**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

SCPHD 8/11