

Product Guide of Ornish-Friendly Foods

Product Name	Product Brand(s)	Food Group	Store Locator	Web Address
Arrowhead Mills Whole Grain Foods	Baking Products: Brown Rice Flour, Soy Flour, Whole Grain Oat Flour, Whole Grain Yellow Cornmeal, Whole Wheat Flour	Whole Grain	Most health food stores and health food section of major grocery stores	www.arrowheadmills.com
	Cereals: Amaranth Flakes, Kamut Flakes, Mutligrain Flakes, Puffed Brown Rice, Spelt Flakes	Whole Grain		
	Whole Grains: Brown Rice, Bulger Wheat, Pearled Barley, Quinoa, Whole Millet	Whole Grain		
	Beans: Dried Soy Beans	Soy		
Barbara's Bakery Whole Grain and Soy Cereals	Shredded Wheat	Whole Grain	Cereal section of health food stores and health food section of major grocery stores	www.barbarasbakery.com
	Multigrain Shredded Spoonfuls	Whole Grain		
	Shredded Oats	Whole Grain		
	Soy Essence	Whole Grain		
Bearitos Fat Free Snacks			Snack aisle of health food stores and health food section of major grocery stores	www.littlebearfoods.com
	No Oil Added Popcorn	Other Grain		
	No Salt/No Oil Popcorn	Other Grain		
Bigelow Herbal Teas	Sweet Dreams, Beri-Good, Taste of the Tropics, Tasty Tangerine, Pomegranate Pizzazz, Peppermint, Cinnamon Spice, Orange Spice, Lemon, Cranberry Apple, Red Raspberry, Peach, Chamomile, Mint Medley, Fruit & Almond, Chamomile Mango	Free Food	Coffee and tea aisle of most grocery and health food stores	www.bigelowtea.com
Bob's Red Mill Flours, Cereals, Meals, Grains	10-Grain Cereal	Whole Grain	Most health food stores and health food section of major grocery stores	www.bobsredmill.com
	Wheat Germ	Whole Grain		
	Right Stuff Hot Cereal	Whole Grain		
	Cracked Wheat Hot Cereal	Whole Grain		
	TVP (texture vegetable protein)	Protein		
	Whole Wheat Pastry Flour	Whole Grain		
Whole Wheat Flour	Whole Grain			

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Boca Meatless Products Meatless Burgers			Meatless freezer section of most grocery and health food stores	www.bocaburger.com
	Boca Ground Burger	Protein		
	Boca Chili	Protein		
	Boca Original Vegan Burgers	Protein		
Celestial Seasonings Wide Variety of Herbal Teas	Roastaroma ®	Free Food	Most grocery and health food stores	www.celestialseasonings.com
	Sleepytime ®	Free Food		
	Tension Tamer ®	Free Food		
	Black Cherry Berry ®	Free Food		
	Cinnamon Apple Spice ®	Free Food		
	Country Peach Passion	Free Food		
	Wild Berry Zinger ®	Free Food		
	Mandarin Orange Spice ®	Free Food		
	Strawberry Kiwi	Free Food		
	Honey Vanilla Chamomile	Free Food		
	True Blueberry	Free Food		
	Bengal Spice ®	Free Food		
	Mango Zinger	Free Food		
	Tropic of Strawberry	Free Food		
Magic Mint ®	Free Food			
Peppermint Herb	Free Food			
College Inn Soups and Broths			Soup aisle of most grocery stores	www.collegeinn.com
	Garden Vegetable Broth	Free Food		
Dannon Variety of Yogurt Products	All Natural Nonfat Plain	Dairy	Dairy section of most grocery stores	www.dannon.com
	Light'n Fit Smoothies	Dairy		
	Light'n Fit Nonfat Yogurt	Dairy		
	Light'n Fit Crave Control	Dairy		
Dr. Soy Deliciously Healthy Soy Foods			Snack aisle of health food stores and health food section of major grocery stores	www.drsoy.com
	Original Soy Nuts	Full Fat Soy		
	BBQ Soy Nuts	Full Fat Soy		
	Ranch Soy Nuts	Full Fat Soy		

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Egg Beaters 99% Real Egg Whites	Original Egg Beaters	Protein	Refrigerator and freezer section of most grocery stores	www.eggbeaters.com
	Egg Beaters Egg Whites	Protein		
	Egg Beaters Garden Vegetable	Protein		
	Egg Beaters Southwestern	Protein		
EdenFoods Variety of Soy Milk	Carob Endensoy Milk	Full Fat Soy	Most health food stores and health food sections of major grocery stores	www.edenfoods.com
	Light Original	Protein		
	Light Vanilla	Protein		
	Original Soy	Full Fat Soy		
	Vanilla Soy	Full Fat Soy		
	Unsweetened	Full Fat Soy		
	Extra Original	Full Fat Soy		
	Extra Original Vanilla	Full Fat Soy		
Fantastic Foods Convenient Healthy Foods	Soup Cups: Baja Black Bean Chipotle, Green Onion Miso with Tofu, Hot and Sour, Spicy Thai, Split Pea, Summer Vegetable Rice, Tuscan Tomato and Basil	Mixed Dishes	Most health food stores and health food section of major grocery stores	www.fantasticfoods.com
	Easy Vegetarian Meals: Sloppy Joe Mix, Tofu Scrambler	Mixed Dishes		
	Simmer Soups: Split Pea, Vegetable Barley, Vegetarian Chicken Noodle	Mixed Dishes		
	Organic Whole Wheal Couscous	Whole Grain		
Galaxy Foods Soy Cheese	Veggie Parmesan	Protein	Refrigerated section of health food stores and health food section of major grocery stores	www.galaxyfoods.com
	Veggie Slices Cheddar with Jalapenos	Protein		
	Veggie Slices & Shreds Cheddar	Protein		
	Veggie Slices & Shreds Mozzarella	Protein		
	Veggie Slices Yellow American	Protein		
	Veggie Slices Pepper Jack	Protein		
	Veggie Slices Provolone	Protein		
	Veggie Slices Swiss	Protein		
	Veggie Shreds Cheddar and Pepper Jack	Protein		
	Veggie Shreds Monterey Jack and Cheddar	Protein		
	Veggie Shreds Parmesan, Mozzarella & Romano	Protein		

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Gardenburger Meatless Burgers	GardenVegan	Protein	Meatless freezer section of most grocery and health food stores	www.gardenburger.com																																																
					General Mills Wholesome Products	8th Continent: Fat Free Soy Milk, Fat Free Vanilla Soy Milk	Protein	Most major grocery and health food stores	www.generalmills.com	Big G Cereals: Berry Burst Cheerios-Strawberry Banana, Berry Burst Cheerios-Triple Berry, Cheerios, Chex Wheat, Frosted Cheerios, Total Raisin Bran	Whole Grain	Cascadian Farms: Edamane Soybeans, Edamane Soybeans	Full Fat Soy	Cascadian Farms Cereal: Multi-Grain Squares, Purely O's, Raisin Bran, Wheat Crunch, Great Measures	Whole Grain	GeniSoy Soy Protein Products			Most health food stores and health food and supplement section of major grocery stores	www.genisoy.com	Soy Nuts Unsalted	Full Fat Soy	Ultra XT Natural Protein Powder	Protein	Ultra XT Vanilla Protein Powder	Protein	Good Health Natural Foods and Snacks	Quilts Crackers	Whole Grain	Cracker aisle of health food stores and health food section of major grocery stores	www.goodhealthnaturalfoods.com	Quilts Dark Rye Crackers	Whole Grain	Quilts Light Rye Crackers	Whole Grain	Quilts Low Sodium Crackers	Whole Grain	Green Giant Create a Meal-Meal Starters			Vegetable freezer section on most grocery stores and some health food stores	www.greengiant.com	Stir Fry Teriyaki	Vegetables	Stir Fry Sweet and Sour	Vegetables	Healthy Choice Fat Free Pasta Sauce	Garlic and Herb Pasta Sauce	Vegetable	Pasta sauce aisle of most grocery stores	www.healthychoice.com	Traditional Pasta Sauce
General Mills Wholesome Products	8th Continent: Fat Free Soy Milk, Fat Free Vanilla Soy Milk	Protein	Most major grocery and health food stores	www.generalmills.com																																																
	Big G Cereals: Berry Burst Cheerios-Strawberry Banana, Berry Burst Cheerios-Triple Berry, Cheerios, Chex Wheat, Frosted Cheerios, Total Raisin Bran	Whole Grain																																																		
	Cascadian Farms: Edamane Soybeans, Edamane Soybeans	Full Fat Soy																																																		
	Cascadian Farms Cereal: Multi-Grain Squares, Purely O's, Raisin Bran, Wheat Crunch, Great Measures	Whole Grain																																																		
GeniSoy Soy Protein Products			Most health food stores and health food and supplement section of major grocery stores	www.genisoy.com																																																
	Soy Nuts Unsalted	Full Fat Soy																																																		
	Ultra XT Natural Protein Powder	Protein																																																		
	Ultra XT Vanilla Protein Powder	Protein																																																		
Good Health Natural Foods and Snacks	Quilts Crackers	Whole Grain	Cracker aisle of health food stores and health food section of major grocery stores	www.goodhealthnaturalfoods.com																																																
	Quilts Dark Rye Crackers	Whole Grain																																																		
	Quilts Light Rye Crackers	Whole Grain																																																		
	Quilts Low Sodium Crackers	Whole Grain																																																		
Green Giant Create a Meal-Meal Starters			Vegetable freezer section on most grocery stores and some health food stores	www.greengiant.com																																																
	Stir Fry Teriyaki	Vegetables																																																		
	Stir Fry Sweet and Sour	Vegetables																																																		
Healthy Choice Fat Free Pasta Sauce	Garlic and Herb Pasta Sauce	Vegetable	Pasta sauce aisle of most grocery stores	www.healthychoice.com																																																
	Traditional Pasta Sauce	Vegetable																																																		
	Super Chunky Vegetable Primavera	Vegetable																																																		

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Hodgson Mills All Natural Healthy Whole Grains	Bran Muffin Mix	Whole Grain	Most health food stores and health food section of major grocery stores	www.hodgsonmill.com
	Buckwheat Pancake Mix	Whole Grain		
	Cornbread & Muffin Mix	Whole Grain		
	Honey Whole Wheat Bread Mix with Soy	Whole Grain		
	Multi Grain Cereal with Flaxseed & Soy	Whole Grain		
	Wheat Germ Untoasted	Whole Grain		
	Whole Wheat Pasta	Whole Grain		
Whole Wheat Yolkless Pasta Ribbons	Whole Grain			
Hunt's Pudding Snacks Fat Free Pudding Snack Packs			Dessert aisle of most grocery stores	www.huntssnackpack.com
	Fat Free Tapioca	Sweet		
	Fat Free Vanilla	Sweet		
Kashi Seven Whole Grains and Sesame	GoLEAN Cereal	Whole Grain	Cereal section of health food stores and health food section or cereal aisle of most major grocery stores	www.kaski.com
	Puffed Kashi Cereal	Whole Grain		
	Heart to Heart Honey Toasted Oat Cereal	Whole Grain		
	Heart to Heart Oat Flakes & Wild Blueberry Flakes	Whole Grain		
	Heart to Heart Instant Oatmeal	Whole Grain		
	7 Whole Grain Flakes Cereal	Whole Grain		
	7 Whole Grain Nuggets Cereal	Whole Grain		
	7 Whole Grain Honey Puffs Cereal	Whole Grain		
	7 Whole Grain Pilaf	Whole Grain		
	Autumn Wheat Cereal	Whole Grain		
	Cinnamon Harvest Cereal	Whole Grain		
GoLean Vanilla Shake	Protein			
Kavli Whole Grain Crispbread Crackers	Golden Rye Crispbread	Whole Grain	Most health food stores and health food section of major grocery stores	www.germandeli.com
	Crispy Thin Crispbread	Whole Grain		
	5 Grain Crispbread	Whole Grain		
	Hearty Thick Crispbread	Whole Grain		

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Kellogg Whole Grain Cereals	All-Bran Bran Buds	Whole Grain	Cereal aisle of most grocery stores	www.kelloggs.com
	All Bran Extra Fiber	Whole Grain		
	All Bran Original	Whole Grain		
	Complete All Bran Oat Flakes	Whole Grain		
	Complete All Bran Wheat Bran Flakes	Whole Grain		
	Mini-Wheats Frosted Maple and Brown Sugar Cereal	Whole Grain		
	Mini-Wheats Frosted Big Bites Cereal	Whole Grain		
	Mini-Wheats Frosted Bite Size Cereal	Whole Grain		
	Raisin Bran	Whole Grain		
	Eggo Special K Waffles	Other Grain		
Lightlife Vegetarian Meat Alternatives	Chick'n Strips	Protein	Refrigerated section of health food stores and health food section of major grocery stores	www.lightlife.com
	Gimmie Lean Sausage Style	Protein		
	Gimmie Lean Ground Beef Style	Protein		
	Smart Deli Santa Fe Chick'n Strips	Protein		
	Smart Deli Baked Ham Style	Protein		
	Smart Deli Bologna Style	Protein		
	Smart Deli Pepperoni Style	Protein		
	Smart Deli Roast Turkey Style	Protein		
	Smart Patties Burger Style	Protein		
	Smart Breakfast Breakfast Patties	Protein		
	Smart Dogs	Protein		
	Jumbo Smart Dogs	Protein		
	Smart Ground Original	Protein		
	Smart Ground Taco and Burrito	Protein		
	Smart BBQ	Protein		
	Smart Chili	Protein		
	Smart TexMex	Protein		
	Steak Style Strips	Protein		
	Organic Tempeh-Faking Bacon	Full Fat Soy		
	Organic Tempeh-Flax	Full Fat Soy		
Organic Tempeh-Soy	Full Fat Soy			
Organic Tempeh-Wild Rice	Full Fat Soy			
Organic Tempeh-Three Grain	Full Fat Soy			
Organic Tempeh-Garden Vegetable	Full Fat Soy			

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Lundberg Family Farms Whole Grain Snacks	Brown Rice: Short Grain, Long Grain, California Basmati, California Jasmine, Golden Rose, Sweet	Whole Grain	Health food section of major grocery stores	www.lundberg.com
	Brown Rice Flour	Whole Grain		
	Brown Rice Cakes	Whole Grain		
	Brown Rice Pasta: Spaghetti, Rotini, Penne	Whole Grain		
Mori-Nu Soy Soups and Tofu	Enriched Silken Tofu (Firm)	Full Fat Soy	Most health food stores and health food section of major grocery stores	www.morinu.com
	Chinese Spice Seasoned Tofu	Full Fat Soy		
	Japanese Miso Seasoned Tofu	Full Fat Soy		
	Silken Tofu in extra firm, firm, soft	Full Fat Soy		
	Silken Lite Tofu in extra firm, firm, soft	Protein		
Morningstar Farms Meatless Meals			Meatless freezer section of most grocery and health food stores	www.morningstarfarms.com
	America's Original Veggie Dog	Protein		
Mother's Natural Whole Grains	Oat Bran Hot Cereal	Whole Grain	Cereal aisle of health food stores and cereal aisle of major grocery stores	www.mothersnatural.com
	Instant Oatmeal	Whole Grain		
	Rolled Oats	Whole Grain		
	Barley Quick Cooking	Whole Grain		
	Toasted Wheat Germ	Whole Grain		
Nasoya Soy Foods	Tofu: Extra Firm, Firm, Silken, Soft, Cubed	Full Fat Soy	Most health food stores and health food section of major grocery stores	www.nasoya.com
	Garlic Onion, Chinese Spice			
	Fat Free Nayoanaisse	Free Food		
Ore Ida Potatoes			Freezer section of most grocery stores	www.oreida.com
	Country Style Hash Browns	Refined Grain		
Pace Salsa and Dips	Chipotle Chunky Salsa	Vegetable	Mexican-food or snack aisles of most grocery stores	www.pacefoods.com
	Picante Sauce	Vegetable		
	Chunky Salsa	Vegetable		

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Philadelphia Products Fat Free Cream Cheese	Fat Free Cream Cheese	Dairy	Dairy section of most grocery stores	www.kraftfoods.com
	Fat Free Strawberry Cream Cheese	Dairy		
Post Whole Grain Cereals	100% Bran	Whole Grain	Cereal aisle of most grocery stores	www.kraftfoods.com
	AlphaBits No Sugar	Whole Grain		
	Bran Flakes	Whole Grain		
	Grape-Nuts	Whole Grain		
	Grape-Nuts Flakes	Whole Grain		
	Raisin Bran	Whole Grain		
	Shredded Wheat	Whole Grain		
	Shredded Wheat and Bran	Whole Grain		
Pritikin Specialty Food Pantry	McCann's Brand Irish Oatmeal: Oatbran Cereal, Pinhead Oatmeal, Quick Cooking Oatmeal (Rolled Oats), Traditional Oatmeal (Steel Cut)	Whole Grain	Most health food stores and health food section of major grocery stores	www.efoodpantry.com
	Cafix Caffeine Free Beverage	Free Food		
	Pero Instant Coffee	Free Food		
	Vegetable Broth	Free Food		
	Vegetarian Vegetable Soup	Vegetable		
	Holgrain Crackers: Low Sodium Brown Rice Crackers, Low Sodium Whole Wheat Crackers, Unsalted Brown Rice Crackers, Unsalted Whole Grain Crackers	Whole Grain		
Quaker Quality, Great Taste and Nutrition	Breakfast Cereals: Life, Cinnamon Life, Honey Graham Life, Quaker Oatmeal Squares	Whole Grain	Cereal and snack aisles of most grocery stores	www.quakeroats.com
	Rice Snacks: Apple Cinnamon, Caramel Corn, Lightly Salted, Salt Free	Whole Grain/Sweet		

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Quaker Oatmeal Natural Whole Grain Favorites	Nutrition for Women Vanilla Cinnamon	Whole Grain	Cereal aisle of most grocery stores	www.quakeroatmeal.com
	Nutrition for Women Golden Brown Sugar	Whole Grain		
	Oatmeal Squares	Whole Grain		
	Quarter Instant Oatmeal	Whole Grain		
	Old Fashioned Quaker Oats	Whole Grain		
	Quaker Steel Cut Oats	Whole Grain		
	Oatmeal Express Baked Apple	Whole Grain		
	Oatmeal Express Golden Brown Sugar	Whole Grain		
	Oat Bran Hot Cereal	Whole Grain		
	Quaker Instant Oatmeal-Low Sugar Maple and Brown Sugar	Whole Grain		
	Quaker Instant Oatmeal-Low Sugar Apples and Cinnamon	Whole Grain		
	Take heart Golden Maple Oatmeal	Whole Grain		
Quaker Quick Oats	Whole Grain			
Seapoint Farms Frozen Soy Beans	Edaname Soybeans in Pod	Full Fat Soy	Freezer section of health food stores and health food section or freezer section of major grocery stores	www.seapointfarms.com
	Edaname Soybeans Shelled	Full Fat Soy		
	Edaname Soybeans Ready to Eat, Salted	Full Fat Soy		
Silk Soy Milk	Plain	Full Fat Soy	Health food refrigerated section or dairy section of major grocery stores and health food stores	www.silksoymilk.com
	Vanilla	Full Fat Soy		
Smart Balance Fat Free Spread	Smart Squeeze Fat Free Margarine	Free Food	Dairy section of most major grocery and health food stores	www.smartbalance.com
Swanson Products Soups	Vegetable Broth	Vegetable	Soup aisle of most grocery stores	www.swansonbroth.com

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Tofu Town Tofu and Seitan	Baked Tofu: Garlic Herb Italian, Teriyaki Oriental	Full Fat Soy	Most health food stores	www.tofutown.com
	Tofu: Extra Firm, Organic Extra Firm, Organic Firm, Organic Soft, Reduced Fat	Full Fat Soy		
	Tofu Tenders: Havana Black Bean, Light Tamari	Full Fat Soy		
	Tempeh: Five Grain, Soy Rice, Original	Full Fat Soy		
	Seitan: Traditional, Vegetarian Stir-Fry Strips, Chicken Style	Protein		
Tree of Life Tofu and Pasta Sauce	Smoked Tofu, Original	Full Fat Soy	Most health food stores	www.treeoflife.com
	Organic Tofu, Firm Style	Full Fat Soy		
	Firm Style Tofu	Full Fat Soy		
	Tofu, Water-Packed	Full Fat Soy		
	Tofu, Firm-Style, Reduced Fat	Full Fat Soy		
	Tofu, Hot 'n Spicy	Full Fat Soy		
	Organic Pasta Sauce Fat Free Classic Tomato	Vegetable		
	Organic Pasta Sauce Fat Free Sweet Pepper	Vegetable		
Uncle Ben's Whole Grain Rice			Rice aisle of most grocery stores	www.unclebens.com
	Instant Brown Rice	Whole Grain		
	Original Brown Rice	Whole Grain		
VitaSpelt Whole Grain Pasta and Flour	Angel Hair	Whole Grain	Pasta aisle and baking aisle of health food stores and health foods section of major grocery stores	www.purityfoods.com
	Lasagna	Whole Grain		
	Small Shells	Whole Grain		
	Spaghetti	Whole Grain		
	Elbows	Whole Grain		
	Rotini	Whole Grain		
	Whole Grain Flour	Whole Grain		
VitaSoy Soy Foods	Classic Original Soymilk	Full Fat Soy	Most health food stores and health food section of major grocery stores	www.vitasoy-usa.com
	Vanilla Delight Soymilk	Full Fat Soy		
	Creamy Original Soymilk +	Full Fat Soy		
	Smooth Vanilla Soymilk +	Full Fat Soy		
	Unsweetened Original Soymilk +	Full Fat Soy		
	Holly Nog	Full Fat Soy		

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Wasa Crispbread	Crispbread Whole Wheat	Whole Grain	Most health food stores and health food section of major grocery stores	www.germandeli.com
	Crispbread Hearty Rye	Whole Grain		
	Crispbread Multigrain	Whole Grain		
	Crispbread Light Rye	Whole Grain		
	Crispbread Sourdough Rye	Whole Grain		
	Wasa Soya	Whole Grain		
Westsoy Soy Milk	Organic Original	Full Fat Soy	Most health food stores and health food section of major grocery stores	www.westsoy.biz
	Organic Unsweetened Original	Full Fat Soy		
	Organic Unsweetened Vanilla	Full Fat Soy		
	Organic Unsweetened Almond	Full Fat Soy		
	Plus Plain	Full Fat Soy		
	Plus Vanilla	Full Fat Soy		
	Smart Plus Plain	Full Fat Soy		
	Smart Plus Vanilla	Full Fat Soy		
	Low Fat Plain	Protein		
	Low Fat Vanilla	Protein		
	Lite Plain	Protein		
	Lite Vanilla	Protein		
	Non Fat Plain	Protein		
	Non Fat Vanilla	Protein		
	Soy Shake Vanilla	Full Fat Soy		
Soy Slender Plain	Full Fat Soy			
Soy Slender Vanilla	Full Fat Soy			
Yoplait Fat Free Yogurt	Yoplait Light	Dairy	Dairy section of most grocery stores	www.yoplaitusa.com
	Grande! Fat Free	Dairy		
	Light Thick and Creamy	Dairy		
	Nourishe	Dairy		
	Light Smoothie	Dairy		

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Yves Veggie Cuisine	Canadian Veggie Bacon	Protein	Most health food stores and health food section of major grocery stores	www.yvesveggie.com
	Veggie Dogs	Protein		
	Veggie Lasagna	Mixed Dish		
	Veggie Chili	Mixed Dish		
	Veggie Penne	Mixed Dish		
	Veggie Ham Slices	Protein		
	Veggie Pepperoni Slices	Protein		
	Veggie Salami Slices	Protein		
Miscellaneous Additional Whole Grains	Aladdin's Whole Wheat Pita Bread	Whole Grain	Most health food stores and health food section of major grocery stores	n/a
	Bionature Whole Wheat Pasta	Whole Grain		
	Country Hearth Whole Wheat Bread	Whole Grain		
	DeBoles Whole Wheat Pasta	Whole Grain		
	Giant Eagle 100% Whole Wheat Bread	Whole Grain		
	Gold Metal Whole Wheat Flour	Whole Grain		
	King Arthur Whole Wheat Flour	Whole Grain		
	Thomas's 100% Whole Wheat Bagels	Whole Grain		

Note: If you cannot find these products in your local grocery or health food stores, try ordering them online. Most of these products are available for purchase through their websites.

