

	Rice white cooked no salt or fat added
	Soup mostly noodles Ramen Cup Noodles
	Else 1 piece
	Rice noodles chow fun cooked without fat
	Flour whole wheat
	Flour rice white
	Bread white
	Bread French or Vienna
	Bread pita
	Bread garlic
	Bread sour dough
	Hot dog bun white
	Rolls white hard
	Roll sweet
	Coffee cake yeast type
	Rice white cooked with salt and vegetable oil
	100 Natural Cereal plain
	100 Natural Cereal with oats honey and raisins
	Cupcake not chocolate no icing or filling
	Cupcake not chocolate with icing or filling Twinkies Tastykake Krimpets Little Debbie Snack Cakes Hostess Sn
	Biscuits baking powder or buttermilk homemade
	Croissant
	Bagel
	Bread stuffing