

The Breads, Cereals & Potatoes Group

Breads

A
All bran loaf

B
Bannocks
Bran muffins
Breadcrumbs
Brown rolls
Brown bread

C
Crispbread
Crumpets
Currant bread
Currant buns

E
English muffins

G
Granary bread

H
Hamburger buns
Hot cross buns

M
Malt bread
Matzos
Milk bread

N
Naan bread

O
Oatcakes

P
Papadoms
Pitta bread
Pumpernickel

R
Rye bread

S
Scones
Soda bread

T
Teacakes, fruit
Tortillas with wheat flour

W
Water biscuits
Wheatgerm bread
White bread & rolls
Wholemeal bread
Wholemeal crackers

Other cereals

A
Arrowroot

B
Barley, pearl
Barley, wholegrain
Bemax
Brown rice
Buckwheat
Bulgar wheat

C
Chapatti flour, brown
Chapatti flour, white
Chick pea flour
Cornflour
Custard powder

H
Hominy, raw

L
Lasagna

M
Macaroni
Macaroni, wholemeal
Millet flour

N
Noodles, rice
Noodles, plain
Noodles, egg

P
Paratha
Popcorn, plain
Puris

Q
Quinoa

R
Red rice
Rice flour
Rye flour

S
Sago
Semolina
Soya flour
Spaghetti, white
Spaghetti in tomato sauce
Spaghetti, wholemeal
Squash

T
Tapioca
Taro

V
Vermicelli

W
Wheat flour, white
Wheat flour, brown
Wheat flour, wholemeal
Wheatgerm
White rice

Breakfast Cereals

A
All bran

B
Bran buds
Bran flakes
Bran, wheat

C
Coco pops
Cornflakes
Crunchy nut cornflakes

F
Farmhouse bran
Frosties
Fruit 'n fibre

G
Grapenuts

H
Honey smacks

M
Muesli

N
Nutrigrain

O
Oat and Wheat Bran
Oatmeal

P
Porridge oats
Puffed wheat

R
Raisin Splitz
ReadyBrek
Rice Krispies
Ricicles

S
Shredded wheat
Shreddies
Special K
Start
Sugar Puffs
Sultana Bran Smacks

W
Weetabix
Weetaflake
Weetos

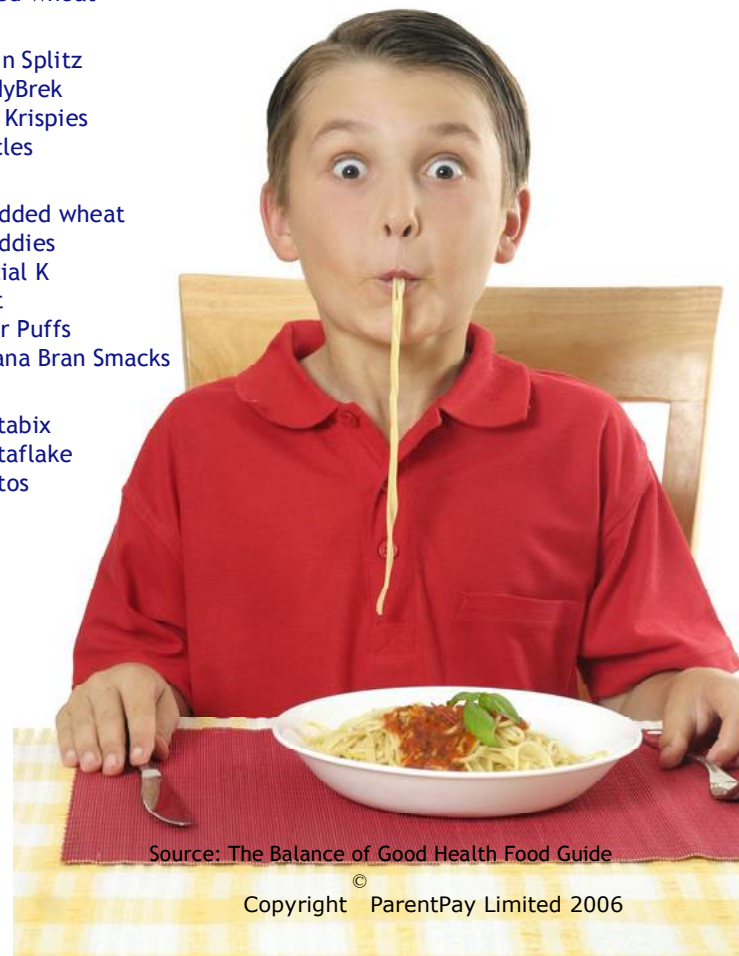
Potatoes and starchy staples

C
Cassava
Cassava, gari

P
Potato waffles
Potato flour
Potato, instant powder
Potatoes

S
Sweet potatoes

Y
Yam



supporting healthy eating

Source: The Balance of Good Health Food Guide

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