

**Whole
Grain**

**Refined
Grain**



Cheerios



Whole Wheat Bread

Brown Rice



Popcorn



Oatmeal



Pancakes



Mini-Wheats



Whole Grain Bagel



White Bread



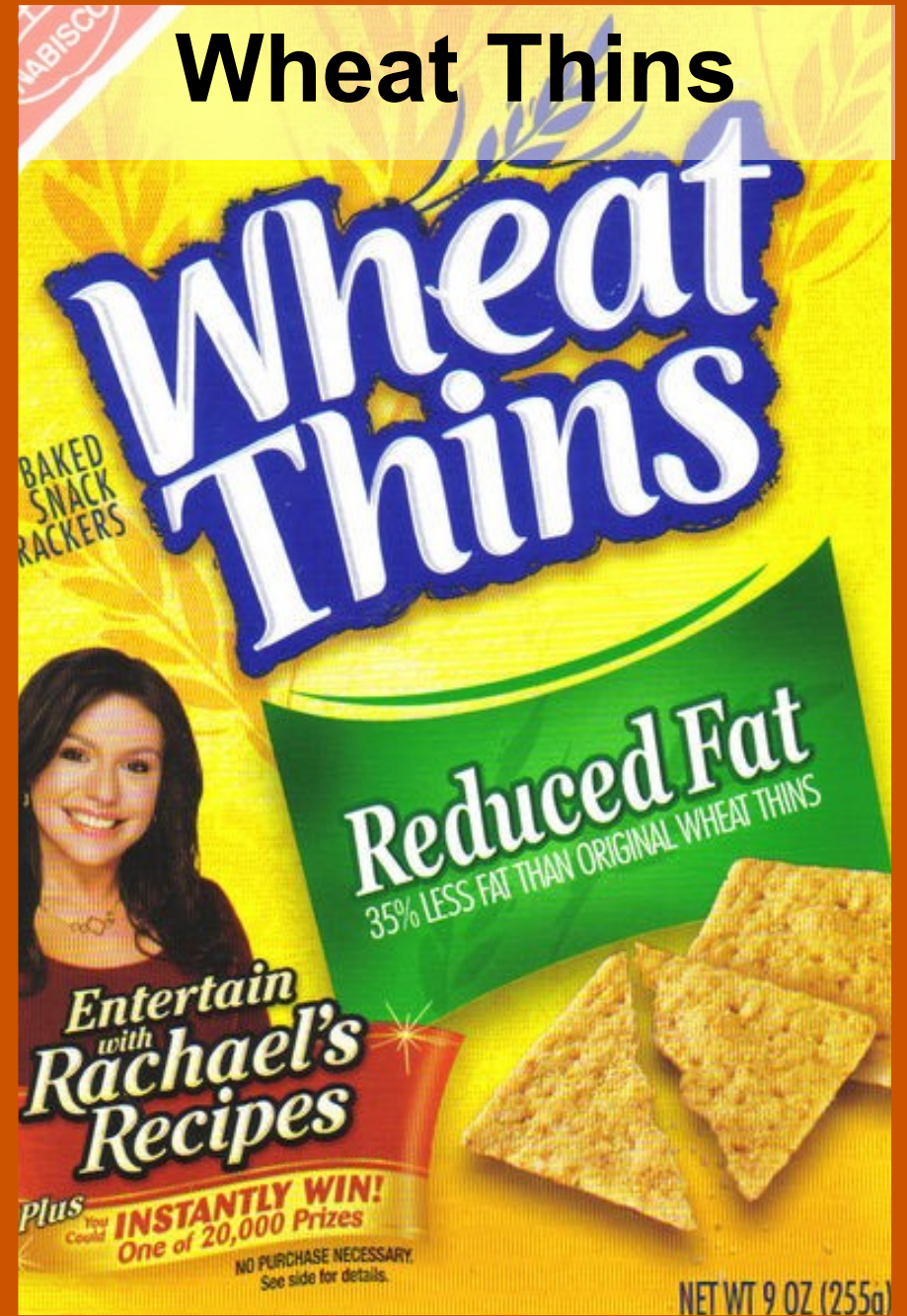
White Rice



Ritz Crackers



Wheat Thins



Spaghetti



Whole Wheat Spaghetti



Corn Tortillas



Flour Tortillas



Grits



Pretzels



Noodles



Whole Corn Tortilla Chips

