

**Grains
(Carbohydrates)**



Barley



Bread



**Bread
sticks**



Cereal



Corn



Couscous



Oats



Pasta



Pizza



Quinoa



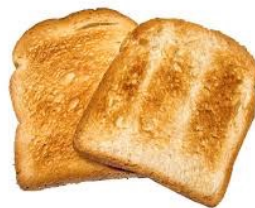
Rice



Rye



Spelt



Toast



Wheat