

# SOME EXAMPLES OF HOW TO BUY 32 OUNCES OF WHOLE GRAINS



**2 LOAVES**  
of 16 oz bread



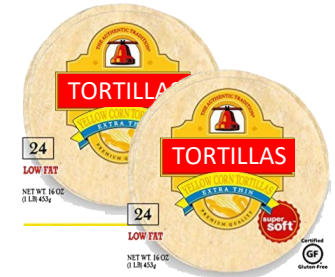
**1 LOAF**  
of 24 oz bread  
+  
**1 PACKAGE**  
of 8 oz tortillas



**1 BOX**  
of 14 oz rice  
+  
**1 PACKAGE**  
of 18 oz oatmeal



**1 BAG**  
of 32 oz rice



**2 PACKAGES**  
of 16 oz tortillas



**1 LOAF**  
of 16 oz bread  
+  
**1 BAG**  
of 16 oz rice



**1 LOAF**  
of 20 oz bread  
+  
**1 BOX**  
of 12 oz oatmeal



**2 BOXES**  
of 16 oz pasta



**1 BOX**  
of 16 oz pasta  
+  
**1 BAG**  
of 16 oz buns