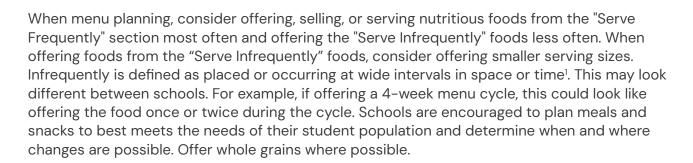
Grains



Serve Frequently

- Grains such as barley, rye, whole oats or oatmeal (unsweetened), bulgur, quinoa, buckwheat, amaranth, millet and foods made with these grains
- Bread products (bread, bagels, tortilla wraps, pitas, buns, bannock, naan, pizza crust, flatbread etc.)
- · Rice and rice noodles
- · Wild rice, brown rice, red rice
- Pasta (wheat or gluten-free)
- Plain breakfast cereals (e.g., flakes of corn/bran, oat o's, shredded wheat)
- Plain (non-coated) cereal or granola bars made with whole grains
- Muffins made with whole grains (e.g. oats) or bran, and/or fruit and vegetable*
- Plain crackers

Serve Infrequently and in smaller serving sizes

- Cookies, bars (e.g., brownies), pastries, croissants, cakes (including cupcakes and cake pops), pies, tarts, donuts or sweet buns (e.g. cinnamon buns)
- Pre-seasoned noodles/pasta or rice
- Canned rice or pasta
- Coated granola bars (e.g. covered in chocolate, "yogurt" etc.) or puffed rice cereal bars
- · Energy bars, protein bars
- Toaster pastries
- Cheesies, puffs, twists, crisps, straws, pretzels (regular, baked or extruded)
- Products that are deep-fried, contain sugar substitutes or supplemental ingredients (e.g. caffeine, amino acids)
- Sugary breakfast cereals or granola high in sugar or saturated fat

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^{*}Examples: **small** blueberry bran muffin, oatmeal berry muffin, morning glory muffin.