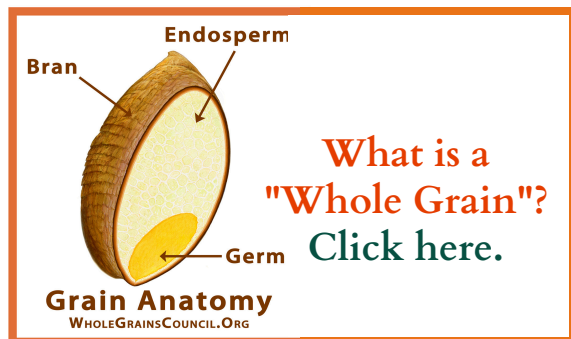


## Bread

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



## WHOLE GRAINS

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

## Bagel

100% Whole wheat - Saturated fat-free

### Canyon Bakehouse

- Gluten-Free Whole Grain Plain Bagels ----- 1/3 bagel (87/18)

### Dave's Killer Bread

- Epic Everything Organic Bagels (93/16) ----- 1/3 bagel

### Thomas

- Whole Wheat Bagel (70/16) ----- 1/3 bagel
- Keto Bagel Thin\*\* (80/18) ----- 1 bagel
- Plain Mini Bagel\*\* (60/13) ----- 1/2 bagel



## Bread Slices

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

### Dave's Killer Thin Sliced

- 21 Grain (70/14) ----- 1 slice
- Good Seed (70/13) ----- 1 slice



### Ezekial 4:9

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



### Nature's Own

- Sugar-Free 100% Whole Grain Bread (100/18) ----- 2 slices



### Oroweat

- 12 Whole Grains and Seeds (110/18) ----- 1 slice
- 100% Whole Wheat Bread (55/12) ----- 1/2 slice
- 100% Whole Wheat Sandwich Thins (75/14) -- 1/2 slice



### Pepperidge Farm

- Whole Wheat Very Thin Sliced (75/14) ----- 2 slices
- Thin Sliced 15 Grain (70/12) ----- 1 slice



### Sarah Lee Delightful

- Multigrain (90/18) ----- 2 slices



\*\*This is not a whole wheat product

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

**Bread Crumbs**

100% Whole Grain

**Kikkoman**

- Gluten-Free Panko Coating (55/13) ----- 1/4 cup
- Whole Wheat Panko Coating (90/18)----- 1/4 cup

**Hill Country Fare**

- Whole Wheat Bread Crumbs (110/21)----- 1/4 cup



**Buns**

100% whole wheat

**Brownberry**

- 100% Whole Wheat Sandwich Buns (75/14) -- 1/2 bun
- Superior Keto Hamburger Buns\*\* (70/16) ---- 1 bun

**Dave's Killer Bread**

- 21 Whole Grains and Seeds Bun (75/16) ----- 1/2 bun

**Nature's Own**

- Whole Wheat Hamburger Bun (75/13) ----- 1/2 bun

**Orowheat**

- Whole Wheat Hotdog Bun (75/14) ----- 1/2 bun



**Cornbread/Stuffing**

Saturated fat-free - Maximum 250 mg sodium

**Fleischmann's**

- Simply Homemade Cornbread Baking Mix (100/21) ----- 2" cube

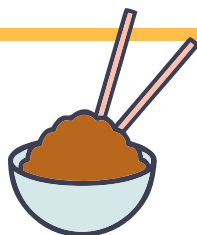
**Pamela's**

- Gluten-Free Cornbread Muffin Mix (100/21) ----- 2" cube



\*\*This is not a whole wheat product

**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](http://OldwaysWholeGrainsCouncil.org)



## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### English Muffins

100% whole wheat - Saturated fat-free

#### Dave's Killer Bread

- Killer Classic English Muffins (70/14) ----- 1/2 muffin

#### Oroweat

- Whole Wheat English Muffins (80/15) ----- 1/2 muffin

#### Thomas

- 100% Whole Wheat English Muffin (60/13) -- 1/2 muffin

- Light Multigrain English Muffin\*\* (50/13) --- 1/2 muffin



### Wraps & Pita

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

#### Atoria's Family Bakery

- Whole Grain & Flax Flatbread (50/10) ----- 1/2 wrap

#### Joseph's

- Flax Oat Whole Wheat Pita Bread (60/9) ----- 1 pita

- Heart Friendly Pita Bread (70/12) ----- 1 pita

#### La Bandarita

- Carb Counter Keto Whole Wheat Tortilla -- 1 wrap  
Wraps (70/16)

#### Ole Xtreme Wellness!

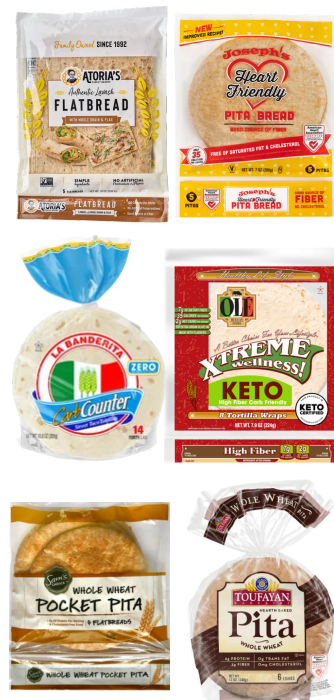
- High Fiber Keto Wrap\*\* (60/16) ----- 1 wrap

#### Sam's Choice

- Whole Wheat Pocket Pita (70/13) ----- 1/2 pita

#### Toufayan

- Whole Wheat Pita Loaves (75/14) ----- 1/2 pita



### Mix, Biscuit (boxed)

Lower in saturated fat & salt

#### Bisquick

- Heart Smart Pancake & Baking Mix (70/14) -- 3 T, dry mix

#### Bob's Red Mill

- Gluten Free Biscuit & Baking Mix (70/16) ----- 3 T, dry mix



\*\*This is not a whole wheat product

## Mix, Pancake/Waffle

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

### Arrowhead Mills

- Multigrain Pancake & Waffle Mix (75/17) ----- 2 T, dry mix

### Bob Red Mill

- 10 Grain Pancake & Waffle (140/28) ----- 1/4 cup, dry mix

### Kodiak Power Cakes

- Buttermilk (110/19) ----- 1/4 cup, dry mix



## Pancake, Frozen

Whole Grain

### Earth's Best

- Mini Pancakes Homestyle Organic (80/14) --- 4 pancakes

- Mini Pancakes Blueberry (80/14) ----- 4 pancakes

### Kodiak Power Flap Jacks

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

- "Cubs" Mini Frozen Flapjacks (80/15) ----- 5 pancakes



## Roll, Crescent

Lower in saturated fat & salt

### Pillsbury

- Reduced Fat Crescent (90/13) ----- 1 roll

- Crescents (100/13) ----- 1 roll

- Breadsticks (70/14) ----- 1 stick



## Roll, Dough

Lower in saturated fat & salt

### Rhodes

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





## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Roll, Prebaked

Saturated fat free & no more than 130 mg sodium

#### Rhodes

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

#### Sister Schubert's

- Wheat Dinner Rolls (140/22) ----- 1 roll



### Taco Shells

100% whole grain

#### Ortego

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

#### Old El Paso

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

- Carb Advantage Crunchy Taco Shells\*\* (90/17) ----- 2 shells



### Tortillas

100% whole wheat - Maximum 1 g saturated fat

#### Kroger

- Whole Wheat Tortilla (120/22) ----- 1 tortilla

#### La Tortilla Factory

- Organic Whole Wheat, Low Carb Tortillas 50/11) ----- 1 tortilla

#### Mission

- Carb Balance Soft Tortilla (40/13) ----- 1 tortilla

- 100% Whole Wheat Medium Flour Tortilla (110/22) ----- 1 tortilla



\*\*This is not a whole wheat product

## Tortillas, Corn

### La Bandarita

- Whole Grain White Corn Tortillas (80/17) --- 2 tortillas

### Mission

- 25 Calorie Yellow Corn Tortilla\*\* (90/19) ---- 4 tortillas

- Extra Thin Corn Tortilla\*\* (80/16) ----- 2 tortillas



## Waffles, Frozen

100% whole wheat

### Kodiak Cakes

- Blueberry Power Waffles (115/12) ----- 1 waffle

### Simple Truth

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

### Vans

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



## Zero Net Carb Bread

Greater than 75% carb as fiber

### Mission Zero Net Carb Original Tortilled

- Original (60/17) ----- 2 tortillas

### Nature's Own Life

- Keto Soft White Burger Buns (60/17) ----- 1 bun

### Sola

- Golden Wheat (100/18) ----- 2 slices

### ThinSlim Foods

- Zero Carb Everything Bagel (90/14) ----- 1 bagel



\*\*This is not a whole wheat product

## 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!

