

**Qualifying Whole Grain Products\***  
**Breads, Snacks, Grains**

<b>Product</b>	<b>RACC Serving (grams)</b>	<b>Whole Grain (grams)</b>	<b>Fiber (grams)</b>
<b>Breads, Rolls</b>			
Whole Wheat Bread (56% WG)	50	28	3.0
Whole Wheat Pita	50	34	3.7
Whole Wheat English Muffin	55	33	3.5
Whole Wheat Bagel	55	31	3.3
Whole Wheat Roll	50	29	3.1
Whole Wheat Biscuit	55	29	3.1
<b>Snacks / Crackers</b>			
Whole Wheat Cracker (i.e., Triscuits)	30	27	2.9
Whole wheat blend crackers (e.g. Wheat Thins)	30	---	2.0
Tortilla Chips, baked	30	23	2.2
Popcorn, low fat (popped)	30	27	4.3
<b>Grains (Pasta, Rice, etc.)</b>			
Whole Wheat Tortilla	55	33	3.5
Whole Wheat Macaroni, Prepared (55gm.dry)	140	32	3.4
Whole Wheat Spaghetti, Prepared (55gm.dry)	140	32	3.4
Whole Wheat Noodles, Prepared (55gm.dry)	140	28	3.0
Wild Rice, Prepared (45gm.dry)	140	34	2.5
Brown Rice, Prepared (45 gm. dry)	140	24	2.0-2.5
Bulgur, Prepared (45gm.dry)	140	33	>3.0

\*Based on USDA Food Guide Pyramid Research.