

The whole grain information template was designed in Microsoft Word.
This is a suggested format; there is currently no required format for whole grain information on food product labels.

Calculate whole grain values using the **Bread Nutrition Facts Calculator**, which can be found at www.wholegrainconnection.org

The goal amount for whole grains for adults of 75 grams per day, is based on the recommendation in use in Denmark.

Copy the template from below into a new Word document before working on it.

Substitute values for your own whole grain product where there is an “X” and edit the wording to match your product.

| | |
|--|----------|
| Whole Grains | |
| Adults aim for 75 grams per day | |
| Grams per loaf (x servings) | X |
| Grams per serving (x slices, x grams) | X |

Example

| | |
|---|------------|
| Whole Grains | |
| Adults aim for 75 grams per day | |
| Grams per loaf (16 slices) | 264 |
| Grams per serving (2 slices, 50 grams) | 34 |