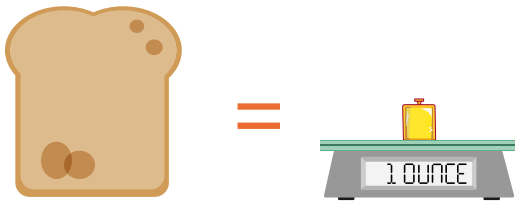


GRAINS SERVING SIZES

3-ounce equivalents from grains for women, but it varies from 4-ounce equivalents from grains for men aged 19-to-30, 3½ -ounce equivalents from grains for men aged 31-to-50, and 3-ounce equivalents from grains for men aged 51 and older.

BREAD



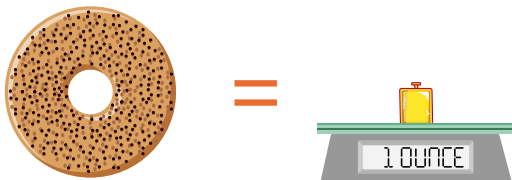
A slice of regular bread equals a 1-ounce-equivalent from grains.

PASTA



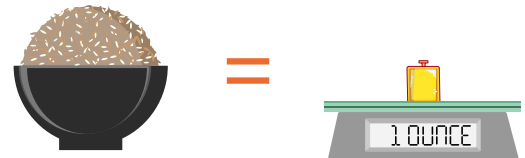
A ½ cup, cooked or one-ounce, dry pasta equals a 1-ounce-equivalent from grains.

BAGEL



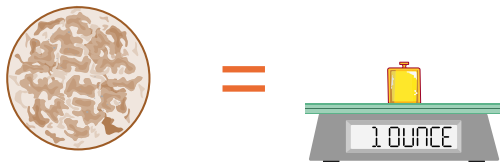
A 1-inch mini bagel equals a 1-ounce-equivalent from grains (a standard bagel equals a 4-ounce equivalent).

BROWN RICE



A ½ cup portion of cooked brown rice equals a 1-ounce-equivalent from grains.

ENGLISH MUFFIN



A ½ of an English muffin equals a 1-ounce-equivalent from grains.

POPCORN



Three cups of popped popcorn equal a 1-ounce-equivalent from grains.

OATMEAL



A ½ cup cooked, one packet (instant) or ⅓ cup of dry oatmeal equals a 1-ounce-equivalent from grains.

TORTILLA



A small flour or corn tortilla (6" diameter) equals a 1-ounce-equivalent from grains.