

The Dietitian's Choice: Favorite Breads & Pastas

When looking for bread, aim for breads that include 3 or more grams of fiber per slice. There are many, many, many good breads available to choose from and the following are only a few examples.



Rudy's Organic Honey Sweet Whole Wheat Bread

19g Carbs with 3g Fiber, 100 calories per slice



OroWeat Double Fiber Bread

16g Carbs with 6g Fiber, 70 calories per slice



OroWeat Sandwich Thins

3 flavor varieties – This is a GREAT alternative to the “normal” hamburger bun!!!
21g Carbs with 5g Fiber, 100 calories per bun (top+bottom)



Dreamfields Pasta

Low Glycemic Index and High PreBiotic Fiber

Serving Size: each 2 ounce dry serving is equal to about:		
	Dry	Cooked
Penne	1/2 cup	1 cup
Elbows	1/2 cup	1 cup
Rotini	3/4 cup	1 1/2 cup
Spaghetti	1/2 in. circle	1 cup
Angel Hair	1/2 in. circle	1 cup
Linguine	1/2 in. circle	1 cup
Lasagna	2 pieces	1 1/2 cup