

## **Hot Cereals (Conventional Grocery Stores)**

### **Arrowhead Mills**

Instant Oatmeal: Maple Apple Spice, Original Plain, Oatmeal with Flax. Bear Mush, 7 Grain, Oat Bran, Oat Flakes, 4 Grain plus Flax, Steel Cut Oats, Bulgar Wheat, Yellow Corn Grits

### **Bob's Red Mill**

Rolled Oats, Oatmeal, 5, 6, 7, 8, 10 Grain, Barley Grits, Creamy Buckwheat,, Creamy Brown Rice Farina, Kamut, Spice 'N Nice, Whole Wheat Farina

### **Dr. McDougall's Foods**

Cranberry Muesli with Organic Grains, Organic Maple 4 Grain with Real Maple, Hot Organic Apple Cinnamon Oatmeal & Wheat, Peach Raspberry with Organic Grains, Organic Light Oatmeal; Original Instant, Apple Cinnamon, Maple Brown Sugar

### **McCanns**

Irish Oatmeal

### **Quaker Oats**

Instant Oatmeal, Oat Bran, Rolled Oats, Whole Wheat, Barley

### **Nature's Path**

Instant Oatmeal, Hemp Plus Oatmeal, Flax Plus Oatmeal, Old Wessex, Oatmeal, Scottish Style Porridge Oats, Irish Style Oatmeal, 5 Grain Cereal, Creamy Oat Bran

### **Quaker Oats Co.**

Quaker Oats, Quick Quaker Oats

### **U.S. Mills**

Brown Rice Cream, Barley Plus, Uncle Sam Instant Oatmeal

## **Cold Cereals: (Conventional Grocery Stores)**

### **Arrowhead Mills**

Amaranth Flakes, Wheat Flakes, Bran Flakes, Corn Flakes, Kamut Flakes, Spelt Flakes, Multigrain Flakes Puffed Wheat, Puffed Rice, Puffed Millet, Puffed Corn, Puffed Kamut, Shredded Wheat

### **Barbara's Bakery**

Breakfast O's, Brown Rice Crisps, Corn Flakes, Shredded Wheat, Shredded Spoonfuls

### **Health Valley**

Organic Blue Corn Flakes, Organic Oat Bran Flakes, Organic Oat Bran Flakes with Raisins, Organic Fiber 7 Flakes, Organic Amaranth Flakes, Organic Golden Flax

**Kashi**

Kashi Puffs, Kashi Honey Puffs, Kashi Flakes

**Nabisco**

Shredded Wheat

**Nature's Path Food**

Millet Rice Flakes, Multi Grain Oatbran Flakes, Crispy Rice, Corn Flakes, Whole O's, Heritage Flakes, Shredded Heritage Bites, Shredded Oaty Bites, Mesa Sunrise Flakes, Flax Plus Multibran Flakes, Crunchy Maple Sunrise, Crunchy Vanilla Sunrise, Corn Puffs, Kamut Puffs, Millet Puffs, Rice Puffs

**Post**

Shredded Wheat

**U.S. Mills**

Erewhon; Rice Twice, Crunchy Corn & Amaranth, Kamut Flakes, Corn Flakes, Raisin Bran, Crispy Brown Rice, Uncle Sam Cereal

**Snacks: (crackers/Pretzels/Rice Cakes/Corn Cakes)****Bremner Food Group**

Natural Ry-Krisp-Fat Free

**Devonsheer**

Organic Plain Melba Toast

**Hol Grain Crackers**

Brown Rice

**Ryvita**

Crispbread

**Wasa**

Wasa Crispbread, Lite Rye, Hearty Rye, Sourdough Rye, Multi Grain

**Westbrae Natural Foods**

Brown Rice Crackers

**Uncle Jerry's**

No Salt Added Whole Grain Pretzels

**Glenn Foods**

Brown Rice Treat

**Lundberg Family Farms**

Rice Cakes; Wild Rice, Brown Rice, Mochi Sweet. Popcorn, Tamari with Seaweed, Sesame Tamari, Koku Sesame

**Quaker Oats Co.**

Rice Cakes; Lightly Salted & Salt Free

**Real Foods**

Corn Thins

**Westbrae Natural Foods**

Rice Cakes: Sesame Teriyaki, Double Sesame, Sesame Garlic

**Pasta and Grains:****Continental Mills**

Ala-cracked wheat bulgur

**Eden**

Quinoa

**Fantastic Foods**

Rice; Brown Basmati Rice, Plain, Brown Jasmine, Couscous, Whole-Wheat Couscous

**Kashi**

Kashi Pilaf

**Lundberg Family Farms**

Brown Rice, Wild Rice Blends

**Quinoa Corp**

Quinoa, Quinoa Pasta

**Food Merchants**

Polenta

**San Gennaro Foods, Inc.**

Polenta

**Uncle Ben's**

10 minute quick Rice

Whole wheat pasta is available with most store brands.  
Any brown rice is also acceptable (so long as it only says brown rice in the ingredients)

### **Breads/Pizza Crust\***

\*Some of these do not meet the 1:1 sodium rule, you should make sure that if your bread is higher in sodium that your entire meal profile is low in sodium and you do not add salt to the overall meal.

### **These products are for people specially following the Fire Cadet or Firefighter Challenges**

#### **Alvarado Street Bakery**

Oil-Free Breads & Bagels, Sprouted Wheat Tortillas

#### **Amber Farms**

Whole Wheat Pasta Wraps

#### **Breads for Life**

Sprouted 7-Grain Bread, Sprouted Wheat with Raisin, Sprouted Rye Bread

#### **Brother Juniper' s Bakery**

Oil Free Breads; 100% Whole Wheat, Multi Grain

#### **Cedarlane Foods**

Fat Free Whole Wheat Tortillas, Whole Wheat Lavish Bread

#### **Dallas Gourmet Bakery**

Kabuli Pizza Crust

#### **Food for Life**

Ezekiel, Sprouted Grain Tortillas

#### **Garden of Eatin'**

Bible Bread-regular and salt free, Thin-Thin Bread, Swedish Rye, Pita Puffs

#### **Great Harvest Bread Co.**

Great Harvest Bakery; Honey Whole Wheat, 9-Grain, International Baking Co.

#### **Nature's Hilights, Inc.**

Brown Rice Pizza Crust

#### **Nature' s Path Foods**

Manna Bread

### **Pacific Bakery**

Ancient Wheat; Whole Grain Spelt Bread, Spelt Multi-Grain Bread, Whole Grain Spelt Cinnamon-Raisin Bread, Spelt White Cinnamon-Raisin Bread, Whole Grain Rye Bread, Whole Grain Kamut Bread, Whole Grain Kamut, Kamut White Bread, Ancient Grains Bread, Ancient Wheat Bagels, yeast-Free Whole Wheat Bread, Whole Grain Millet, multi-Grain Bread with Flax Seeds

### **Pure Grain Bakery**

Pumpernickel, Gourmet Rye, and more

### **Ryvita**

Crisp Breads

### **Whole Foods**

365 Organic Fat-Free Tortillas

Most corn tortillas are also E2 approved.

## **What to look for at Whole Foods (Whole Foods Brand Foods)**

### **Cereals**

Rip's Big Bowl (all varieties)  
Corn Flakes  
Bite-Size Shredded Wheat  
Golden Flax Flakes  
Hearty Whole Grain Toasted O's  
Organic Brown Rice Crisps  
Organic Morning O's  
Organic Original Instant Oatmeal  
Organic Multigrain with Flax Instant Oatmeal  
Organic Steel Cut Oats  
Organic Old Fashioned Rolled Oats  
Organic Quick Oats  
Organic Oats and Flax Instant Oatmeal

### **Non-Dairy Milk**

Engine 2 Almond Milk (Vanilla and Plain)  
Whole Foods 365 Unsweetened Almond Milk  
Whole Foods 365 Unsweetened Soy Milk

### **Salad Dressings/Condiments**

Health Starts Here Dressings: Balsamic Fig, Caesar, Balsamic, Sesame Ginger, Garlic Tahini

Engine 2 Hummus (all varieties)  
Whole Foods Low Fat Hummus

### **Salsa**

365 Salsa (look for lowest sodium options)

### **Crackers**

365 Whole Woven Wheats

### **Breads/Tortillas**

Engine 2 Brown Rice and Ancient Grains Tortillas  
Health Starts Here Fresh Baked Breads

### **Pasta/Grains**

Whole Foods 365 Whole Wheat Pasta  
Whole Food 365 Brown Rice

### **Canned Beans**

365 No salt added canned beans  
365 organic no salt added beans  
365 no salt added boxed beans

### **Frozen food**

Engine 2 grain blends  
Engine 2 Plant-Burgers  
Whole Foods 365 Brown Rice  
Whole Foods 365 Quinoa  
All Whole Foods 365 frozen vegetables  
All Whole Foods 365 frozen fruit  
Whole Foods 365 Green garbanzo beans

### **Condiments**

Whole Foods 365 Mustard  
Whole Foods 365 Ketchup  
Whole Foods 365 Peanut butter  
Whole Foods 365 Almond Butter  
Whole Foods 365 Fruit Jam  
Whole Foods 365 Low Sodium Soy Sauce