

## FOOD CONTENT CHART

Food	Grams Protein	Grams Carbohydrates	Grams Fat	Grams Fiber	Calories
<b>BREADS</b>					
1 slice white bread	2	12	1	<1	65
1 slice whole wheat bread	2	12	1	2	65
1 hamburger bun	3	20	2	<1	115
½ plain bagel	3	18	1	1	90
1 biscuit	2	14	3	<1	94
1 small muffin	3	20	5	<1	135
1 serving cornbread	3	15	4	2	100
<b>BREAKFAST CEREALS</b>					
¾ cup raisin bran	3	30	1	4	130
¾ cup cornflakes	2	24	0	.1	110
¾ cup Cheerios	3	16	1	2	90
¾ cup Captain Crunch	2	30	3	1	156
¾ cup Golden Grahams	2	33	2	2	156
½ cup Nature Valley Granola	12	76	20	12	503
¾ cup oatmeal, cooked	5	26	3	4	150
<b>MISCELLANEOUS GRAINS</b>					
1 4-inch pancake	2	9	2	1	60
1 waffle	7	27	8	1	205
½ cup cooked spaghetti, plain	3	20	1	<1	110
½ cup white rice, cooked	2	28	0	1	132
½ cup brown rice, cooked	3	22	2	4	110
½ cup whole wheat noodles	4	20	1	4	130