100% whole grain bread provides fiber, vitamins, and minerals for good health

CHAMPIONS for CHANGE
Network for a Healthy California

Feeling Good

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100% WHOLE WHEAT

Nutrition Facts

Serving Size 1 average slice (48g)
Servings Per Container Approx. 14

Amount Per Serving	
Calories 100 Calories from Fat 5	
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 1g	-
Protein 4g	
Vitamin A 0% • Vitamin C	0%
Calcium 2% • Iron	8%

*Percentage Daily Values are based on a 2000-calorie diet.

INGREDIENTS:
ORGANIC WHOLE WHEAT FLOUR, WATER, CRACKED WHEAT, WHEAT BRAN, HONEY, MOLASSES, SOYBEAN OIL, SALT AND YEAST

Look for the word "WHOLE" at the beginning of the ingredients list.

Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

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Brown rice and oats are whole grains that can lower cholesterol, and are good sources of fiber

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Feeling Good

Non-fat or low-fat milk:
✓ Excellent source of calcium
✓ Builds strong bones

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Fresh fruits are easy on-the-go snacks that give you lots of vitamins!!!
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Feeling Good

Hydrate with WATER!
Kids need 5 to 7 glasses per day.
Adults need 10 to 12 glasses per day.

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Adults need 10 to 12 glasses per day.

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Add sliced fruits and sprigs of herbs to water for some flavor.
No sugar necessary!

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No sugar necessary!

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Feeling Good

Nuts are rich sources of energy

packed with healthy protein and fiber.

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SOY MILK is
lactose-free.

Has calcium (if enriched) and protein just like regular milk.

Try with cereal or smoothies.

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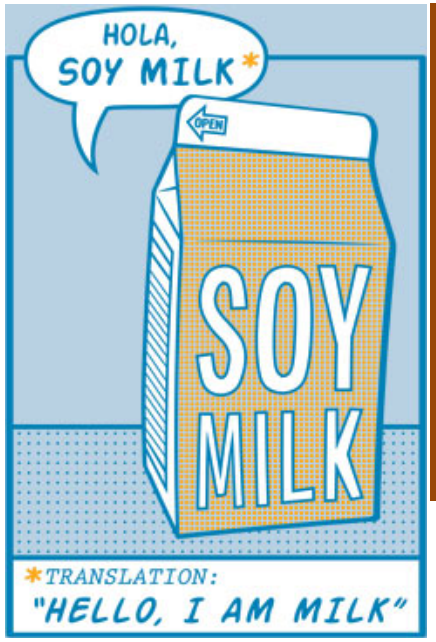
Feeling Good



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Make it a PARFAIT!

Mix fruits and granola with yogurt for vitamins and calcium.

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BEANS

Plant protein, with:

- **Fiber**
- **Iron**
- **Zinc**

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USDA recommends less than 2300mg (1 teaspoon) of sodium per day for a healthy blood pressure.

Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

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Scramble eggs with colorful vegetables for fiber, protein, and vitamins.

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