 grams) of whole grains each day.

Source: [Oldways Whole Grains Council](#)

## Tortillas

100% whole wheat - Maximum 1 g saturated fat

### Kroger

- Whole Wheat Tortilla (60/11) ----- 1/2 tortilla

### Mission

- Carb Balance Soft Tortilla (70/19) ----- 1 tortilla
- 100% Whole Wheat Soft Tortilla (65/11) ----- 1/2 tortilla
- Organics Whole Wheat Tortilla (75/12) ----- 1/2 tortilla



## Waffles, Frozen

100% whole wheat

### Kashi

- 7 Grain (90/15) ----- 1 waffle
- Blueberry (85/16) ----- 1 waffle

### Vans

- Multi grains (80/15) ----- 1 waffle

### Kodiak Power Waffle

- Blueberry (120/12) ----- 1 waffle



## Zero Net Carb Bread

Greater than 75% carb as fiber

### Sola

- Golden Wheat (40/9) ----- 1 slice

ThinSlim Foods ----- 1 bagel

- Everything bagel (90/14)

### Mission Zero Net Carb

- Original (25/7) ----- 1 tortilla



## Snack Search



When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. When eating something with carbs, try to include a protein or healthy fat to avoid blood sugar spikes.

Source: [Fork Friendly Snack Guide](#)

[Click for snack ideas!](#)