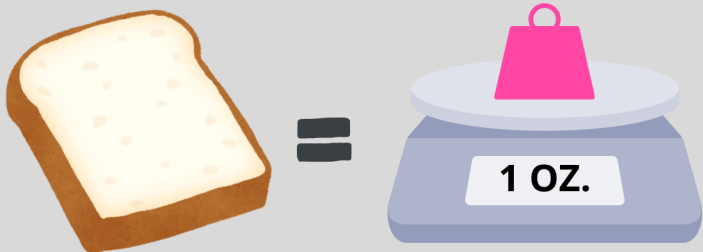


GRAINS SERVING SIZES

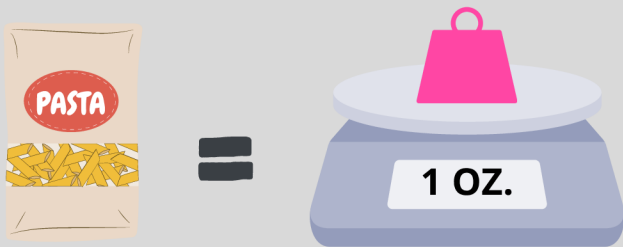
3-OUNCE EQUIVALENTS FROM GRAINS FOR WOMEN

BREAD



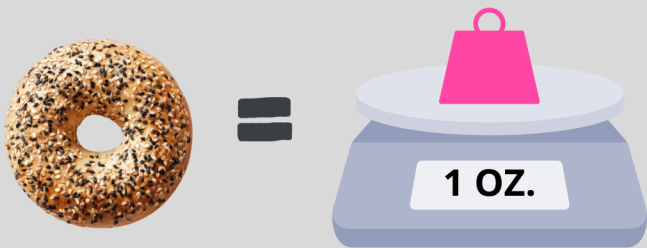
A slice of regular bread equals a 1-ounce-equivalent from grains.

PASTA



A 1/2 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 1/2 cup portion of cooked brown rice equals a 1-ounce-equivalent from grains.

ENGLISH MUFFIN



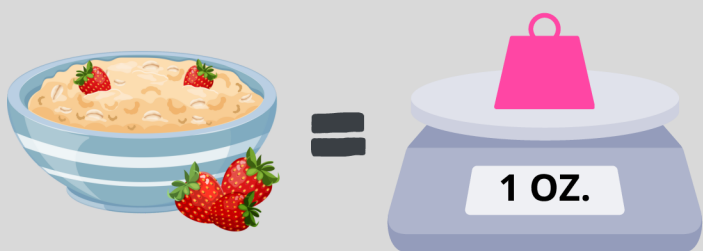
A 1/2 of an English muffin equals a 1-ounce-equivalent from grains.

POPCORN



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

OATMEAL



A 1/2 cup cooked, one packet (instant) or 1/3 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.

*Based on USDA recommendations