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Food & Nutrition Charts, School Education

Product Image



Description

Standard Size: 70x100cms, Set of 10 Charts

Language: English & Hindi Combined

Laminated Paper Charts with Plastic Rollers. These charts have technically accurate and detailed description in vivid colours.

Note: Based on minimum order quantity conditions, Charts can be customized to your requirements in terms of CONTENT, LANGUAGE, SIZE, etc. Please write back to us for discussion.

A. Charts, Our Food

OUR FOOD / हमारा भोजन

[BALANCED DIET]
Diet which contains all the vitamins in proper amounts to help in normal growth and development.

COMPONENTS OF FOOD / खाने के तत्व

- Carbohydrates (शर्करा)
- Protein (प्रोटीन)
- Fat (वसा)
- Vitamins (विटामिन)
- Minerals (खनिज)
- Water (पानी)
- Regulators (नियंत्रक)

FOOD PYRAMID / भोजन पिरामिड

FATS, OILS AND SWEETS ARE SPARINGLY (वसा, तेल और मिठाई को बहुत कम खाएं)

MILK AND MILK PRODUCTS (2-3 SERVINGS) (दूध और दूध के तत्व 2-3 खाने)

MEAT, MEAT SUBSTITUTES AND OTHER PROTEIN (2-3 SERVINGS) (मांस, मांस के विकल्प और अन्य प्रोटीन 2-3 खाने)

VEGETABLES (2-4 SERVINGS) (सब्जियाँ 2-4 खाने)

FRUITS (2-4 SERVINGS) (फल 2-4 खाने)

BREADS, GRAIN AND OTHER STARCHES (3-5 SERVINGS) (रोटी, अनाज और अन्य स्टार्च 3-5 खाने)

WATER (8 SERVINGS) (पानी 8 खाने)

TABLE SHOWING DAILY REQUIREMENT OF NUTRIENTS

Age Group	Males				Females			
	Calories	Protein (g)	Fat (g)	Carbohydrate (g)	Calories	Protein (g)	Fat (g)	Carbohydrate (g)
1-3 years	1000	35	35	130	900	30	30	120
4-6 years	1300	45	45	170	1200	40	40	160
7-9 years	1800	60	60	230	1600	50	50	210
10-12 years	2200	75	75	280	2000	65	65	260
13-15 years	2600	90	90	340	2200	75	75	290
16-18 years	3000	105	105	400	2500	90	90	350
19-30 years	3500	120	120	470	2800	105	105	410
31-40 years	3000	105	105	400	2500	90	90	350
41-50 years	2500	90	90	340	2000	75	75	290
51-60 years	2000	75	75	280	1600	60	60	230
61-70 years	1500	60	60	210	1200	45	45	170
71-80 years	1000	35	35	130	900	30	30	120

B. Charts, Proteins

PROTEINS / प्रोटीन

Plant Sources (Incomplete Proteins) / जलमयी स्रोत (अपूर्ण प्रोटीन)

- Soybean (सोयाबीन)
- Green gram (हरदी)
- Peas (मटर)
- Moong (मूंग)
- Chickpea (चना)
- Black gram (उड़द)
- Wheat (गेहूँ)
- Maize (मक्का)
- Barley (जौ)
- Rice (धान)

Animal Sources (Complete Proteins) / पशु स्रोत (अपूर्ण प्रोटीन)

- Eggs (अंडे)
- Milk (दूध)
- Cheese (चีส)
- Meat (मांस)
- Whey (व्ही)
- Butter (बटर)
- Yogurt (योगर्ट)
- Paneer (पनीर)

FUNCTIONS OF PROTEINS / प्रोटीन के कार्य

- Building blocks for growth and repair of tissues (विकास और तissue मरम्मत के लिए ब्लॉक)
- Enzymes (Enzymes)
- Antibodies (Antibodies)
- Regulation of body fluids (Body fluids) (शरीर के तरल पदार्थों का नियंत्रण)
- Acids (Acids)
- Transport of oxygen (Oxygen) (ऑक्सीजन का परिवहन)
- Regulation of blood sugar (Blood sugar) (रक्त शर्करा का नियंत्रण)
- Regulation of blood pressure (Blood pressure) (रक्तचाप का नियंत्रण)
- Regulation of body temperature (Body temperature) (शरीर की तापमान का नियंत्रण)
- Regulation of body pH (Body pH) (शरीर की pH का नियंत्रण)

SPECIAL HIGH PROTEIN NEEDS / अतिरिक्त प्रोटीन की विशेष आवश्यकताएँ

- Growing children (बढ़ते बच्चे)
- Pregnant women (pregnant) (गर्भवती महिलाएँ)
- Working women (working) (काम करने वाली महिलाएँ)
- Older people (Older people) (वृद्ध लोग)
- People with chronic diseases (Chronic diseases) (अनुपचार्य रोगों से ग्रस्त लोग)
- People with high cholesterol (High cholesterol) (उच्च कोलेस्ट्रॉल से ग्रस्त लोग)

C. Charts, Fats

FATS / वसा

Fats are the components of carbon, hydrogen, and oxygen. Fats contain more energy as compared to carbohydrates. One gram of fat provides 9 kcal of energy as against 4 kcal from one gram of carbohydrate.

CLASSIFICATION OF FATS / वसा का वर्गीकरण

- Saturated fats (संतृप्त वसा)
- Unsaturated fats (असंतृप्त वसा)
 - Monounsaturated Polyunsaturated (एक असंतृप्त बहुअसंतृप्त)
 - Trans Fatty Acid (Trans) (ट्रांस वसा)

ESSENTIAL FATTY ACIDS / अत्यावश्यक वसा अम्ल

Fats are essential for the growth and development of the body. They are essential for the absorption of vitamins A, D, E and K. They are also essential for the production of hormones.

SOURCES / स्रोत

- Animal sources (पशु स्रोत): Meat, Milk, Eggs, Butter, Cheese, etc.
- Plant sources (जलमयी स्रोत): Soybean, Groundnut, Sesame, etc.

FUNCTIONS OF FATS / वसा के कार्य

- Energy source (Energy source) (ऊर्जा स्रोत)
- Insulation (Insulation) (अवरोधक)
- Regulation of body temperature (Body temperature) (शरीर की तापमान का नियंत्रण)
- Regulation of blood sugar (Blood sugar) (रक्त शर्करा का नियंत्रण)
- Regulation of blood pressure (Blood pressure) (रक्तचाप का नियंत्रण)
- Regulation of body pH (Body pH) (शरीर की pH का नियंत्रण)
- Regulation of body fluids (Body fluids) (शरीर के तरल पदार्थों का नियंत्रण)
- Regulation of body metabolism (Body metabolism) (शरीर के मetabolism का नियंत्रण)
- Regulation of body growth and development (Body growth and development) (शरीर के विकास और विकास का नियंत्रण)

CARBOHYDRATES कार्बोहाइड्रेट्स

Carbohydrates are the major component of our diet. They are the main source of energy supplying 70% to 80% of the energy requirement. A daily intake of 130g of fibre, a complex carbohydrate has various health benefits. कार्बोहाइड्रेट्स हमारे अहार के मुख्य भाग हैं। ये हमें लगभग 70% से 80% तक की ऊर्जा प्रदान करते हैं। अंतर्जात कार्बोहाइड्रेट्स एक जटिल कार्बोहाइड्रेट हैं, जो स्वास्थ्य के कई अनेक लाभ हैं।

CARBOHYDRATES कार्बोहाइड्रेट्स

Simple Carbohydrates सरल कार्बोहाइड्रेट्स

- Monosaccharides (Glucose, Fructose, Galactose)
- Disaccharides (Lactose, Sucrose)

Complex Carbohydrates जटिल कार्बोहाइड्रेट्स

- Oligosaccharides (Raffinose, Inulin)
- Polysaccharides (Starch, Glycogen, Cellulose, Hemicellulose, Pectin)

SOURCES स्रोत

Baked Sugar Products (बिस्किट, चॉकलेट, ब्रेड), Fruits (फल), Vegetables (सब्जियाँ), Rice (चावल), Wheat (गेहूँ), Maize (मक्का), Beans (दालें), Milk (दूध), Cereals (दालें), Grains (दालें), Wheat (गेहूँ), Legumes (दालें), Corn (मक्का)

FUNCTIONS फ़ंक्शन

- STORE ENERGY IN THE FORM OF GLYCOGEN** (Energy is stored in the form of glycogen in the liver and muscles.)
- PROVIDE ENERGY THROUGH MITOCHONDRIA AND NETWORKS** (Energy is provided through mitochondria and networks.)
- SUPPLY CARBON FOR SYNTHESIS OF OTHER COMPOUNDS** (Carbon is supplied for the synthesis of other compounds.)
- FORM STRUCTURAL COMPONENTS IN CELLS AND TISSUES** (Carbohydrates form structural components in cells and tissues.)

VITAMINS विटामिन

FAT SOLUBLE वसा में घुलनशील

VITAMIN A (रेटिनॉल)

- Best source: Liver, fish oils, egg yolks, carrots, spinach, mangoes, apricots, cantaloupe.
- Essential for vision, skin health, and immune system.
- Deficiency: Night blindness, dry skin, and weakened immunity.

VITAMIN D (कैल्सीफेरॉल)

- Best source: Sunlight, fatty fish, egg yolks, fortified milk.
- Essential for bone health and immune system.
- Deficiency: Rickets, osteoporosis, and weakened immunity.

VITAMIN E (टोकोफेरॉल)

- Best source: Nuts, seeds, vegetable oils, wheat germ.
- Essential for skin health and immune system.
- Deficiency: Skin rashes, muscle weakness, and nerve damage.

VITAMIN K (फिलोक्विनॉन)

- Best source: Leafy green vegetables, broccoli, Brussels sprouts, cauliflower.
- Essential for blood clotting and bone health.
- Deficiency: Excessive bleeding and bone weakness.

WATER SOLUBLE जल में घुलनशील

VITAMIN B1 (थायामिन)

- Best source: Grains, legumes, pork, and yeast.
- Essential for energy production and nerve function.
- Deficiency: Beriberi, weakness, and nerve damage.

VITAMIN B2 (रिबोफ्लेवॉन)

- Best source: Milk, eggs, meat, and green leafy vegetables.
- Essential for energy production and cell growth.
- Deficiency: Mouth sores, skin rashes, and weakness.

VITAMIN B3 (नियासिन)

- Best source: Grains, meat, and fish.
- Essential for energy production and skin health.
- Deficiency: Pellagra, skin rashes, and weakness.

VITAMIN B5 (पांथोथेनॉइक एसिड)

- Best source: Grains, meat, and vegetables.
- Essential for energy production and cell growth.
- Deficiency: Fatigue, weakness, and skin rashes.

VITAMIN B6 (प्रायडोक्सिन)

- Best source: Grains, meat, and fish.
- Essential for energy production and immune system.
- Deficiency: Weakness, depression, and nerve damage.

VITAMIN B9 (फोलेट)

- Best source: Grains, leafy green vegetables, and legumes.
- Essential for energy production and cell growth.
- Deficiency: Anemia, weakness, and nerve damage.

VITAMIN C (अस्कोर्बिक एसिड)

- Best source: Citrus fruits, strawberries, kiwi, and bell peppers.
- Essential for immune system and skin health.
- Deficiency: Scurvy, weakness, and skin rashes.

MINERALS खनिज

SODIUM (सोडियम)

- Best source: Table salt, processed foods.
- Essential for fluid balance and nerve function.
- Deficiency: Muscle cramps, weakness, and fatigue.

POTASSIUM (पोटैशियम)

- Best source: Bananas, oranges, avocados, and potatoes.
- Essential for fluid balance and nerve function.
- Deficiency: Muscle weakness, fatigue, and irregular heartbeat.

CALCIUM (कैल्शियम)

- Best source: Milk, cheese, yogurt, and leafy green vegetables.
- Essential for bone health and muscle function.
- Deficiency: Osteoporosis, muscle cramps, and fatigue.

PHOSPHORUS (फॉस्फोरस)

- Best source: Meat, fish, dairy products, and grains.
- Essential for energy production and bone health.
- Deficiency: Bone weakness, muscle cramps, and fatigue.

IRON (आयरन)

- Best source: Red meat, fish, and leafy green vegetables.
- Essential for oxygen transport and energy production.
- Deficiency: Anemia, weakness, and fatigue.

ZINC (ज़िंक)

- Best source: Meat, fish, and shellfish.
- Essential for immune system and cell growth.
- Deficiency: Weakened immunity, skin rashes, and fatigue.

FLUORINE (फ्लोरो)

- Best source: Fluoridated water, toothpaste, and seafood.
- Essential for bone health and dental health.
- Deficiency: Dental caries and bone weakness.

COPPER (कॉपर)

- Best source: Shellfish, nuts, and seeds.
- Essential for iron metabolism and immune system.
- Deficiency: Anemia, weakness, and fatigue.

CHLORINE (क्लोरीन)

- Best source: Table salt, seaweed, and vegetables.
- Essential for fluid balance and nerve function.
- Deficiency: Muscle cramps, weakness, and fatigue.

WATER AND ROUGHAGE जल और रूखांश

SOURCES OF WATER जल के स्रोत

FUNCTIONS OF WATER जल के कार्य

SOURCES OF ROUGHAGE रूखांश के स्रोत

FUNCTIONS OF ROUGHAGE रूखांश के कार्य

DEFICIENCY DISEASES हीनताजनित रोग

Marasmus काश्मिरियाका

Obesitas (in adults) अधिकवृद्ध (बच्चों में)

Goitre गैटर

Measles मीसल्स

Scorbut स्कोरबुट

Pellagra पेल्लेग्रा

Dental Caries डेंटल कारिस

OVERNUTRITION DISORDERS अतिशय भोजन विकार

Arteriosclerosis भाणवीकायिका

Obesity भौताया

Hypervitaminosis A अतिविकायिका A

Hypertension अतिलनाम

Furcrosis फुरोसिस

J. Charts, Food's Nutritive Value

Food's Nutritive Value भोजन का पोषणिक मान		Nutrient															
Food Type	Energy	Protein	Carbohydrate	Fat	Fiber	Calcium	Iron	Vitamin A	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5	Vitamin B6	Vitamin B9	Vitamin C	Vitamin E	Vitamin K
Apple	52	0.5	13.8	0.2	1.9	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Banana	89	1.1	22.8	0.3	3.1	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Orange	45	0.9	9.8	0.1	1.0	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Watermelon	30	0.6	7.8	0.1	0.4	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Guava	38	0.4	9.5	0.1	0.4	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Pineapple	42	0.4	9.8	0.1	0.4	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Mango	60	0.4	14.8	0.1	0.4	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Peach	39	0.4	9.8	0.1	0.4	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Plum	30	0.4	9.8	0.1	0.4	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Cherry	52	0.4	13.8	0.2	1.9	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Strawberry	49	0.7	10.8	0.2	2.9	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Raspberries	52	0.7	10.8	0.2	2.9	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Blackberries	52	0.7	10.8	0.2	2.9	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Blueberries	56	0.7	11.8	0.2	2.9	5	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Avocado	160	2.0	12.8	11.8	7.0	10	0.1	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Almond	579	21.0	21.8	63.0	10.0	250	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Walnut	654	15.0	13.8	65.0	65.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Peanut	554	25.0	21.8	45.0	49.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Cashew	553	18.0	29.8	44.0	33.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Macadamia	718	7.0	13.8	76.0	12.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Pistachio	456	14.0	27.8	45.0	49.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Coconut	354	3.0	29.8	65.0	33.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flaxseed	534	18.0	29.8	44.0	33.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Sunflower	584	16.0	27.8	45.0	49.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Soybean	446	36.0	30.8	16.0	9.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Chickpea	364	16.0	34.8	27.0	12.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Lentil	354	24.0	40.8	25.0	16.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Black Bean	354	16.0	34.8	27.0	12.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Green Bean	354	9.0	27.8	12.0	1.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Peas	354	9.0	27.8	12.0	1.0	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Edamame	164	11.0	21.8	8.0	0.5	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Wheat Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Wheat Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
White Rice	114	2.0	27.8	0.1	0.4	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Basmati Rice	114	2.0	27.8	0.1	0.4	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Wild Rice	114	2.0	27.8	0.1	0.4	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Quinoa	164	4.0	34.8	6.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Millet	114	3.0	27.8	0.1	0.4	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Buckwheat	114	3.0	27.8	0.1	0.4	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Oats	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Barley	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Rye	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Speltz	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Tritic	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Wheat	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
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Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Flour	364	11.0	73.8	1.0	2.9	100	0.4	10	0.02	0.04	0.05	0.01	0.02	0.01	8	0.1	0.1
Whole Grain	364	11.0	73.8	1.0	2.9	100	0.4										