

## WHICH GRAINS DO I EAT?

Record all the grain products you eat for 3 days (such as cereal, breads, crackers, tortillas, rice and noodles). Find the first ingredient on the label and write it for each food you listed.

Grain Products	Type of Grain (First ingredient on the list of ingredients)	Amount Eaten
Examples: Wheat bread	Bleached wheat flour	3 slices
Corn tortilla	Ground corn	4
Oatmeal	Rolled oats	1 cup
Day 1		
Day 2		
Day 3		

Complete this form by February 14.  
Please bring your form to your February ATM.