

**Bread:**

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
100% Whole Wheat Bread	Natures Own 100% Whole Wheat Bread	Bread	1 slice (26g)	1	60	0.5	0	0	110	11	2	0.5	4
Crusty Bread Dinner Rolls	Pepperidge Farm Stone Baked Artisan French Rolls	Frozen Foods	1 roll (50g)	1.5	120	0	0	0	300	25	1	0	4
Whole Grain Bread	Dave's Killer Bread 21 Whole Grains and Seeds	Bread	1 slice (45g)	1.5	110	1.5	0	0	170	22	5	5	5
Whole Grain Bread-Thin Sliced	Dave's Killer Bread 21 Whole Grains and Seeds Thin-Sliced	Bread	1 slice (28g)	1	70	1	0	0	105	13	2	3	3
Whole Wheat Dinner Rolls	Pepperidge Farm Stone Baked Artisan Multi-Grain Rolls	Frozen Foods	1 roll (50g)	1.5	120	1	0	0	290	25	3	5	6
Garlic Bread	New York Bakery Ciabatta Rolls with Real Garlic	Frozen Foods	1 roll (37g)	1	130	5	1	0	240	15	1	0	3
French Steak Rolls (Sub style)	Walmart Bakery	Bakery	1 roll (45g)	1.5	100	0.5	0	2	220	20	0	1	4
Whole Wheat Sub Rolls	Walmart Bakery	Bakery	1 roll (76g)	3	270	4.5	1.5	0	470	47	4	6	12

Last update: 12/7/21