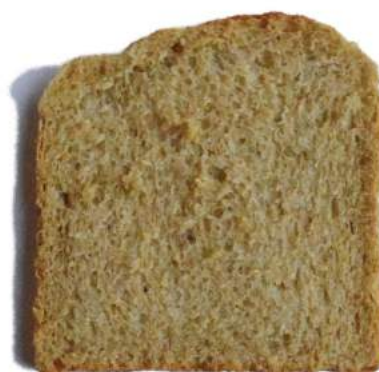


CHOOSE ANY 3 TO HIT YOUR 48G WHOLE GRAIN TARGET!



cooked grains
1/4 CUP



whole grain bread
1 SLICE



whole grain crackers
4 CRACKERS



whole grain cereal
1/4 CUP



cooked oats
1/3 CUP



breakfast biscuit
1 BISCUIT