



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



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

- Gluten-Free Brown Rice Bagels (83/17) ----- 1/3 bagel

Dave's Killer Bread

- Epic Everything Bagels (87/15) ----- 1/3 bagel

Thomas

- Whole Wheat Bagel (85/17) ----- 1/3 bagel
- Keto Bagel Thin** (80/18) ----- 1 bagel

Pepperidge Farms

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



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

Nature's Own

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

Oroweat

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

Pepperidge Farm

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

Sarah Lee Delight

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



**This is not a whole wheat product

Bread Crumbs

100% Whole Grain

Kikkoman

- Gluten-Free Bread Crumbs (28/7) ----- 1/4 cup
- Whole Wheat Bread Crumbs (30/6) ----- 1/4 cup

Hill Country Fare

- Whole Wheat Bread Crumbs (28/6) ----- 1/4 cup



Buns

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

Brownberry

- 100% Whole Wheat Sandwich Buns (75/14) -- 1/2 bun
- Superior Keto Hamburger Buns** (80/16) ---- 1 bun

Dave's Killer Bread

- 21 Whole Grains and Seeds Bun (80/16) ----- 1/2 bun

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



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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](https://www.oldways.org/)

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 Muffin (75/15) ----- 1/2 muffin

Thomas

- Whole Wheat English Muffin (60/11) ----- 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

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

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

La Bandarita

- Carb Counter Whole Wheat Wraps (50/16) -- 1 wrap

Ole Xtreme Wellness!

- High Fiber Keto Wrap** (40/10) ----- 1 wrap

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

Bob's Red Mill

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



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Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Mix, Pancake/Waffle

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

Bob Red Mills

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

Kodiak Power Cakes

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

Nature's Path

- Organic Flax Plus Multigrain Mix (70/14) ---- 1/4 cup, dry mix



Pancake, Frozen

Whole Grain

Earth's Best

- Mini Pancakes Homestyle Organic (70/14) -- 4 pancakes

- Mini Pancakes Blueberry (80/16) ----- 4 pancakes

Kodiak Power Flap Jacks

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

- "Cubs" Mini Frozen Flapjacks (45/8) ----- 1 pancake



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





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 (70/11) ----- 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

- Carb Advantage Taco Shells**(100/17) ----- 2 shells



Tortillas

100% whole wheat - Maximum 1 g saturated fat

Kroger

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

La Tortilla Factory

- Organic Whole Wheat, Low Carb Tortillas (70/10) ----- 1 tortilla

Mission

- Carb Balance Soft Tortilla (60/20) ----- 1 tortilla

- 100% Whole Wheat Medium Flour Tortilla (55/11) ----- 1/2 tortilla

- Organics Whole Wheat Tortilla (75/12) ----- 1 tortilla

- Zero Net Carbs Original Tortilla** (25/7) ---- 1 tortilla



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Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Tortillas, Corn

La Bandarita

- Whole Grain White Corn Tortillas (80/17) --- 1 tortilla

Mission

- 25 Calorie Yellow Corn Tortilla** (90/19) ---- 4 tortillas
- Extra Thin Corn Tortilla** (60/16) ----- 2 tortilla



Waffles, Frozen

100% whole wheat

Kodiak Power Waffle

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

Simple Truth

- Blueberry Protein Waffles (120/13) ----- 1 waffle

Vans

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



Zero Net Carb Bread

Greater than 75% carb as fiber

Sola

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

ThinSlim Foods

- Everything bagel (90/14) ----- 1 bagel

Mission Zero Net Carb

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

Nature's Own Life

- Keto Soft White Burger Buns (60/15) ----- 1 bun

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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!](#)