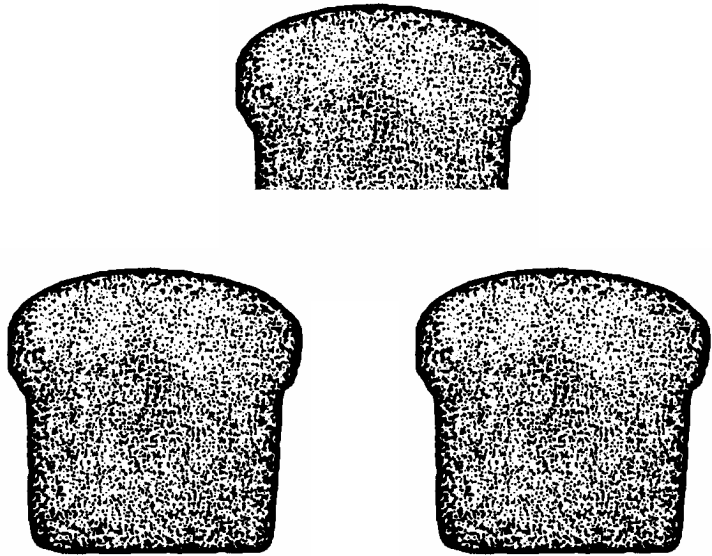
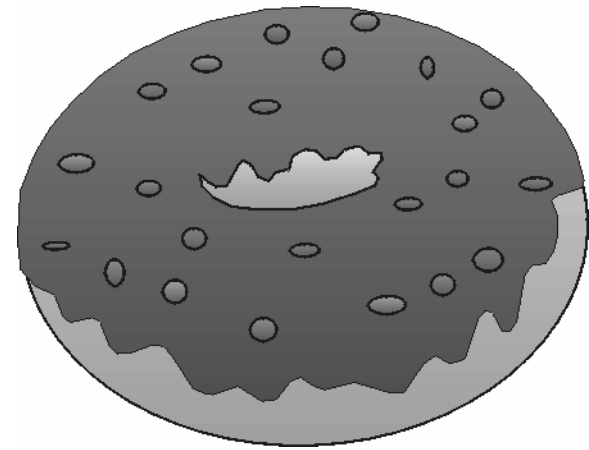


Choose Grain Foods Wisely



175 calories **4 g fat**
31 g complex carbohydrates

WHOLE-WHEAT BREAD



175 calories **11 g fat**
16 g simple carbohydrates

RAISED DOUGHNUT