



2 oz. Cornbread	Regular Cornbread	Smart Choice Cornbread
Calories	200	150
Calories from fat	70	45
Total Fat	8g	5g
Saturated Fat	1.5g	1g
Trans Fat	0g	0g
Cholesterol	30mg	45mg
Sodium	210mg	280mg
Total Carbohydrate	28g	24g
Dietary Fiber	less than 1g	1g
Sugar	12g	7g
Protein	3g	4g
Vitamin A	2%	20%
Vitamin C	0%	0%
Calcium	2%	20%
Iron	4%	25%
Vitamin E	0%	20%
Thiamin	0%	25%
Riboflavin	0%	25%
Niacin	0%	20%
Vitamin B6	0%	20%
Vitamin B12	0%	20%
Zinc	0%	20%

Excellent Source:  
of 10 Essential  
Vitamins and Minerals

Made With  
**Whole Grain**  
And They Taste So Good!

- Less than 30% of Calories from Fat
- Less than 10% Calories from Saturated Fat
- Less than 30% Added Sugar

1 Slice Bread = 1 Bread Equivalent

Smart Choice 2 oz. Cornbread = 1 Bread Equivalent



EAT 48g OR MORE OF WHOLE GRAINS DAILY

Breakfast Child And Adult Care Food Program Meal Patterns				
Food Component & Food Items	Children Ages 1 & 2	Children Ages 3-5	Children Ages 6-12	Adults
Bread	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or Muffin	1/2 serving	1/2 serving	1 serving	2 servings

Breads must be made from enriched flour or whole grain flour.

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