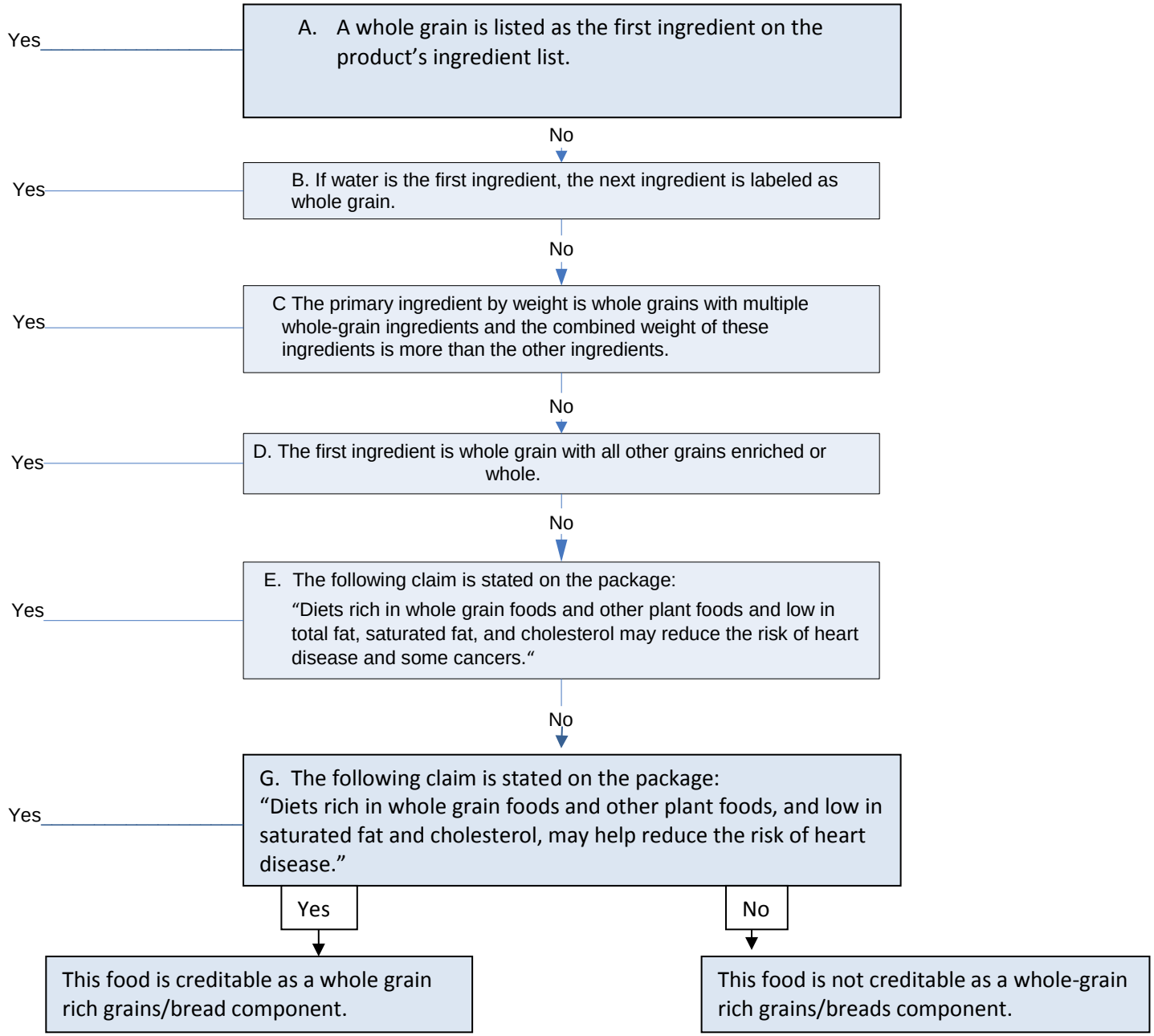Flow Chart for Determining if Grains/Breads are Whole Grain Rich