

If you participate in this study, you will be:

- Given all 25 study foods shown below.
- Required to eat 4-5 study foods each day in their serving sizes listed below for 18 consecutive days.
- Required to eat each study food at least once.

Cereals

Serving Size = 28 biscuits



Calories: 175
Total fat: 1g
Total fiber: 6g
Sodium: 0mg
Added sugars: 6g

Serving Size = 2/3 cup



Calories: 120
Total fat: 2g
Total fiber: 12g
Sodium: 95mg
Added sugars: 8g

Serving Size = 1 & 1/4 cups



Calories: 210
Total fat: 2.5g
Total fiber: 9g
Sodium: 210mg
Added sugars: 6g

Other Grains

Serving Size = 2 slices



Calories: 220
Total fat: 6g
Total fiber: 6g
Sodium: 400mg
Added sugars: 4g

Serving Size = 13 chips



Calories: 154
Total fat: 8g
Total fiber: 5g
Sodium: 142mg
Added sugars: 0g

Serving Size = 1 & 3/4 cups COOKED



Calories: 254
Total fat: 3g
Total fiber: 7g
Sodium: 7mg
Added sugars: 0g

Legumes

Serving Size = 1/3 cup



Calories: 73
Total fat: 0g
Total fiber: 7g
Sodium: 92mg
Added sugars: 0g

Serving Size = 1/2 cup



Calories: 110
Total fat: 0g
Total fiber: 8g
Sodium: 85mg
Added sugars: 0g

Serving Size = 1/2 cup



Calories: 160
Total fat: 3.5g
Total fiber: 6g
Sodium: 210mg
Added sugars: 0g

Serving Size = 1/2 cup



Calories: 110
Total fat: 0g
Total fiber: 6g
Sodium: 140mg
Added sugars: 0g

Serving Size = 1/3 cup



Calories: 79
Total fat: 1g
Total fiber: 4g
Sodium: 92mg
Added sugars: 0g

Serving Size = 1 cup



Calories: 180
Total fat: 6g
Total fiber: 4g
Sodium: 270mg
Added sugars: 0g

Serving Size = 1 cup



Calories: 162
Total fat: 4g
Total fiber: 5g
Sodium: 324mg
Added sugars: 0g

Serving Size = 1 & 1/3 cups



Calories: 160
Total fat: 1g
Total fiber: 6g
Sodium: 407mg
Added sugars: 0g

Fruits

Serving Size = 8 pieces



Calories: 160
Total fat: 0g
Total fiber: 5g
Sodium: 13mg
Added sugars: 0g

Serving Size = 10 pieces



Calories: 110
Total fat: 0g
Total fiber: 4g
Sodium: 0mg
Added sugars: 0g

Serving Size = 1 pouch



Calories: 100
Total fat: 0g
Total fiber: 1g
Sodium: 0mg
Added sugars: 0g

Snacks

Serving Size = 22 pieces



Calories: 130
Total fat: 5g
Total fiber: 4g
Sodium: 75mg
Added sugars: 0g

Serving Size = 28 pieces



Calories: 182
Total fat: 6g
Total fiber: 4g
Sodium: 308mg
Added sugars: 1g

Serving Size = 6 crackers



Calories: 120
Total fat: 3.5g
Total fiber: 3g
Sodium: 160mg
Added sugars: 0g

Nuts

Serving Size = 2 tablespoons



Calories: 200
Total fat: 16g
Total fiber: 2g
Sodium: 10mg
Added sugars: 0g

Serving Size = 1 & 1/2 tablespoons



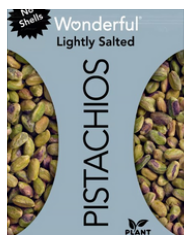
Calories: 143
Total fat: 13g
Total fiber: 3g
Sodium: 0mg
Added sugars: 0g

Serving Size = 1/3 cup



Calories: 238
Total fat: 21g
Total fiber: 4g
Sodium: 79mg
Added sugars: 0g

Serving Size = 1/3 cup



Calories: 251
Total fat: 20g
Total fiber: 4g
Sodium: 86mg
Added sugars: 0g

Serving Size = 1/3 cup



Calories: 238
Total fat: 21g
Total fiber: 4g
Sodium: 79mg
Added sugars: 0g

Note:

- Study foods shown in the images may not be the exact products used in the study.
- Unsalted nuts are available upon request.