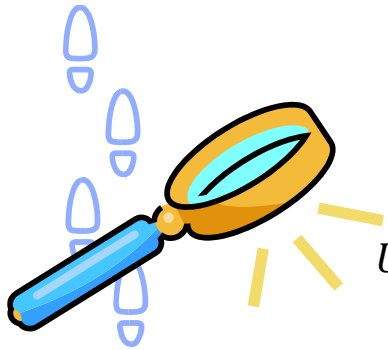
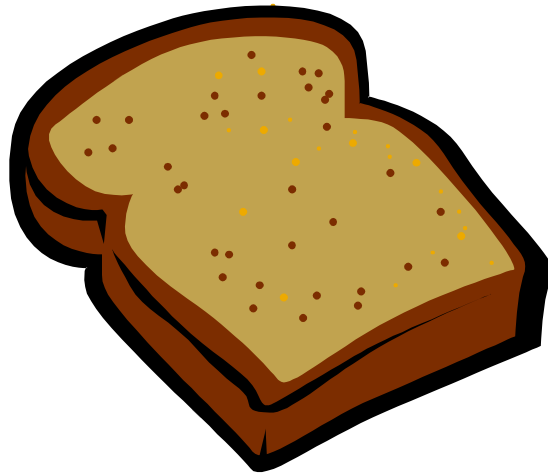


Searching for Whole Grain Bread!



*Use your detective skills and read the ingredients in each slice of bread.
Circle the slice of bread that is whole grain.*

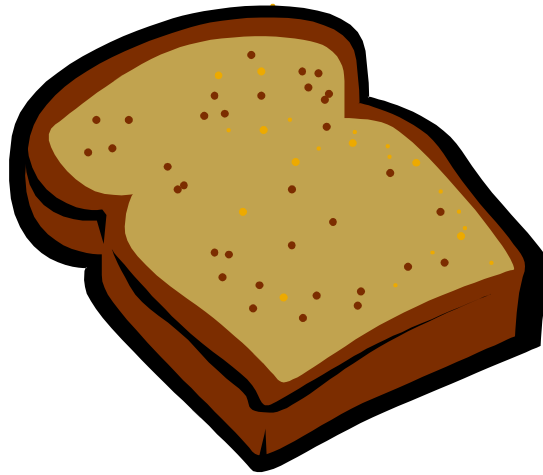
Bread A



Ingredients:

Unbleached wheat flour,
whole wheat flour, non-
fat dry milk, honey,
molasses, salt.

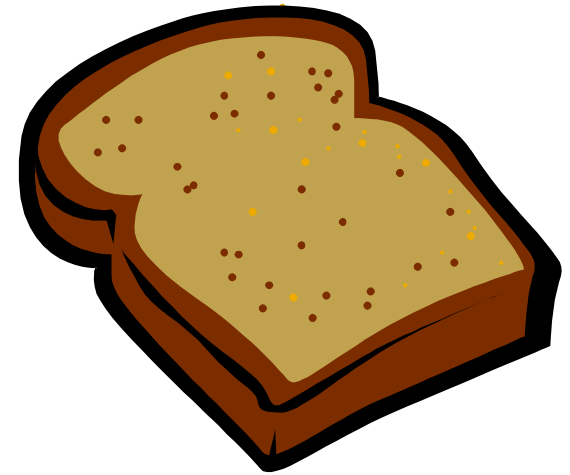
Bread B



Ingredients:

Whole wheat flour,
water, honey, flax seed,
canola oil, yeast, sea salt.

Bread C



Ingredients:

White flour, water, pure
vegetable shortening,
yeast, salt.



Public Health

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.