

Whole grains - more information

Whole grain options:



or



or



or



100% whole grain bread:

- 16 oz or 24 oz

Brown rice:

- 16 oz (regular)
- 14 oz (instant)

Tortillas:

- 16 oz whole wheat
- 16 oz corn

100% whole wheat pasta:

- 16 oz

There are different combinations and ways you can use your whole grain benefits. Here are some examples:

16 oz whole grains	32 oz whole grains	48 oz whole grains	64 oz whole grains	80 oz whole grains	96 oz whole grains
one: 16 oz size bread, rice, tortillas, or pasta	two: 16 oz size bread, rice, tortillas, or pasta	three: 16 oz size bread, rice, tortillas, or pasta	four: 16 oz size bread, rice, tortillas, or pasta	five: 16 oz size bread, rice, tortillas, or pasta	six: 16 oz size bread, rice, tortillas, or pasta
*not enough benefits to buy a 24 oz size bread	Mix & match choose two: 16 oz size bread, rice, tortillas, or pasta	Mix & match choose three: 16 oz size bread, rice, tortillas, or pasta	Mix & match choose four: 16 oz size bread, rice, tortillas, or pasta	Mix & match choose five: 16 oz size bread, rice, tortillas, or pasta	Mix & match choose six: 16 oz size bread, rice, tortillas, or pasta
	one 24 oz size bread *You will have 8 oz of whole grains you cannot use	two 24 oz size breads	two 24 oz size breads + one 16 oz size bread, brown rice, tortillas, or pasta	two 24 oz size breads + two 16 oz size bread, brown rice, tortillas, or pasta	four 24 oz size bread or two 24 oz size breads + three 16 oz size bread, brown rice, tortillas, or pasta

Caution: When buying a 24 ounce loaf you may end up with 8 oz of remaining benefits you cannot use.