

Bread, Cereal, Rice and Pasta Group

Comparing Fat and Calories

Use this chart to compare the fat and calories in one serving of foods in the Bread, Cereal, Rice, & Pasta Group.

40-99 calories less than 3 grams fat	100 to 170 calories 3 to 6 grams fat	more than 170 calories more than 6 grams fat
1/2 bagel (3 inch diameter)	1 biscuit (2 inch diameter)	1/2 cup bread stuffing (made with fat)
1 slice bread	1 piece cornbread (3 inch square)	1/2 croissant (large)
1/2 English muffin	1 slice French toast	1 doughnut
2 graham cracker squares	2 Hush puppies	1/2 cup fried rice
1/2 cup grits	1 muffin (2 1/2 inch diameter)	1 corn fritter (2 inch diameter)
1/2 hamburger bun	1 taco shell	1 toaster pastry
1 dinner roll	1 waffle (frozen-type)	
1/2 hot dog bun		
1/2 cup hot cereal		
1/2 cup macaroni		
1/2 cup noodles		
1 pancake (4 inch diameter)		
1/2 cup pasta		
1 pita bread (average size)		
1/2 cup rice		
2 rice cakes		
4 saltine crackers		
1 tortilla (6 inch diameter)		

Note: The amount of fat and number of calories in dry breakfast cereals varies. Look at the label to find out how much fat and how many calories are in one serving.

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
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