## **SOME EXAMPLES OF HOW TO BUY 32 OUNCES OF WHOLE GRAINS**



of 16 oz bread









of 14 oz rice of 32 oz rice



BAG 2 PAC





of 16 oz bread

1 BAG

of 16 oz rice





**1 PACKAGE** 

of 18 oz oatmeal





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

