Make at least $\frac{1}{2}$ of your grains whole grains Label read for the amount that 1 ounce equals. Typically a serving size of 1 ounce equals:

1 ounce slice whole-grain bread, $\frac{1}{2}$ whole-grain English muffin or small whole-grain bagel

½ cup whole-grain pasta, couscous, brown rice, or hot cereal 1 cup cereal flakes

3 cups popped popcorn

5 crackers, 7 round crackers

1 small whole-grain muffin or $4\frac{1}{2}$ whole-grain pancake

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