GRAINS and PASTA

S/B Daily Intake			20gr	25gr	50gr	
FOOD	**Serving**	**Calories**	**Sat.Fat**	**Sugar**	**Protien**	**POINTS**
PASTA / GRAINS						
Elbows Barilla	2 0Z	200	0	2	7	6
Penne Rigate Ronzoni Healthy Harvest 100% Whole Grain	3/4 Cup	180	0	2	9	5
Quinoa	1/4 Cup	160	0	1	6	4
Ravioli Five Cheese Walmart	9 Pieces	300	5	3	14	9
Rice Brown	1 Cup	216	0.4	0.7	5	6
Pasta Rotini Barilla	2 0Z	200	0	2	7	6
Shells Small Product of Mexico	2/3 Cup	220	0	2	7	6
Suddenly Pasta salad Betty Crocker	1/2 Cup	190	0	3	6	6
Pasta Fogioli	2 Cups	255	0	7	10.3	7
End						