



Grains



Bagel, plain



Bagel, plain

Nutrition Facts	
1 serving	
Serving size	1 bagel
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 1.1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 368mg	16%
Total Carbohydrate 37g	13%
Dietary Fiber 1.6g	6%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 2.5mg	14%
Potassium 70mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Corn Bread



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Corn Bread

Nutrition Facts	
1 serving	
Serving size	2-inch slice
Amount per serving	
Calories	222
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 729mg	32%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 2mg	11%
Potassium 101mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Whole Wheat Bread



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Whole Wheat Bread

Nutrition Facts	
1 serving	
Serving size	1 slice
Amount per serving	
Calories	91
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 162mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 2.1g	8%
Total Sugars 1.5g	
Includes 1.5g Added Sugars	3%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 59mg	5%
Iron 2.4mg	14%
Potassium 70mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Corn Flakes



Corn Flakes

Nutrition Facts	
1 serving	
Serving size	1 cup
Amount per serving	
Calories	89
	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 182mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 0.8g	3%
Total Sugars 2.4g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0.9mcg	5%
Calcium 1mg	0%
Iron 7mg	40%
Potassium 42mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Rice Noodles



Rice Noodles

Nutrition Facts	
1 serving, cooked	
Serving size	1/2 cup
Amount per serving	
Calories	95
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 17mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.1mg	1%
Potassium 3mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Soba Noodles



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Soba Noodles

Nutrition Facts	
1 serving, cooked	
Serving size	1/2 cup
Amount per serving	
Calories	95
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 34mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0.3mg	1%
Potassium 20mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Oatmeal, cooked



Oatmeal, cooked

Nutrition Facts	
1 serving	
Serving size	1/2 cup
Amount per serving	
Calories	83
	% Daily Value*
Total Fat 1.8g	2%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 1mg	6%
Potassium 82mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Plain Popcorn



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Plain Popcorn

Nutrition Facts	
1 serving	
Serving size	1 cup
Amount per serving	
Calories	31
	% Daily Value*
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0.3mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1.2g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0.8mg	0%
Iron 0.3mg	2%
Potassium 24mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Quinoa



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Quinoa

Nutrition Facts	
1 serving, cooked	
Serving size	1/2 cup
Amount per serving	
Calories	111
% Daily Value*	
Total Fat 1.8g	2%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 151mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 2.6g	9%
Total Sugars 0.8g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 1.3mg	8%
Potassium 158mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Brown Rice



Brown Rice

Nutrition Facts	
1 serving	
Serving size	1/2 cup
Amount per serving	
Calories	109
	% Daily Value*
Total Fat 0.8g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 1mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 1.8g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.5mg	3%
Potassium 77mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



White Rice



White Rice

Nutrition Facts	
1 serving	
Serving size	1/2 cup
Amount per serving	
Calories	101
	% Daily Value*
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 194mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 0.3g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 1mg	5%
Potassium 28mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Tortilla, corn



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Tortilla, corn

Nutrition Facts	
1 serving	
Serving size	1 tortilla
Amount per serving	
Calories	55
	% Daily Value*
Total Fat 0.7g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1.5g	5%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	1%
Iron 0.3mg	2%
Potassium 80mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grains



Tortilla, flour



Tortilla, flour

Nutrition Facts	
1 serving	
Serving size	1 tortilla
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 440mg	19%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	3%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 90mg	7%
Iron 2mg	11%
Potassium 50mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	