

Worksheet 17.16
Selecting Grains and Grain Products

Number of pounds of grains and grain products for family for one year: _____

Grains

Grain Variety	Pounds	Servings per Pound	Number of Servings
1			
2			
3			
4			
5			
6			
7			
Total Pounds		Total Servings	

Grain Products

Grain Product	Pounds	Servings per Pound	Number of Servings
1			
2			
3			
4			
5			
Total Pounds		Total Servings	