



Kodiak Cakes Muffin Mix:

100% WHOLE GRAIN WHEAT FLOUR, CANE SUGAR, 100% WHOLE GRAIN OAT FLOUR, WHEAT PROTEIN ISOLATE, LIGHT MOLASSES (REFINERY SYRUP, CANE MOLASSES), BLUEBERRIES, LEAVENING (CREAM OF TARTAR, BAKING SODA), SEA SALT, NATURAL FLAVOR.



Krusteaz Pancake Mix

Ingredients

Whole Grain Wheat Flour, Wheat Protein Isolate, Sugar, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Salt, Soybean Oil, Whey Protein Isolate (Milk Protein), Buttermilk, Natural Flavor.



Kodiak Cakes Power Cakes FlapJack & Waffle Mix: Ingredients:

100% WHOLE GRAIN WHEAT FLOUR, 100% WHOLE GRAIN OAT FLOUR, WHEAT PROTEIN ISOLATE, BROWN SUGAR, WHEY PROTEIN CONCENTRATE, MILK PROTEIN CONCENTRATE, BUTTERMILK, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), SEA SALT.



Market Pantry

100% Whole Wheat Bread

Ingredients:

Whole Wheat Flour, Water, Sugar, Wheat Gluten, Yeast, Vegetable Oil (Soybean), Salt, Calcium Propionate (Preservative), Monoglycerides, Datem, Wheat Bran, Soy Lecithin, Citric Acid, Potassium Iodate, Grain Vinegar, Monocalcium Phosphate, Sesame Seeds.



Brown Berry 100% Whole Grain Whole Wheat Bread

Ingredients:

Whole Wheat Flour, Water, Bulgur Wheat, Sugar, Soybean Oil, Wheat Gluten, Honey, Yeast, Whole Wheat, Cultured Wheat Flour, Salt, Soy Lecithin, Grain Vinegar, Natural Flavors, Citric Acid, Soy, Whey.



Sara Lee 100% Whole Wheat Bread

Ingredients:

Whole Wheat Flour, Water, Wheat Gluten, Yeast, Sugar, Soybean Oil, Cracked Wheat, Wheat Bran, Salt, Honey, Molasses, Preservatives (Calcium Propionate, Sorbic Acid), Datem, Monoglycerides, Grain Vinegar, Citric Acid, Soy Lecithin.

Great Value 100% Whole Wheat Bread

Ingredients:

Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Soybean Oil, Salt, Molasses, Monoglycerides, Calcium Propionate (Preservative), Datem, Calcium Sulfate, Soy Lecithin, Citric Acid, Potassium Iodate, Grain Vinegar.

This product can be purchase from wal – Mart.



**Trader Joe's
Whole Wheat English Muffins**

Ingredients:

STONE GROUND WHOLE WHEAT FLOUR, WATER, YEAST, SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EXPELLER PRESSED CORN OIL, CULTURED WHEAT FLOUR (TO PRESERVE), SEA SALT, DISTILLED VINEGAR, CORN MEAL, ENZYMES.

This product can be purchase from Trader Joe's



Loven Fresh 100% Whole Wheat Bread

Ingredients: Whole grain wheat flour, water, yeast, sugar, wheat gluten, soybean oil, salt, molasses, wheat starch, monoglycerides, calcium

propionate (a preservative), calcium sulfate, monocalcium phosphate, vinegar, citric acid, ascorbic acid (dough conditioner), soy lecithin.

This product can be purchase from Aldi.



Sun Chips

Ingredients:

Whole Corn, Sunflower and or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Salt, Natural Flavor and Maltodextrin Made from Corn



**Great Value
Whole Wheat Spaghetti
Ingredients**

WHOLE DURUM WHEAT FLOUR

This product can be purchase from Wal - Mart.

Barilla Whole Grain Spaghetti Noodles

Ingredients:

Whole Grain Durum Wheat Flour



Simply Nature Organic

Whole Wheat Spaghetti

Ingredients:

100% Organic Durum Whole Wheat flour

This product can be purchase from Aldi.



Pepper Ridge Whole Grain
Baked Goldfish Cracker
Ingredients:

Made With Smiles And 1st **Whole Wheat Flour**, 2nd **Enriched Wheat Flour** (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Vegetable Oils (Canola, Sunflower And/or Soybean), Salt, Contains 2% Or Less Of: Yeast, Autolyzed Yeast Extract, Paprika, Spices, Celery, Baking Soda, Monocalcium Phosphate, Onion Powder. Contains: Wheat, Milk.



Savoritz
Thin Wheat Crackers

Ingredients
Whole Wheat Flour, High OLEIC Canola and/or Soybean oil with TBHQ and Citric acid to preserve freshness, sugar, corn starch, contain 2% or less of each of the following: salt, invert sugar, Leavening (calcium phosphate, baking soda) Sodium sulfate, barley malt extract.

This product can be purchase from Aldi.

Nabisco 100% Whole Wheat Thins
Ingredients:

Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (From Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate, Baking Soda). Bht Added To Packaging Material To Preserve Freshness. Contains: Wheat.



Great Value Woven Wheats Baked Crackers
Ingredients

WHOLE WHEAT, CANOLA AND/OR SOYBEAN AND/OR PALM OIL WITH TBHQ ADDED TO PRESERVE FRESHNESS, SALT.

This product can be purchase from Wal – Mart.



This product can be purchase from Aldi.

Fit & Active

Ingredients:

WHOLE WHEAT FLOUR, WATER, VEGETABLE OIL (SOYBEAN OIL AND /OR CANOLA OIL), CONTAINS 2% OR LESS OF THE FOLLOWING: MODIFIED WHEAT STARCH, BAKING POWDER (SODIUM ACID PYROSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CONDITIONER MONO- AND DIGLYCERIDES, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, SILICON DIOXIDE, ENZYME, SALT), SALT, CALCIUM PROPIONATE (PRESERVATIVE), FUMARIC ACID, MONO AND DIGLYCERIDES, SUGAR, SODIUM BICARBONATE, SORBIC ACID, DOUGH CONDITIONER (SODIUM METABISULFITE, MICROCRYSTALLINE CELLULOSE, DICALCIUM PHOSPHATE).



Mission Whole Wheat Tortilla

Ingredients:

Whole Wheat Flour, Water, Canola Oil, **Contains 2% Or Less Of: Cultured Wheat Flour** (Cultured Organic Wheat Flour, Organic Vinegar), Salt, Vital Wheat Gluten, Baking Soda, Sodium Acid Pyrophosphate, Wheat Bran, Distilled Monoglyceride, Guar Gum, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (To Maintain Freshness).

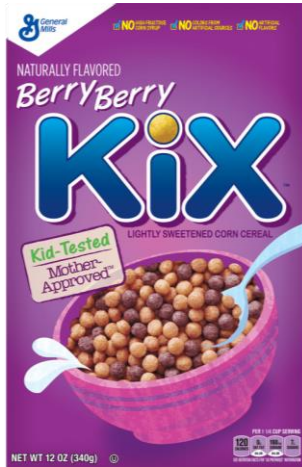


Wheat Chex Cereals

WIC Approved

Ingredients

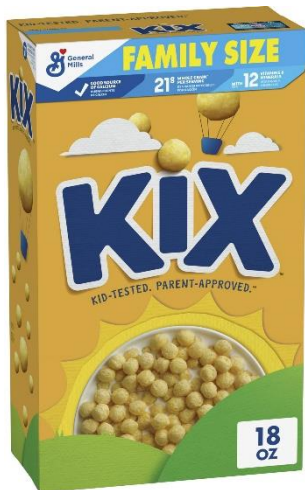
Whole Grain Wheat, Sugar, Salt, Molasses, Baking Soda. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Kix Berry Berry
WIC Approved

Ingredients:

Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Brown Sugar Syrup, Salt, Vegetable and Fruit Juice Color, Tricalcium Phosphate, Baking Soda, Citric Acid, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Kix Original & Plain
WIC Approved

Ingredients:

Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Multi-Grain Cheerios & Original
WIC Approved

Ingredients

WHOLE GRAIN OATS, WHOLE GRAIN CORN, SUGAR, CORN STARCH, WHOLE GRAIN RICE, CORN BRAN, WHOLE GRAIN SORGHUM, WHOLE GRAIN MILLET, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, COLOR (CARAMEL COLOR, ANNATTO EXTRACT). VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (CALCIUM PANTOTHENATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN A (PALMITATE), VITAMIN D3.