

SOME EXAMPLES OF HOW TO BUY 32 OUNCES OF WHOLE GRAINS



2 LOAVES
of 16 oz bread



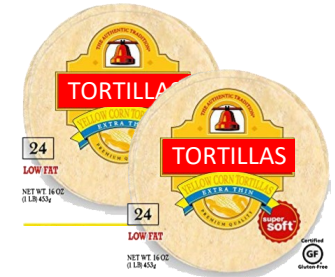
1 LOAF
of 24 oz bread
+
1 PACKAGE
of 8 oz tortillas



1 BOX
of 14 oz rice
+
1 PACKAGE
of 18 oz oatmeal



1 BAG
of 32 oz rice



2 PACKAGES
of 16 oz tortillas



1 LOAF
of 16 oz bread
+
1 BAG
of 16 oz rice



1 LOAF
of 20 oz bread
+
1 BOX
of 12 oz oatmeal



2 BOXES
of 16 oz pasta



1 BOX
of 16 oz pasta
+
1 BAG
of 16 oz buns