

# Granos Enteros

## Pan 100% de trigo integral

### Solo barra de 16 oz (1 lb)

**Arnold:** Stone ground 100% Whole Wheat

**Best Yet:** 100% Whole Wheat

**Bimbo:** 100% Whole Wheat

**Country Kitchen:** 100% Whole Wheat

**Gourmet:** 100% Whole Wheat

**Hannaford:** 100% Whole Wheat

**IGA:** 100% Whole Wheat

**Market Basket:** 100% Whole Wheat

**Nature's Own:** 100% Whole Wheat with Honey (trigo integral con miel)

**Pepperidge Farm:** Light Style 100% Whole Wheat, Light Style Wheat, Stone Ground 100% Whole Wheat, Very Thin 100% Whole Wheat, Whole Grain Rye (Seeded or not seeded)

**PICs:** 100% Whole Wheat

**Rubschlagger:** Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye-Rye-Ola Sunflower Bread

**Sara Lee:** 100% Whole Wheat

**Shop Rite:** 100% Whole Wheat

**Signature Select:** 100% Whole Wheat, No Salt Added Whole Wheat

**Wonder:** 100% Whole Wheat

## Tortillas de maiz blando y trigo integral

### Solo paquete de 16 oz

**Tortillas de maiz:** Food Club, **Hannaford**, Herdez, IGA, La Banderita, Market Basket, Mayan Farms, Mission, Pepito, Shurfine

**Tortillas de trigo:** Chi-Chi's, Great Value, Hannaford, Herdez, IGA, La Banderita, Market Basket, Market Pantry, Mi Casa, Mission, Ortega, Pepito, Shurfine, Siempre Autentico, Signature Select, Tropical

## Arroz integral (cualquier marca)

### Paquete de 14 to 16 oz

Arroz integral instantaneo, o de coccion en bolsa ("Boil-in-Bag")

### Solo paquete de 16 oz

Arroz integral normal

No tipo de arroz blanco o arroz salvaje

Sin ingredientes agregados como condimentos

## Avena (opcion integral)

### Solo paquete de 16 oz

McCann's Irish oatmeal

Mom's Best Naturals Quick Oats

Mom's Best Old Fashioned Oats

Shurfine 100% Natural Oatmeal

Signature Select

## Pasta de trigo integral

### (Solo 100% de trigo integral/grano entero) Solo paquete de 16 oz

Barilla

**Bowl & Basket** **Nuevo 6.2020**

Great Value

Hodgson Mill

Ronzoni Healthy Harvest

Shurfine

Signature Select

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