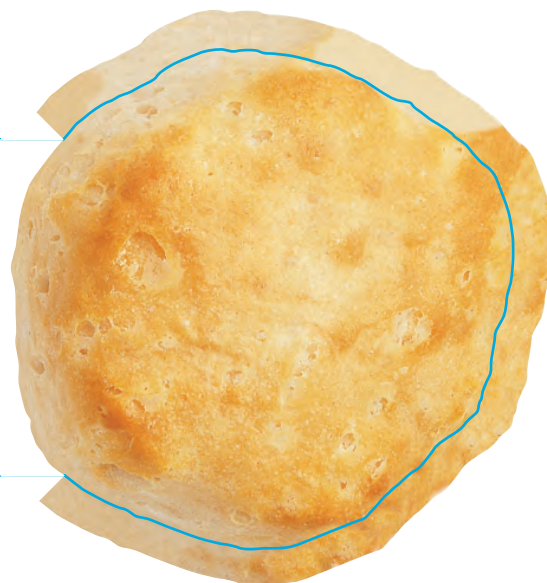


0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



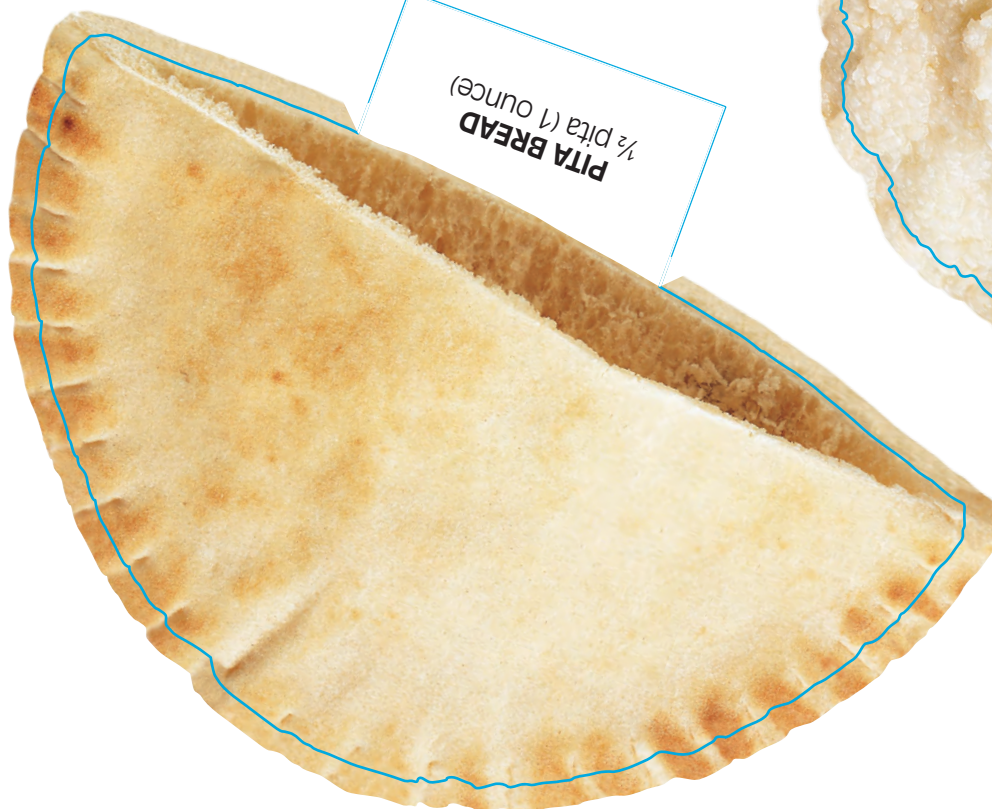
BAGEL
½ bagel (1 ounce)



BISCUIT
1 biscuit (1 ounce)



CRISPS
½ cup



PITA BREAD
½ pita (1 ounce)

Biscuit	
From a mix	
Serving Size 1 biscuit (57g)	
Amount Per Serving	Calories from Fat 63
Calories 191	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2g	10%
Sodium 544mg	23%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Protein 4g	8%
Calcium 11%	11%
Iron 7%	7%
Thiamin 13%	13%
Riboflavin 12%	12%
Niacin 9%	9%
Not a significant source of cholesterol, vitamin A and vitamin C. Values are not available for sugars.	
*Percent Daily Values are based on a 2,000 calorie diet	

Bagel†	
Serving Size ½ bagel (36g)	
Amount Per Serving	Calories from Fat 9
Calories 98	% Daily Value*
Total Fat 1g	2%
Sodium 190mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Protein 4g	8%
Calcium 3%	3%
Iron 7%	7%
Thiamin 13%	13%
Riboflavin 8%	8%
Niacin 7%	7%
Not a significant source of saturated fat, cholesterol, vitamin A, and vitamin C. Values are not available for sugars.	
†includes onion, poppyseed, and sesame seed	
*Percent Daily Values are based on a 2,000 calorie diet	

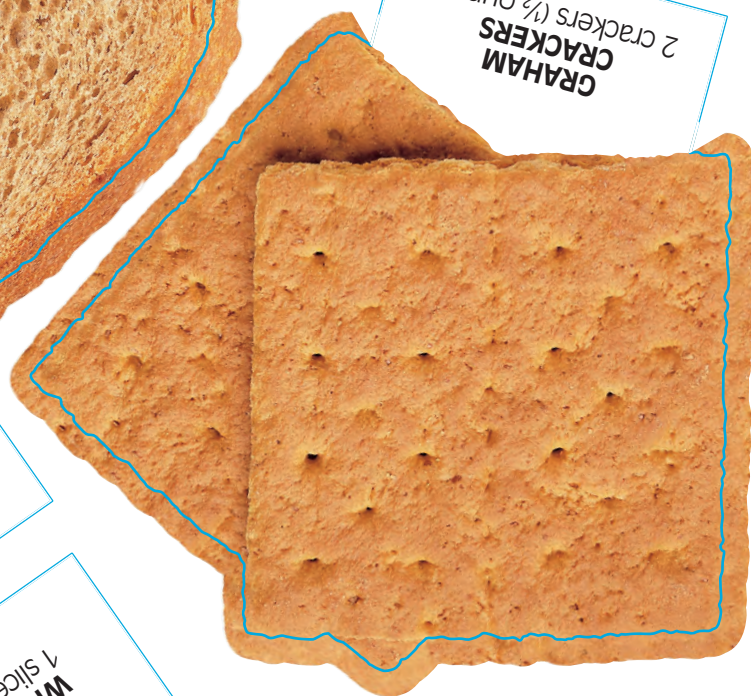
Grits†	
Regular and quick, cooked	
Serving Size ½ cup (121g)	
Amount Per Serving	Calories 73
Calories 73	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Protein 2g	4%
Iron 4%	4%
Thiamin 4%	4%
Riboflavin 8%	8%
Niacin 4%	4%
Not a significant source of calories from fat, saturated fat, cholesterol, and calcium. Values are not available for fiber, sugars, vitamin A, and vitamin C.	
†Without added salt, butter, or milk	
*Percent Daily Values are based on a 2,000 calorie diet	

Pita Bread	
Serving Size ½ pita (30g)	
Amount Per Serving	Calories 83
Calories 83	% Daily Value*
Total Fat 0g	0%
Sodium 16mg	3%
Total Carbohydrate 17g	6%
Protein 3g	6%
Calcium 7%	7%
Iron 12%	12%
Thiamin 7%	7%
Riboflavin 4%	4%
Niacin 6%	6%
Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, and vitamin C. Values are not available for sugars.	
*Percent Daily Values are based on a 2,000 calorie diet	

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



RYE BREAD
1 slice (1 ounce)

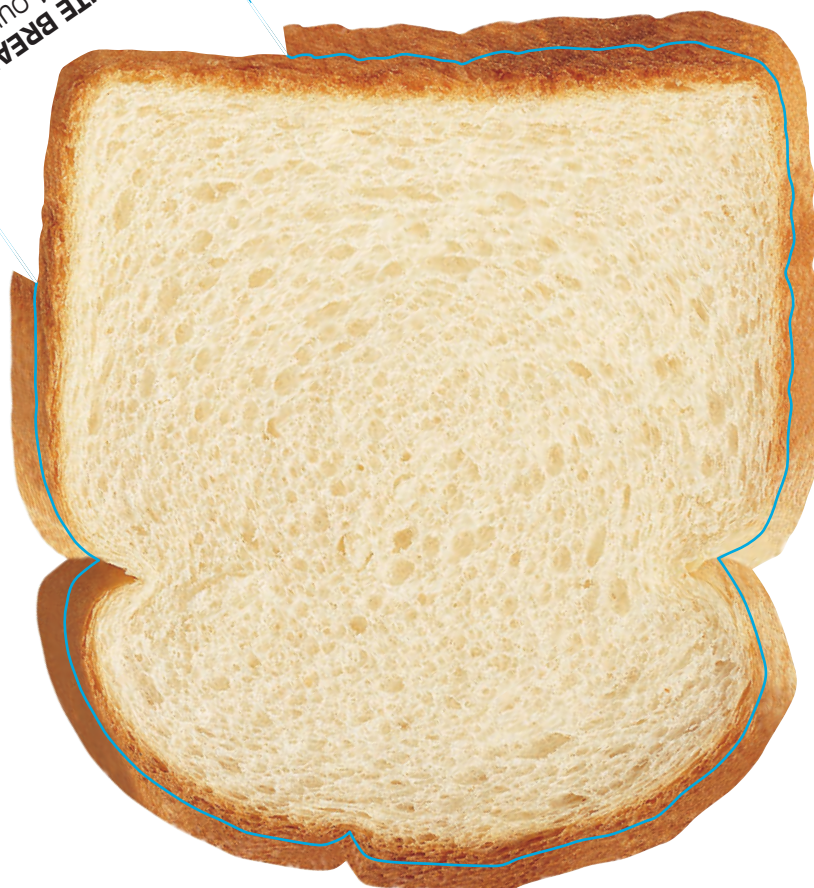


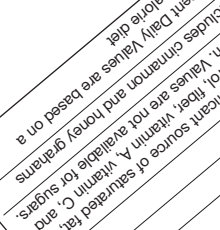
**GRAHAM
CRACKERS**
2 crackers (½ ounce)



SNACK CRACKERS
4 crackers (½ ounce)

WHITE BREAD
1 slice (1 ounce)





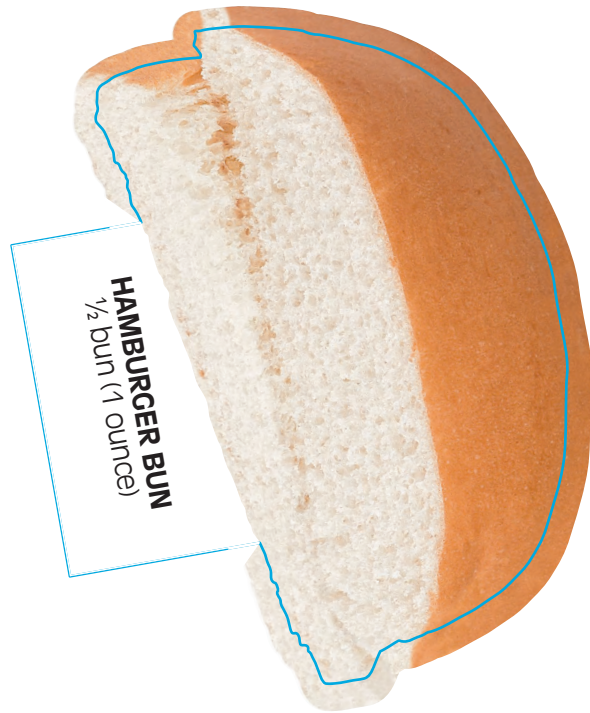
Graham Crackers†
Serving Size 2 crackers (14g)
Amount Per Serving
Calories 80
Calories from Fat 9
% Daily Value*

Total Fat 1g	2%
Sodium 84mg	4%
Total Carbohydrate 11g	2%
Protein 1g	2%
Iron	3%
Thiamin	3%
Riboflavin	3%
Niacin	3%
Not a significant source of saturated fat, cholesterol, fiber, vitamin A, vitamin C, and calcium. Values are not available for sugars.	
Includes cinnamon and honey granules.	
Percent Daily Values are based on a 2,000 calorie diet.	

White Bread	
Serving Size 1 slice (25g)	
Amount Per Serving	
Calories 67	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Sodium 135mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	4%
Calcium	3%
Iron	4%
Thiamin	8%
Riboflavin	5%
Niacin	5%
Not a significant source of saturated fat, cholesterol, vitamin A, and vitamin C.	
*Percent Daily Values are based on a 2,000 calorie diet	

Snack Crackers	
Serving Size 4 crackers (12g)	
Amount Per Serving	
Calories 60	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Sodium 100mg	4%
Total Carbohydrate 7g	2%
Protein 1g	2%
Calcium	2%
Iron	2%
Thiamin	3%
Riboflavin	2%
Niacin	2%
Not a significant source of cholesterol, fiber, vitamin A, and vitamin C. Values are not available for sugars.	
*Percent Daily Values are based on a 2,000 calorie diet	

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



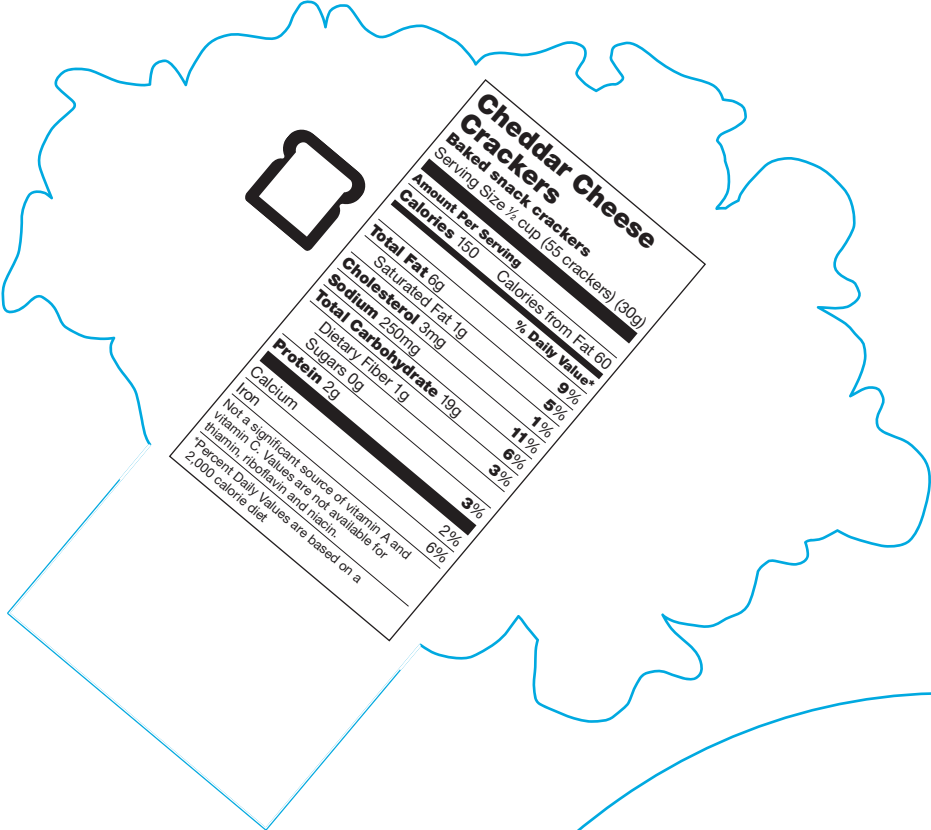
HAMBURGER BUN
½ bun (1 ounce)



**CHEDDAR CHEESE
CRACKERS**
½ cup (1 ounce)



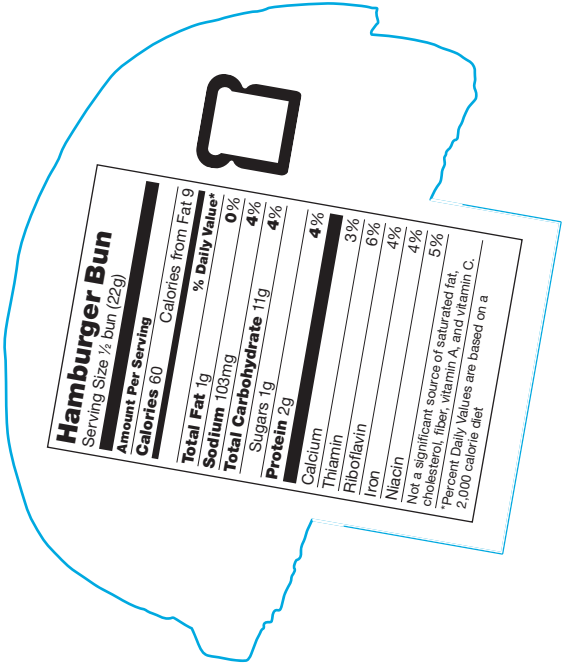
BRAN FLAKES
1 ounce



Cheddar Cheese Crackers
Baked snack crackers
Serving Size 1/2 cup (55 crackers) (30g)
Amount Per Serving
Calories 150

		Calories from Fat 60
Total Fat 6g		9%
Saturated Fat 1g		2%
Cholesterol 3mg		5%
Sodium 250mg		11%
Dietary Fiber 1g		3%
Total Carbohydrate 19g		3%
Sugars 0g		2%
Protein 2g		6%
Calcium		
Iron		

Not a significant source of vitamin A and vitamin C. Values are not available for thiamin, riboflavin and niacin.
Percent Daily Values are based on a 2,000 calorie diet.



Hamburger Bun
Serving Size 1/2 bun (22g)
Amount Per Serving
Calories 60

		Calories from Fat 9
Total Fat 1g		2%
Sodium 103mg		0%
Total Carbohydrate 11g		4%
Sugars 1g		4%
Protein 2g		4%
Calcium		
Thiamin		
Riboflavin		
Iron		
Niacin		

Not a significant source of saturated fat, cholesterol, fiber, vitamin A, and vitamin C.
Percent Daily Values are based on a 2,000 calorie diet.



Bran Flakes
Serving Size 1 oz (28g)
Amount Per Serving
Calories 92

		Calories from Fat 1g
Total Fat 1g		2%
Sodium 260mg		11%
Total Carbohydrate 59g		20%
Dietary Fiber 4g		8%
Sugars 3g		6%
Protein 3g		6%
Vitamin A		
Iron		
Thiamin		
Riboflavin		
Niacin		

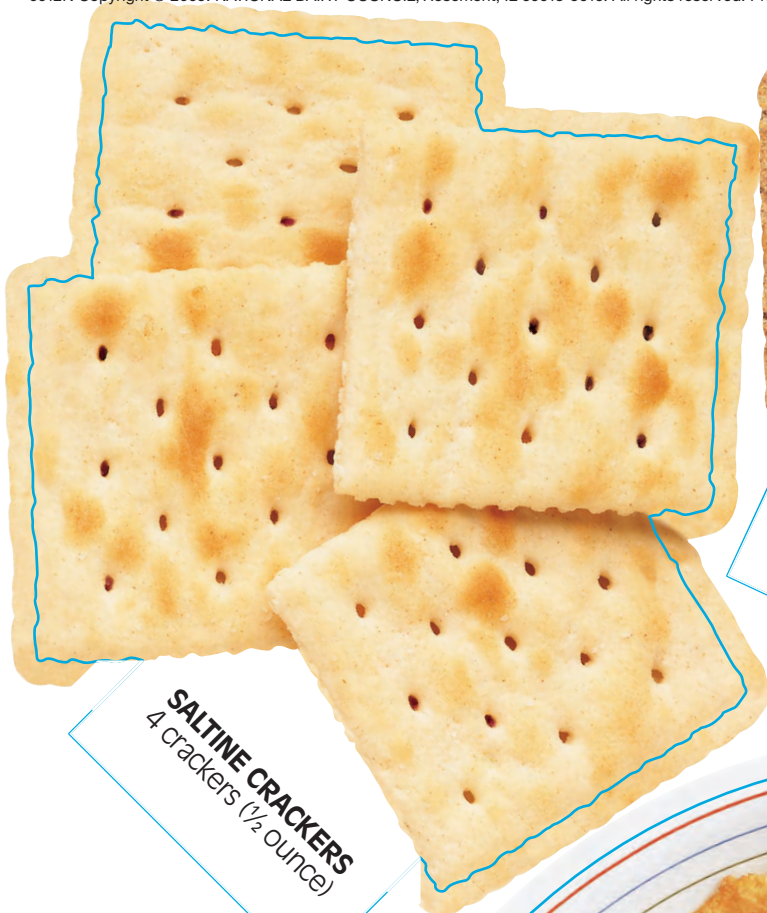
Not a significant source of calcium.
Values are not available for saturated fat, cholesterol and vitamin C.
Percent Daily Values are based on a 2,000 calorie diet.

Raisin Bran
Serving Size 1 oz (28g)
Amount Per Serving
Calories 87

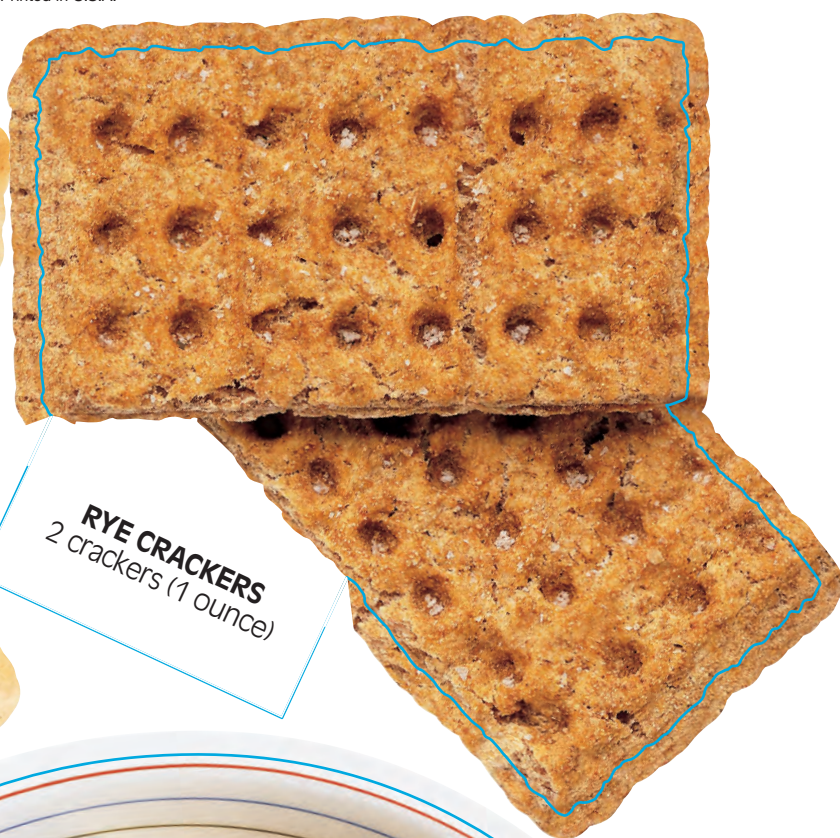
		Calories from Fat 1g
Total Fat 1g		2%
Sodium 185mg		8%
Total Carbohydrate 16g		7%
Dietary Fiber 4g		8%
Sugars 3g		6%
Protein 3g		6%
Vitamin A		
Iron		
Thiamin		
Riboflavin		
Niacin		

Not a significant source of calcium.
Values are not available for saturated fat, cholesterol and vitamin C.
Percent Daily Values are based on a 2,000 calorie diet.

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



SALTINE CRACKERS
4 crackers (½ ounce)



RYE CRACKERS
2 crackers (1 ounce)



CORN FLAKES
1 ounce

Crackers		
Serving Size	Rye 1 triple (25g)	Whole Wheat 2 crackers (8g)
Amount Per Serving		
Calories	84	36
Calories from Fat	0	9
%		
Total Fat		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Sugars		
Protein		
Iron		
Thiamin		
Riboflavin		
Niacin		
Not a significant source of saturated fat, cholesterol, vitamin A, vitamin C, and calcium.		
*Percent Daily Values are based on a 2,000 calorie diet		

Saltine Crackers [†]		
Serving Size 4 crackers (12g)		
Amount Per Serving		
Calories 52	Calories from Fat 18	
% Daily Value*		
Total Fat 2g		3%
Sodium 156mg		7%
Total Carbohydrate 8g		3%
Protein 1g		2%
Calcium		2%
Iron		4%
Thiamin		5%
Riboflavin		4%
Niacin		3%
Not a significant source of saturated fat, cholesterol, fiber, vitamin A, and vitamin C. Values are not available for sugars.		
†includes oyster crackers		
*Percent Daily Values are based on a 2,000 calorie diet		

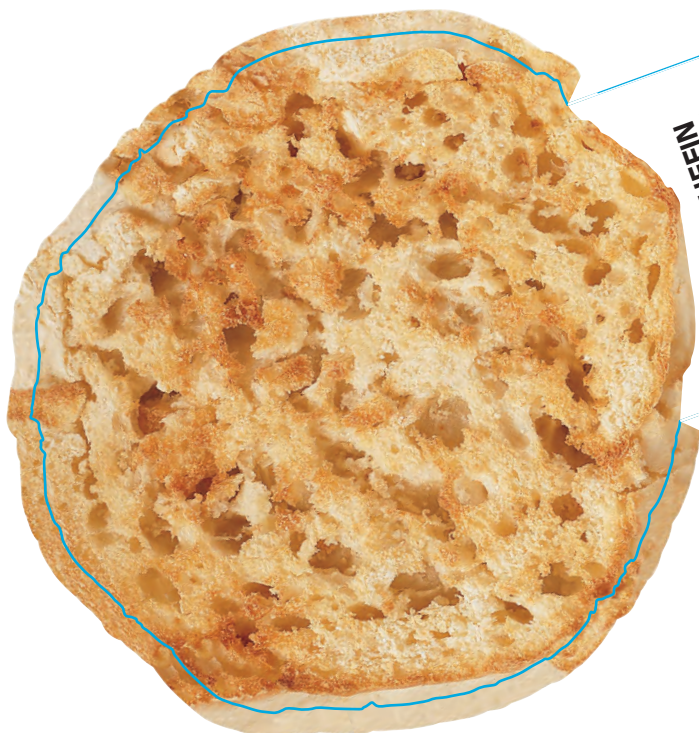
Corn Flakes		
Serving Size	Corn Flakes 1 oz† (28g)	Sugar Frosted Flakes 1 oz†† (28g)
Amount Per Serving		
Calories	110	108
%		
Total Fat		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Sugars		
Protein		
Vitamin A		
Vitamin C		
Iron		
Thiamin		
Riboflavin		
Niacin		
Not a significant source of calories from fat, saturated fat and calcium. Values are not available for cholesterol.		
†1½ cups		
††½ cup		
*Percent Daily Values are based on a 2,000 calorie diet		



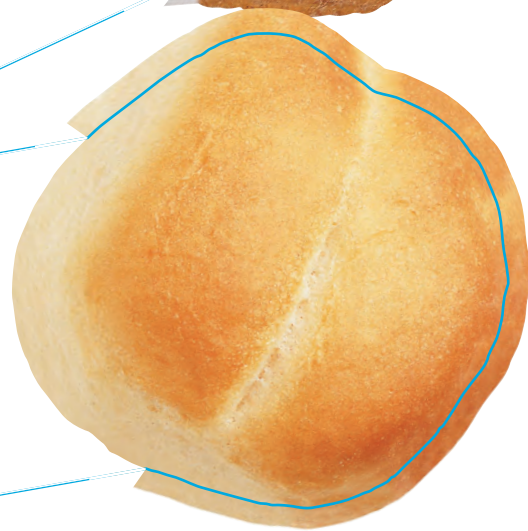
GRANOLA
1 ounce



MUFFIN
1 small (1 ounce)



ENGLISH MUFFIN
 $\frac{1}{2}$ muffin (1 ounce)



DINNER ROLL
1 small (1 ounce)



Granola
Serving Size 1 oz (28g)
Amount Per Serving
Calories 126

Total Fat	5g	Calories from Fat 45
Saturated Fat	3g	% Daily Value*
Sodium	58mg	8%
Total Carbohydrate	19g	15%
Protein	3g	6%
Calcium		2%
Iron		6%
Thiamin		2%
Riboflavin		5%
Niacin		7%
Fiber		3%

Percent Daily Values are based on a 2,000 calorie diet



Bran Muffin
Serving Size 1 small (50g)
Amount Per Serving
Calories 138

Total Fat	5g	Calories from Fat 45
Saturated Fat	1g	% Daily Value*
Sodium	34mg	8%
Total Carbohydrate	23g	5%
Protein	3g	11%
Calcium		10%
Iron		8%
Thiamin		6%
Riboflavin		2%
Niacin		7%
Fiber		7%

Percent Daily Values are based on a 2,000 calorie diet



English Muffin
Serving Size 1/2 muffin (26g)
Amount Per Serving
Calories 67

Total Fat	1g	Calories from Fat 9
Sodium	131mg	% Daily Value*
Total Carbohydrate	13g	2%
Protein	2g	5%
Calcium		4%
Iron		4%
Thiamin		4%
Riboflavin		5%
Niacin		4%
Fiber		7%
Fiber		4%

Percent Daily Values are based on a 2,000 calorie diet

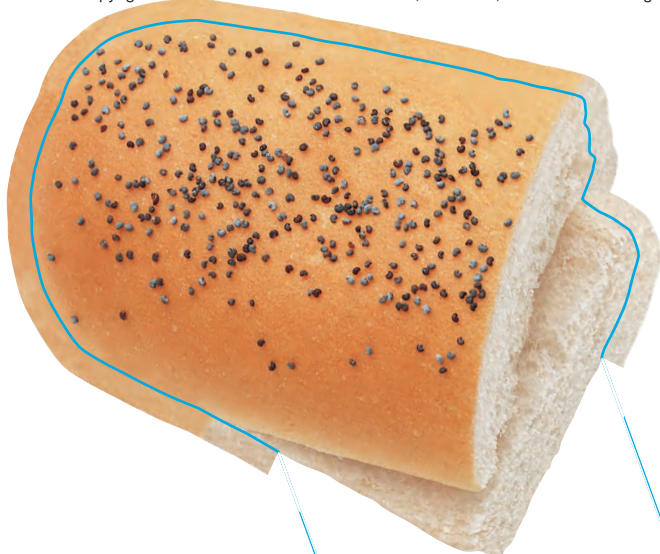


Dinner Roll
Serving Size 1 small (28g)
Amount Per Serving
Calories 85

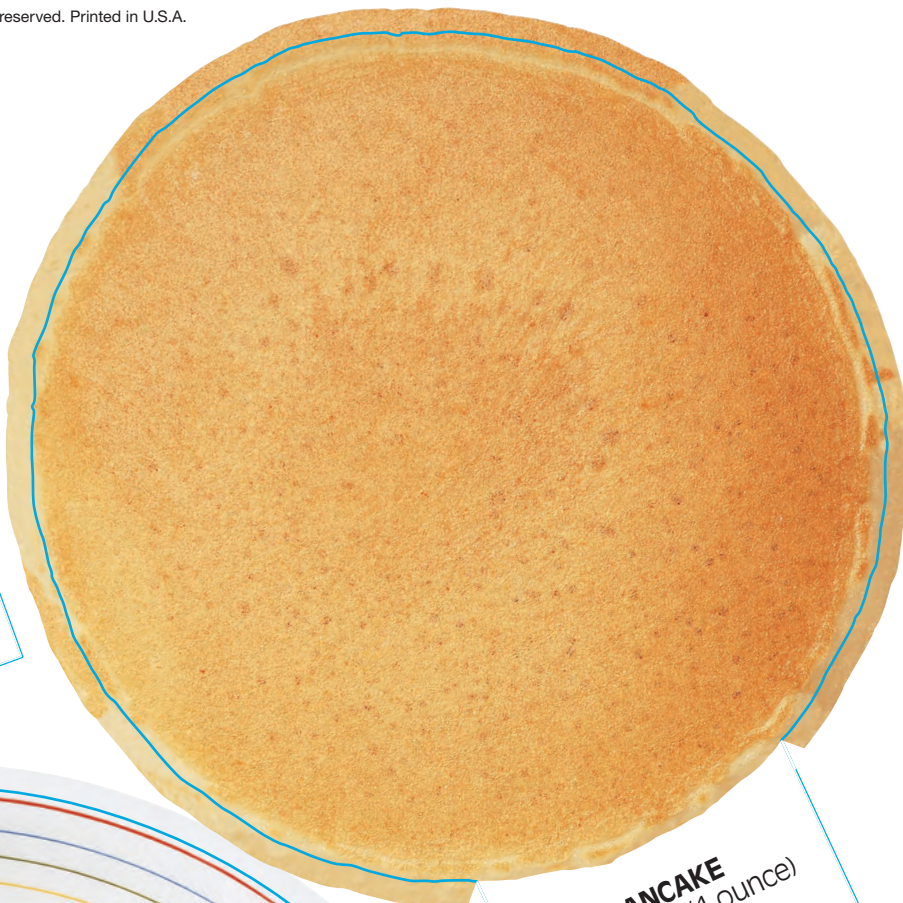
Total Fat	2g	Calories from Fat 18
Sodium	148mg	% Daily Value*
Total Carbohydrate	14g	3%
Protein	2g	6%
Calcium		5%
Iron		4%
Thiamin		3%
Riboflavin		5%
Niacin		5%
Fiber		6%

Percent Daily Values are based on a 2,000 calorie diet

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



HOT DOG BUN
½ roll (1 ounce)



PANCAKE
4" pancake (1 ounce)



OATMEAL
½ cup



Pancake†		
Serving Size		
Amount Per Serving	Plain	Buckwheat
Calories	4" pancake (38g)	4" pancake (30g)
Calories from Fat		
Total Fat	74	62
Saturated Fat	9	18
Cholesterol	1g	2g
Sodium	0g	1g
Total Carbohydrate	239mg	20mg
Dietary Fiber	14g	160mg
Protein	0g	9g
Calcium	2g	2g
Iron		
Thiamin		
Riboflavin		
Niacin		
Not a significant source of vitamin A and vitamin C.		
Values are not available for sugars.		
†From mix, includes buttermilk		
*Percent Daily Values are based on a 2,000 calorie diet		

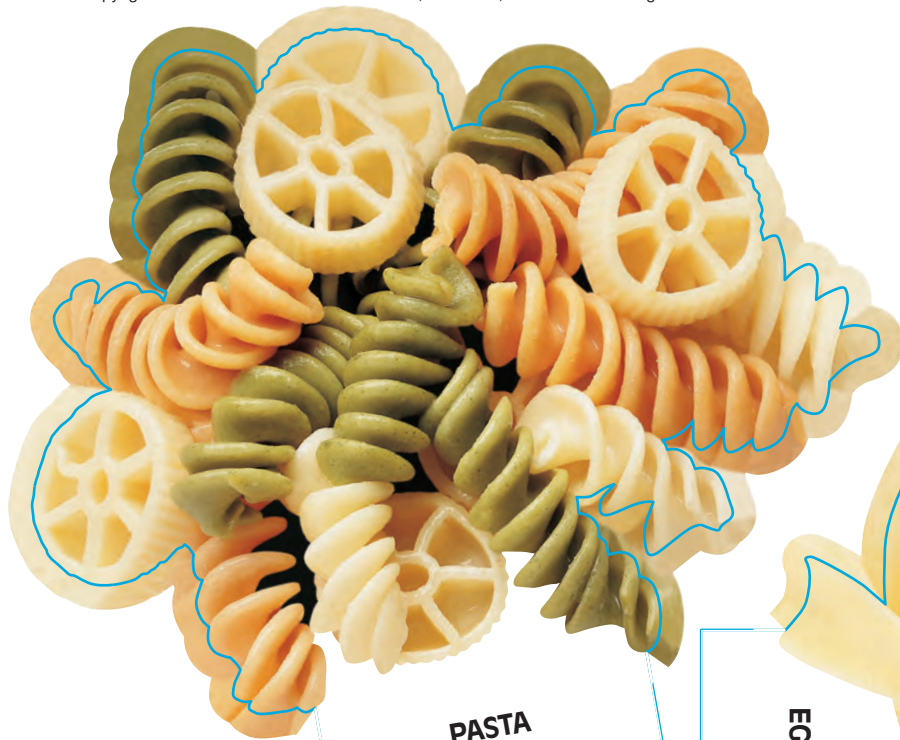


Hot Dog Bun	
Serving Size ½ roll (22g)	
Amount Per Serving	Calories from Fat 9
Calories 62	% Daily Value*
Total Fat 1g	2%
Sodium 121mg	5%
Total Carbohydrate 11g	4%
Sugars 2g	
Protein 2g	
Calcium	
Iron	
Thiamin	
Riboflavin	
Niacin	
Not a significant source of saturated fat, cholesterol and vitamin C. Values are not available for fiber and vitamin A.	
*Percent Daily Values are based on a 2,000 calorie diet	



Oatmeal†		
Serving Size		
Amount Per Serving	Oatmeal ½ cup (117g)	Cream of Wheat ½ cup (121g)
Calories	73	77
Calories from Fat	9	0
Total Fat	1g	0g
Sodium	1mg	3mg
Total Carbohydrate	13g	16g
Protein	3g	2g
Calcium	1%	3%
Iron	4%	33%
Thiamin	9%	7%
Riboflavin	1%	3%
Niacin	1%	5%
Not a significant source of saturated fat, cholesterol, sugars, and vitamin A. Values are not available for fiber and vitamin C.		
†Instant, cooked without added salt, butter, or milk		
*Percent Daily Values are based on a 2,000 calorie diet		

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



PASTA
½ cup



EGG NOODLES
½ cup



RICE
½ cup



SOBA NOODLES
½ cup

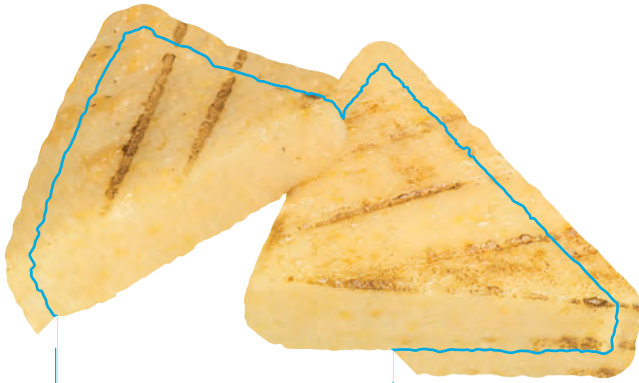
Egg Noodles[†]		
Serving Size ½ cup (80g)		
Amount Per Serving		
Calories	106	Calories from Fat 9
		% Daily Value*
Total Fat 1g		2%
Cholesterol 26mg		9%
Sodium 5mg		0%
Total Carbohydrate 20g		7%
Dietary Fiber 2g		8%
Protein 4g		7%
Iron		10%
Thiamin		4%
Riboflavin		6%
Niacin		
Not a significant source of saturated fat, vitamin A, vitamin C, and calcium. Values are not available for sugars.		
†Cooked		
*Percent Daily Values are based on a 2,000 calorie diet		

Macaroni[†]		
Serving Size		
Amount Per Serving	Plain ½ cup (70g)	Vegetable [†] ½ cup (67g)
Calories		
	99	86
	% Daily Value*	% Daily Value*
Total Fat	0g	0g
Sodium	0mg	4mg
Total Carbohydrate	20g	18g
Dietary Fiber	1g	3g
Protein	3g	5%
Iron		4%
Thiamin		10%
Riboflavin		6%
Niacin		2%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, and calcium. Values are not available for sugars.		
†Cooked, includes shells and spirals		
††Tricolor type, spinach, tomato		
*Percent Daily Values are based on a 2,000 calorie diet		

Soba Noodles		
Serving Size ½ cup (57g)		
Amount Per Serving		
Calories	57	
		% Daily Value*
Total Fat 0g		0%
Sodium 0mg		0%
Total Carbohydrate 12g		4%
Protein 3g		6%
Thiamin		6%
Iron		6%
Niacin		2%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, calcium, and riboflavin. Values are not available for fiber and sugars.		
*Percent Daily Values are based on a 2,000 calorie diet		

Rice[†]		
Serving Size		
Amount Per Serving	White, long-grain ½ cup (79g)	Brown, long-grain ½ cup (96g)
Calories		
	103	109
	% Daily Value*	% Daily Value*
Total Fat	0g	0g
Sodium	0mg	5mg
Total Carbohydrate	22g	23g
Dietary Fiber	0g	1g
Protein	4g	5g
Iron		9%
Thiamin		1%
Riboflavin		6%
Niacin		8%
Not a significant source of saturated fat, cholesterol, sugars, vitamin A, vitamin C, and calcium.		
†Cooked		
*Percent Daily Values are based on a 2,000 calorie diet		

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



POLENTA
½ cup



BROWN RICE
½ cup



COUSCOUS
½ cup



**WHOLE WHEAT
DINNER ROLL**
1 small (1 ounce)



Brown Rice	
Medium grain	
Serving Size ½ cup (97g)	
Amount Per Serving	
Calories 108	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Sodium 5mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	6%
Thiamin	6%
Iron	2%
Niacin	8%
Not a significant source of saturated fat, cholesterol, vitamin A, vitamin C, calcium, and riboflavin.	
*Percent Daily Values are based on a 2,000 calorie diet.	



Polenta	
Serving Size ½ cup (31g)	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	4%
Thiamin	10%
Riboflavin	6%
Iron	6%
Niacin	6%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet.	

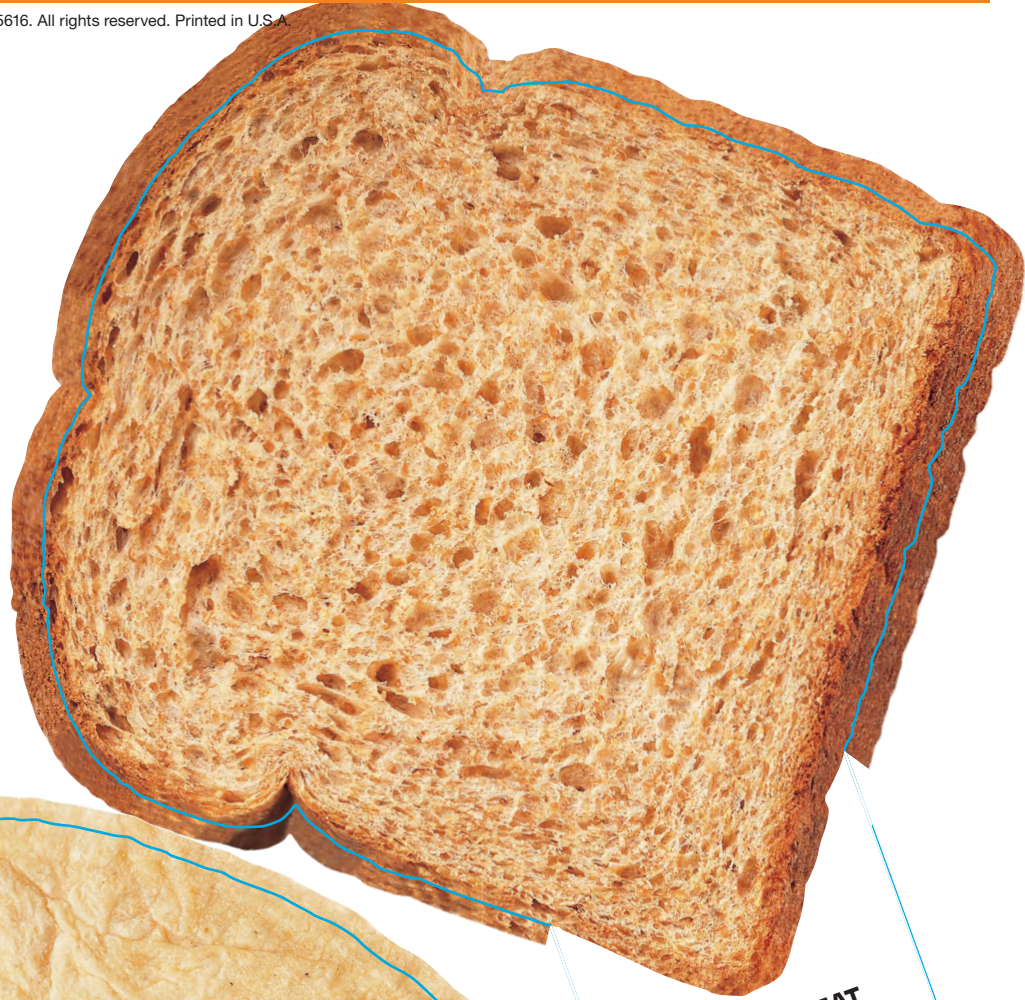


Whole Wheat Dinner Roll	
Serving Size 1 small (28g)	
Amount Per Serving	
Calories 74	Calories from Fat 12
% Daily Value*	
Total Fat 1g	2%
Sodium 134mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	4%
Calcium	3%
Thiamin	6%
Riboflavin	3%
Iron	4%
Niacin	5%
Not a significant source of saturated fat, cholesterol, vitamin A, and vitamin C.	
*Percent Daily Values are based on a 2,000 calorie diet.	



Couscous	
Plain	
Serving Size ½ cup (79g)	
Amount Per Serving	
Calories 88	
% Daily Value*	
Total Fat 0g	0%
Sodium 4mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	6%
Thiamin	3%
Riboflavin	2%
Iron	2%
Niacin	4%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet.	

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



**WHOLE WHEAT
BREAD**
1 slice (1 ounce)



TORTILLA
6" tortilla (1 ounce)

Wheat Bread			
	Whole Wheat	Cracked Wheat	
Serving Size	1 slice (28g)	1 slice (25g)	
Amount Per Serving			
Calories	70	85	9
Calories from Fat	1g	1g	6%
	149mg	135mg	4%
Total Fat	13g	1g	4%
Sodium	2g	2g	4%
Total Carbohydrate	1g	6%	1%
Dietary Fiber	3g	2%	4%
Sugars	2%	5%	6%
Protein	7%	4%	4%
Calcium	3%	5%	5%
Iron			
Thiamin			
Riboflavin			
Niacin			

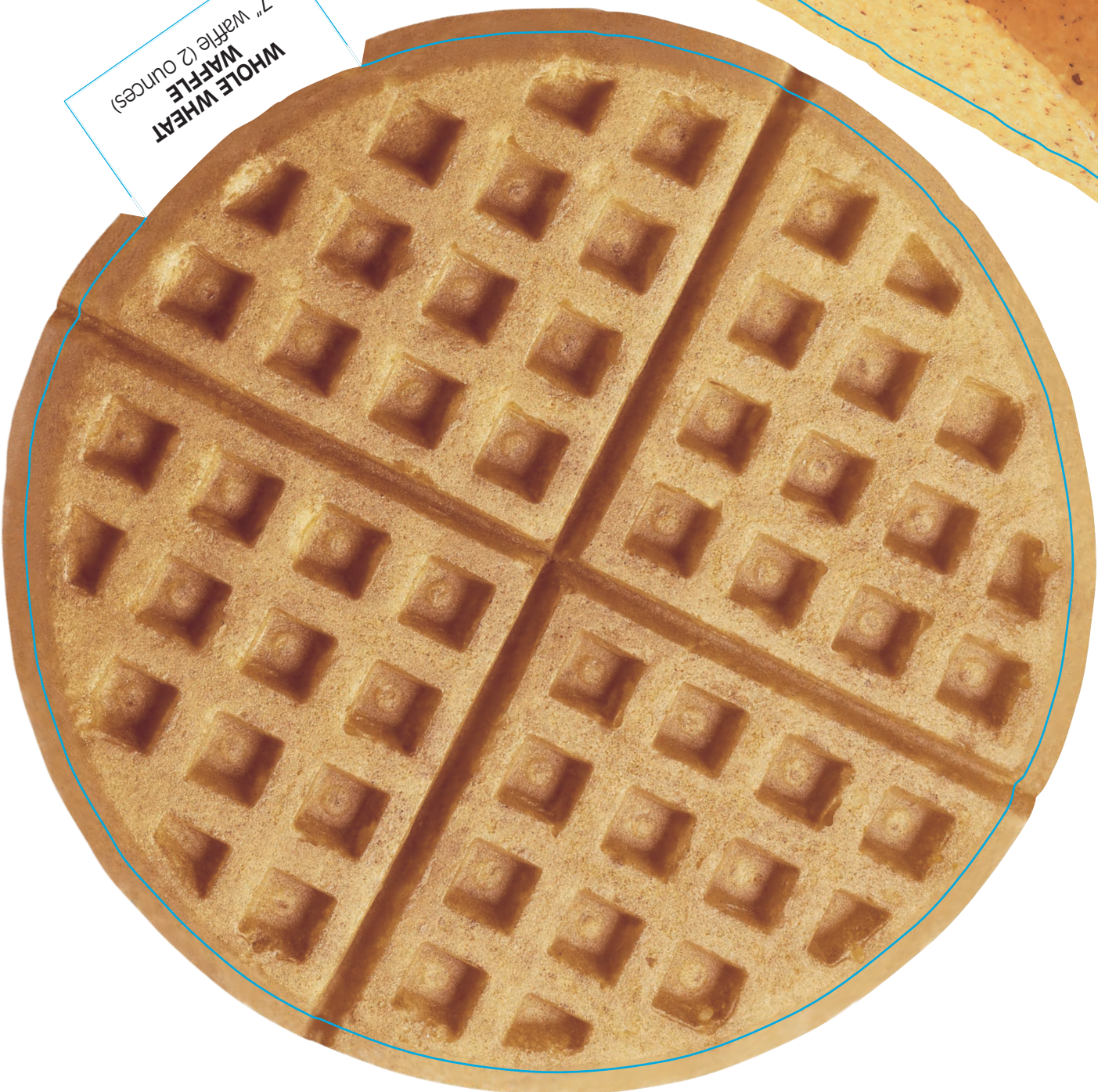
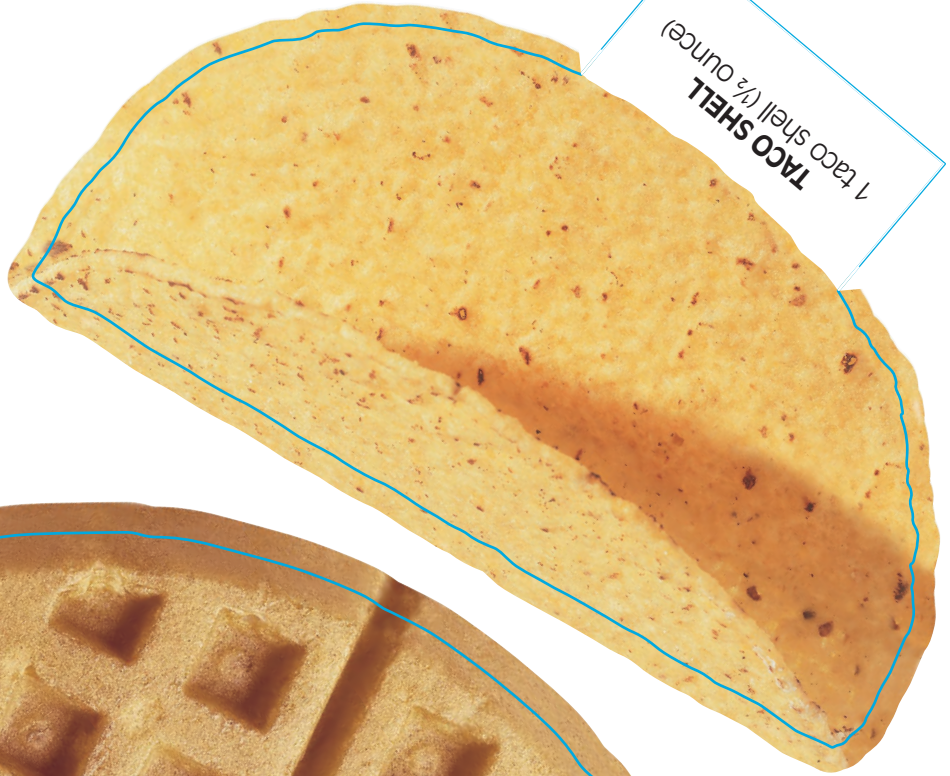
Not a significant source of saturated fat.
Values are not available for cholesterol, vitamin A and vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet

Tortilla			
	Corn	Flour	
Serving Size	6" tortilla (25g)	8" tortilla (35g)	
Amount Per Serving			
Calories	56	114	27
Calories from Fat	1g	1g	4%
	40mg	1g	4%
Total Fat	1g	1g	4%
Sodium	12g	6g	4%
Total Carbohydrate	1g	2%	6%
Dietary Fiber	1g	2%	6%
Protein	2%	1%	6%
Calcium	2%	2%	6%
Iron			
Thiamin			
Riboflavin			
Niacin			

Not a significant source of saturated fat, cholesterol, sugars, vitamin A and vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet

0012N Copyright © 2005. NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616. All rights reserved. Printed in U.S.A.



Taco Shell	
Serving Size 1 shell (13g)	
Amount Per Serving	Calories from Fat 27
Calories 62	% Daily Value*
Total Fat 3g	2%
Sodium 49mg	2%
Total Carbohydrate 8g	2%
Dietary Fiber 1g	2%
Sugars 0g	2%
Protein 1g	2%
Calcium	
Thiamin	
Iron	
Not a significant source of saturated fat, cholesterol, vitamin A, vitamin C, riboflavin, and niacin.	
Percent Daily Values are based on a 2,000 calorie diet	

Whole Wheat Waffle	
Serving Size 7" waffle (75g)	
Amount Per Serving	Calories from Fat 218
Calories 99	% Daily Value*
Total Fat 3g	2%
Saturated Fat 1g	2%
Cholesterol 0g	0%
Sodium 19mg	2%
Total Carbohydrate 19g	2%
Dietary Fiber 3g	2%
Sugars 2g	2%
Protein 10g	2%
Vitamin A	
Calcium	
Iron	
Riboflavin	
Niacin	
Not a significant source of vitamin C.	
Percent Daily Values are based on a 2,000 calorie diet	