

Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.

#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

WGR¹

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich.

An **FDA STANDARD OF IDENTITY** is a set of rules for what a certain product must contain or may contain to legally be labeled with that product name.

ONLY breads and pastas with these exact product names conform to FDA's Standard of Identity and can be considered whole grain-rich using this method:

BREADS

- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls
- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns

PASTAS

- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli
- whole wheat macaroni product



NOTE: Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as, "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.

#2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC-APPROVED WHOLE GRAIN FOOD LIST

WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.

NOTE: Complete product guides identifying all WIC creditable food products can be found on State agency websites.

WGR²



Whole Grains

Whole-Wheat Bread WIC

- 16 oz (1 lb) loaves
- 100% whole-wheat
- **NOT WIC APPROVED:** Sugar-free

Brown Rice WIC

- 16 oz (1 lb) package
- **NOT WIC APPROVED:** White rice, added seasonings, sugar, fat, oil, or salt

Tortillas WIC

- 16 oz (1 lb) package
- Yellow or white corn
- 100% whole-wheat refrigerated or shelf
- **NOT WIC APPROVED:** White-flour tortillas

Oatmeal

- **Choose These Brands:**
- Granville Oats
- Melrose Brand Quick or Old Fashioned Oats
- Best Choice Quick or Old Fashioned Oats
- Mom's Best Natural's Quick or Old Fashioned Oats

Whole-Wheat Pasta

- 16 oz (1 lb) box or bag
- 100% whole-wheat
- Any shape such as bow-tie, elbow, penne, rotini, shells, spaghetti and spaghetti

Store Brands

- America's Choice
- Central Market (M-E-B)
- Full Circle
- Great Value
- Hi-E Organics
- Kroger
- Natural Directions
- O Organics
- Shur-Fine
- Simple Truth

National Brands

- Borillo
- Hudgson Mill
- Riccetto
- Ronzoni Healthy Harvest

6. **SMI WIC APPROVED FOOD SHOPPING GUIDE**



Identifying Whole Grain-Rich

#3

FDA STATEMENT



One of the following FDA statements is included on the labeling:

“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”

“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

FNS is allowing the FDA whole grain health claims to be sufficient documentation to demonstrate compliance with the whole grain-rich criteria in the CACFP, **ONLY**.



#4

RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.

(reference NCA's Identifying Grain Ingredients for list of creditable grains)

#1 Whole Grain 2nd Grain Ingredient



INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.
CONTAINS: WHEAT, MILK

There is no 3rd grain ingredient.

WGR⁴

DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.
2. Any grain ingredients that are listed as “less than 2%...” of the product weight.

#1 Whole Grain

Grain Derivative

INGREDIENTS Whole Wheat Flour, Filtered Water, Vital Wheat Gluten, Brown Sugar. Contains 2% Or Less Of The Following: Wheat Fiber, Cultured Wheat Starch, Vinegar, Inulin, Yeast, Oat Fiber, Soybean Oil, Salt, Soy Lecithin, Barley Malt Powder, Enzyme Blend (Whea Flour, Dextrose, Natural Enzymes), Ascorbic Acid.

Listed after “Less than 2%...” statement

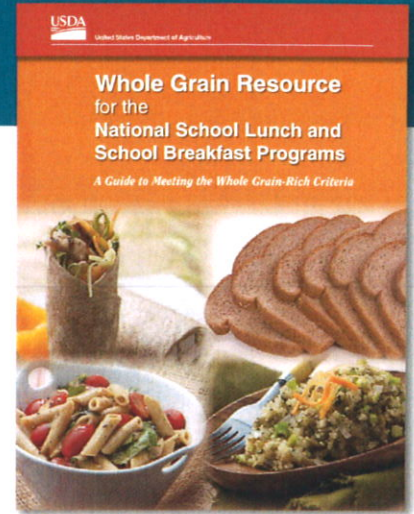


Identifying Whole Grain-Rich

#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

WGR⁵



Available to download at cacfp.org and the USDA FNS website.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

WGR⁶

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products.



#1 Whole Grain

What about cereal?

WGR^C

If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it also meets the whole grain-rich criteria.

INGREDIENTS: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

VITAMINS AND MINERALS: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Fortified



Don't forget...

Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place.

Nutrition Facts	
Serving Size 1 cup (28g) Children Under 4 - 1/4 cup (21g) Serving Per Container about 12 Children Under 4 - about 16	
Amount Per Serving	% Daily Value*
Calories 100	20
Calories from Fat 15	30
% Daily Value**	
Total Fat 1.5g	3%
Saturated Fat 0.5g	10%
Trans Fat 0g	0%
Polysaturated Fat 0.5g	10%
Monounsaturated Fat 0.5g	10%
Cholesterol 0mg	0%
Sodium 120mg	6%
Potassium 100mg	2%
Total Carb 20g	4%
Dietary Fiber 3g	6%
Soluble Fiber 1g	2%
Sugars 1g	2%
Other Carbohydrate 16g	32%
Protein 3g	6%
% Daily Value*	
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	10%
Vitamin B1	10%
Vitamin B2	10%
Vitamin B3	10%
Vitamin B6	10%
Vitamin B12	10%
Vitamin D3	10%

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), a B Vitamin (folic acid), Vitamin B12, Vitamin D3.

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GRAINS 101



BRAN is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

CREDITABLE GRAINS represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole grains or enriched meal and/or flour.

ENRICHED means that the product conforms to the U.S. Food and Drug Administration's, (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

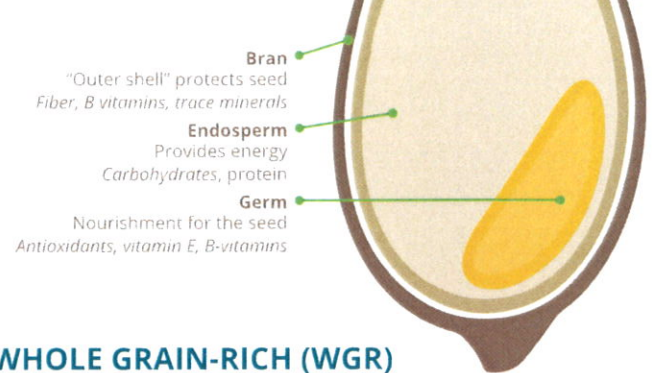
FLOUR is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).



GERM is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

PRIMARY GRAIN INGREDIENT is the first grain ingredient listed in the ingredient statement.

WHOLE GRAIN contains all parts of the grain kernel which includes the bran, germ and endosperm.



WHOLE GRAIN-RICH (WGR)

is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.

Identifying Whole Grain-Rich



Identifying Grain Ingredients

WHOLE GRAINS

CORN

- Whole Corn
- Whole Grain Corn
- Whole Grain Corn Flour

OATS

- Instant Oatmeal
- Oat Groats
- Old Fashion Oats
- Quick Cooking Oats
- Steel Cut Oats
- Whole Grain Oat Flour

RICE

- Brown Rice
- Sprouted Brown Rice
- Wild Rice

RYE

- Rye Groats
- Sprouted Whole Rye
- Whole Rye Flour

WHEAT

- Bulgur
- Cracked Wheat
- Graham Flour
- Sprouted Whole Wheat
- Wheat Berries
- Wheat Groats
- Whole Durum Flour
- Whole Grain Wheat Flakes
- Whole Wheat Flour

OTHER WHOLE GRAINS

- Amaranth
- Amaranth Flour
- Buckwheat
- Buckwheat Flour
- Buckwheat Groats
- Millet
- Millet Flour
- Quinoa
- Sorghum
- Sorghum Flour
- Spelt Berries
- Sprouted Buckwheat
- Sprouted Einkorn
- Sprouted Spelt
- Teff
- Teff Flour
- Triticale
- Triticale Flour
- Whole Einkorn Berries
- Whole Grain Einkorn Flour
- Whole Grain Spelt Flour

CREDITABLE GRAINS

- Any Whole Grain Above
 - Enriched Grains
 - Bran or Germ
- Creditable in CACFP, SFSP & afterschool snacks only.*

These ingredients are not whole nor enriched and cannot be one of the first 3 ingredients when identifying whole grain-rich products.

NON-CREDITABLE GRAINS

- Barley Malt
- Corn
- Corn Fiber
- Degerminated Corn Meal
- Farina
- Oat Fiber
- Semolina
- Yellow Corn Meal

NON-CREDITABLE FLOURS

- not enriched*
- Any Bean Flour
 - Any Nut Flour
 - Bromated Flour
 - Durum Flour
 - Malted Barley Flour
 - Potato Flour
 - Rice Flour
 - Wheat Flour
 - White Flour
 - Yellow Corn Flour



DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain ingredients that are listed as "less than 2%..." of the product weight.
2. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

Please note that this list is not meant to be exhaustive, and there may be other items that qualify, or are not creditable, that are not listed above. Check with your sponsor and/or state agency.

Identifying Whole Grain-Rich

In the Aisles

FOOD IS LABELED AS "WHOLE WHEAT" AND MEETS FDA STANDARD OF IDENTITY



WGR¹



WGR¹



WGR¹



DOES NOT MEET WGR¹
Not labeled "Whole Wheat."

RULE OF THREE

The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.



WGR⁴

Ingredients: White Quinoa,¹
Red Quinoa,² Black Quinoa³



WGR⁴

Ingredients: Whole Wheat Flour,¹
Enriched Bleached Flour,² Bleached Wheat
Flour, Niacin, Reduced Iron, Thiamin
Mononitrate, Riboflavin, Folic Acid,
Leavening (Sodium Bicarbonate, Sodium
Aluminum Phosphate, Monocalcium
Phosphate), Brown Sugar, Sugar, Dried
Molasses, Salt, Wheat Germ,³ Hydroxylated
Soy Lecithin, Soy Flour.



WGR⁴

Ingredients: Whole Grain Wheat Flour,¹
Canola Oil, Sugar, Corn Starch,² Malt Syrup
(From Corn And Barley), Salt, Refiner's
Syrup, Leavening (Calcium Phosphate And
Baking Soda), Bht Added To Packaging
Material To Preserve Freshness.

2* considered disregarded



Ingredients: Organic Whole Wheat Flour,¹
Organic Wheat Flour,² Organic Vegetable Oil (Organic
Expeller Pressed Sunflower Oil and Organic Expeller
Pressed Palm Fruit Oil), Organic Whole Flax Flour,
Organic honey, Organic Whole Oat flour, Organic
Sesame Seeds, Organic Evaporated Cane Syrup...

DOES NOT MEET WGR⁴
2nd grain is not whole or enriched.

CEREAL 1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.



WGR^C

Ingredients: Whole Grain Wheat,
Sugar, Contains 2% or Less of
Brown Rice Syrup, Gelatin, BHT for
Freshness.

Vitamins and Minerals:
Reduced Iron, Niacinamide, Vitamin
B6 (Pyridoxine Hydrochloride),
Vitamin B2 (Riboflavin), Vitamin
B1 (Thiamin Hydrochloride), Zinc
Oxide, Folic Acid, Vitamin B12.



WGR^C

Ingredients: Whole Grain Wheat, Corn,
Sugar, Whole Grain Rolled Oats, Brown
Sugar, Rice, Canola Oil, Wheat Flour,
Malted Barley Flour, Corn Syrup, Salt,
Whey (from Milk), Malted Corn and Barley
Syrup, Honey, Caramel Color, Natural and
Artificial Flavor, Annatto Extract (Color),
BHT Added to Packaging Material to
Preserve Product Freshness.

Vitamins and Minerals: Reduced Iron,
Niacinamide, Vitamin B6, Vitamin A
Palmitate, Riboflavin (Vitamin B2), Thiamin
Mononitrate (Vitamin B1), Zinc Oxide
(Source of Zinc), Folic Acid, Vitamin B12,
Vitamin D3.



WGR^C

Ingredients: Whole Grain Corn,
Corn Meal, Sugar, Canola Oil, Salt,
Brown Sugar Syrup, Tricalcium
Phosphate, Vegetable and Fruit
Juice Color, Baking Soda, Citric Acid,
Natural Flavor. Vitamin E (Mixed
Tocopherols) Added to Preserve
Freshness.

Vitamins and Minerals:
Calcium Carbonate, Iron and Zinc
(Mineral Nutrients), Vitamin C (Sodium
Ascorbate), a B Vitamin (Niacinamide),
Vitamin B6 (Pyridoxine Hydrochloride),
Vitamin B1 (Thiamin Mononitrate),
Vitamin A (Palmitate), Vitamin B2
(Riboflavin), a B Vitamin (Folic Acid),
Vitamin B12, Vitamin D3.



Ingredients: Whole Grain Oats*,
Cane Sugar*, Sunflower Oil*,
Rice*, Whole Grain Quinoa*,
Whole Grain Spelt*, Kamut Brand
Khorasan Wheat*, Molasses*,
Sea Salt, Cinnamon*, Natural
Flavor*, Vitamin E (Mixed
Tocopherols) Added to Preserve
Freshness.*Organic.

DOES NOT MEET WGR^C
Not fortified with Vitamins & Minerals.



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* These products may meet another standard for
identifying whole grain-rich but do not in the section noted.



Identifying Cereal Sugar Limits



Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.



1 WIC

Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

Product Example:
Dora the Explorer



* confirm with your states WIC approved cereal list.

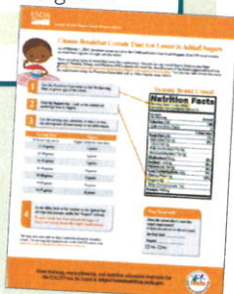
2

Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar."

The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	
78-82 grams	



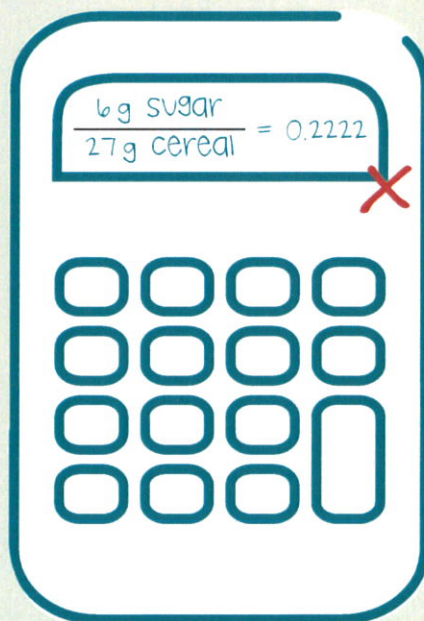
(<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>)

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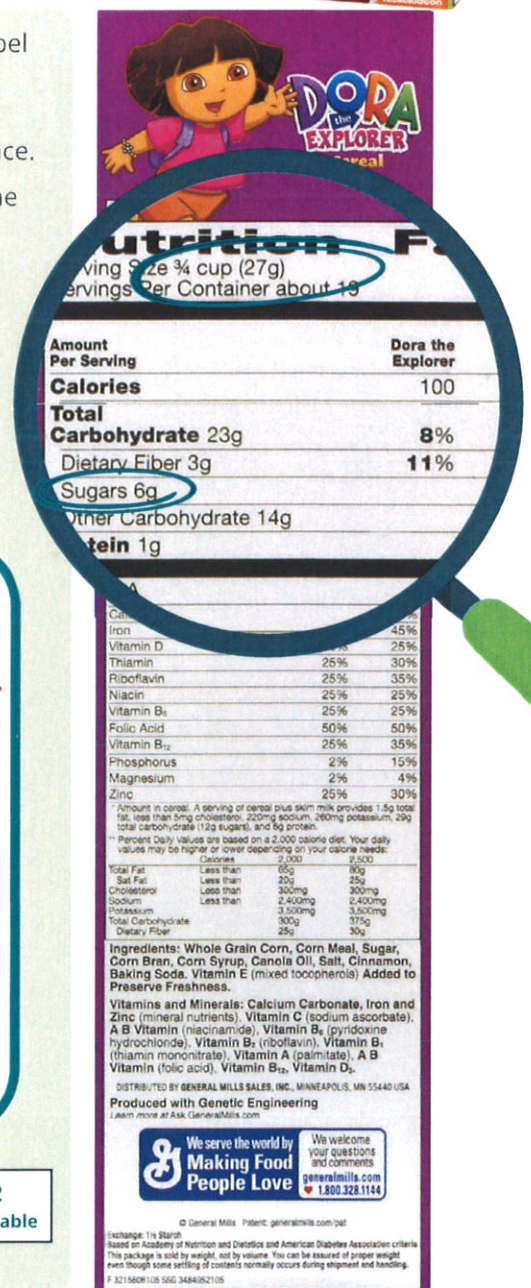
Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

- 1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
- 2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



GRAMS OF SUGAR PER SERVING if ≤ 0.212
GRAMS OF CEREAL PER SERVING it is creditable



Product Example: Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

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Wondering if your food is **WHOLE GRAIN-RICH**?

