

BREAD, CEREAL, RICE AND PASTA GROUP

Food and Description	Approx. Measure	Food Energy (Calories)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Bagel	1 medium	165	31	6	1
Bread, White, enriched	1 slice	65	12	2	1
Bread, Whole Wheat	1 slice	60	11	2	1
Brownie, from mix	2 x 2 inch	140	22	1	5
Bulgur, cooked	1/2 cup	75	17	3	0
Cake, Yellow, iced	1/12 cake	290	44	3	12
Cereal, Corn Flakes	1 cup	110	24	2	0
Cereal, Raisin Bran	1 cup	130	31	4	1
Crackers, Saltine	4	50	9	1	1
Cookie, Chocolate Chip	2	100	12	1	5
Cookie, Oatmeal Raisin	2	115	20	2	4
Cornbread	2 1/2 x 2 1/2 inches	180	28	4	6
Cream of Wheat, instant, cooked	3/4 cup	115	24	3	0
Doughnut, glazed	1	230	30	2	12
Danish Pastry Roll, plain	1	160	19	3	9
Graham Crackers	2	60	10	1	2
Granola Bar	1 ounce	135	18	3	6

Hamburger Roll	1	115	20	3	2
Noodles, spaghetti, cooked	1/2 cup	100	20	4	1
Oatmeal, cooked	1/2 cup	75	13	3	1
Pancake, plain or buttermilk	1	60	9	2	2
Popcorn, light, microwave	3 cups	50	9	2	1
Pretzels	1 ounce	110	23	3	1
Rice, white, cooked	1/2 cup	130	29	3	0
Tortilla, corn, enriched	1 (6-inch)	65	13	2	1
Tortilla Chips	1 ounce (about 12)	140	18	2	7
Waffle, from mix	1 (7-inch)	205	27	7	8
<p>Sources: Composition of Foods, Agriculture Handbook 8 Nos. 1, 2, 4-17, 20. USDA 1976-1992. Bowes & Church's Food Values of Portions Commonly Used, Sixteenth Edition. J.B. Lippincott Company, 1994. Calorie figures over 5 are rounded to the nearest five. Other nutrient values are rounded to the nearest whole number. Values less than 0.5 are listed as zero.</p>					

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