

Market Brand Nutrient Survey

Rice and Soy Milks Containing at least 25% calcium enrichment

Rice Milks:

Rice Dream-Enriched
Pacific Rice

Do Not Use:

Rice Dream Classic

Soy Milks:

Silk Soy Natural
Pearl Organic Soy-Original
Soy Slender
Silk Soy
Pacific Ultra Soy
8th Continent
Natural Direction-Original

Do Not Use:

Pacific Select Soy
West Soy, low-fat
Pearl Organic, unsweetened

Cold Cereal- 5gm fiber/serving

Fiber One-All varieties
Fred Meyer Raisin Bran (No Crunchy Raisin Bran)
Fred Meyer Bran Flakes
General Mills Oatmeal Crisp
General Mills Raisin Nut Bran
General Mills Crunchy Almond
General Mills Hearty Raisin
Grape Nuts
Kashi Honey Sunshine
Kashi Go Lean
Kashi Heart to Heart
Kellogg's Raisin Bran(No Crunchy Raisin Bran)
Kellogg's Frosted Mini Wheats
Kellogg's All Bran
Kellogg's Original Wheat Flakes
Kellogg's Bran Buds
Malt-O-Meal Frosted Mini-Spooners(in the bag)
Malt-O-Meal Raisin Bran(in the bag)
Post Shredded Wheat
Post Shredded Wheat-spoon size
Post Honey Nut Shredded Wheat
Post Wheat & Bran
Post Bran Flakes
Quaker Oatmeal Squares
Quaker Crunchy Corn Bran
Quaker Natural Granola
Total Raisin Bran(only this variety of Total)
Wheat Chex

Hot Cereal 3 gm fiber /serving

Quaker Oat Bran
Zoom

Whole Grain or Whole Wheat Bread-3gm fiber/slice

Cascade 100% Stone Ground
Franz Big Horn Valley 100% Whole Wheat
Country Oven 100% Whole Wheat
Nature's Pride Double Fiber 100% Whole Wheat
Nature's Pride Healthy Multi-grain
Nature's Pride Oven Classic 100% Whole Wheat
Nature's Pride 100% Whole Wheat
Orowheat 100% Whole Wheat
Sara Lee 100% Whole Wheat Hearty & Delicious
Sara Lee Multi-grain Hearty & Delicious

Tortillas- 3gm fiber/slice

Calida White Corn Tortilla
Guerrero White Corn Tortilla
Mission White Corn Tortilla
Mission Whole Wheat Flour Tortilla
Mission Multi-Grain Flour Tortilla

Yogurts Fat-free/Lite in 32 oz. containers

Albertson's
Dannon
Fred Meyer
Lucerne
Mountain High
Western Family
Yoplait