



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, 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, 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

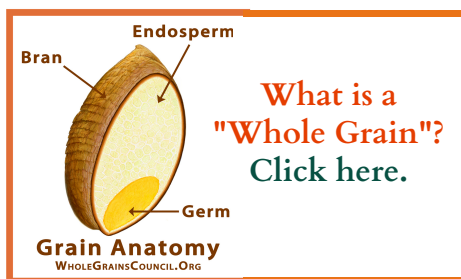
100% Whole wheat - Saturated fat-free

Thomas

- Whole Wheat Bagel (85/17) ----- 1/3 bagel
- Whole Wheat Bagel Thin (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

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 (100/17) ----- 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





Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

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



Flatbread & Pita

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

Flatout Wraps

- Italian Herb (45/11) ----- 1/2 pita

- Multigrain with Flax (50/11) ----- 1/2 pita

- Original (45/11) ----- 1/2 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

Arrowhead Mills

- Buckwheat Pancake & Waffle (85/15) ----- 3 T, dry mix



Pancake, Frozen

Lower in salt

Golden

- Potato (70/10) ----- 1 pancake

- Sweet Potato (70/13) ----- 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

Lower in saturated fat & salt

Sister Schubert's

- Wheat Dinner Rolls (70/11) ----- 1/2 roll



Taco Shells

100% whole grain

Ortego Good Grains

- Blue Corn (120/15) ----- 2 shells
- White Corn & Chia Seeds (120/15) ----- 2 shells



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](#)



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Tortillas

100% whole wheat – Maximum 1 g saturated fat

Kroger

- Whole Wheat Tortilla (70/12) ----- 1/2 tortilla

Mission

- Carb Balance Soft Tortilla (70/18) ----- 1 tortilla

- 100% Whole Wheat Soft Tortilla (55/11) ----- 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

Nature's Path

- Organic Flax Plus (95/14) ----- 1 waffle



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!

