

Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day is a whole grain-rich food item. Whole grain-rich is the term designated by the USDA Food and Nutrition Service (FNS) to indicate that the grain content of a product is between 50 and 100 percent whole grain, with any remaining grains being enriched.

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



Sample WIC 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)

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

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 after "less than 2%..." of the total product.

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 (Wheat Flour, Dextrose, Natural Enzymes), Ascorbic Acid.

Listed after "Less than 2%..." statement



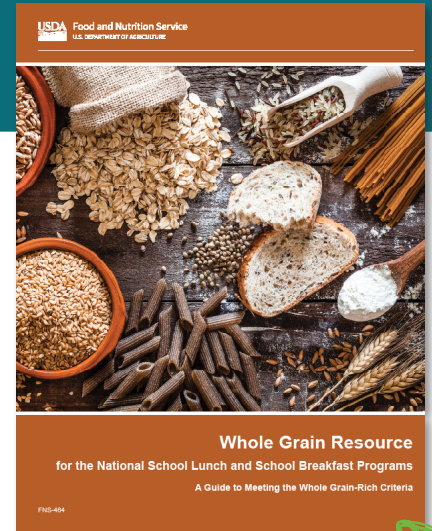
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#5

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 CACFP operators. The NSLP whole grain-rich criteria apply to all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

WGR⁵



Whole Grain Resource
for the National School Lunch and School Breakfast Programs
A Guide to Meeting the Whole Grain-Rich Criteria
FNS-494

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

#6

MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer, such as a Product Formulation Statement, 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.



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.

Whole Grain

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 added sugars limit in order to be creditable in the first place.

Nutrition Facts			
About 15 servings per container (age 4+ years) About 29 servings per container (age 1-3 years)			
Serving size 1 1/2 cup (39g) (age 4+ years) 1/2 cup (20g) (age 1-3 years)			
Calories	140	190	70
	with 1/2 cup milk		
	% DV**	% DV**	% DV**
Total Fat 2.5g*	3%	4%	4%
Saturated Fat 0.5g	3%	4%	0%
Trans Fat 0g			
Polysaturated Fat 1g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%	2%	0%
Sodium 130mg	8%	11%	7%
Total Carbohydrate 29g	11%	13%	10%
Dietary Fiber 4g	14%	14%	14%
Soluble Fiber 1g			
Total Sugars 2g			
Incl. Added Sugars 2g	4%	4%	3%
Protein 5g			8%
Vitamin D 2mcg	10%	15%	6%
Calcium 130mg	10%	20%	8%
Iron 12.8mg	70%	70%	90%
Potassium 250mg	6%	20%	4%
Vitamin A			15%
Vitamin B1			10%
Vitamin B6			30%
Vitamin C			20%
Vitamin E			10%
Vitamin K			30%
Vitamin B12			30%
Vitamin D3			30%

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.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
GLUTEN FREE
Not made with genetically modified ingredients*
*Trace amounts of genetically modified (also known as "genetically engineered") material may be present due to potential cross contact during manufacturing and shipping.
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Identifying Grain Ingredients

WHOLE GRAINS

CORN

Corn Masa Flour
Masa Harina
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

Flaked Rye
Rye Berries
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
Dehulled Barley
Hominy Grits
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 using the Rule of Three.

NON-CREDITABLE GRAINS

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

NON-CREDITABLE FLOURS

All Purpose Flour (Not Enriched)
Any Bean Flour
Any Nut Flour
Bromated Flour
Corn Flour
Durum Flour
Malted Barley Flour
Potato Flour
Rice Flour
Tapioca Flour
Wheat Flour
White 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 after "less than 2%..." of the total product.

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 that are not listed above. Check with your sponsor and/or State agency.



MAR25

cacfp.org
CACFP is an indicator of quality care.
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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.

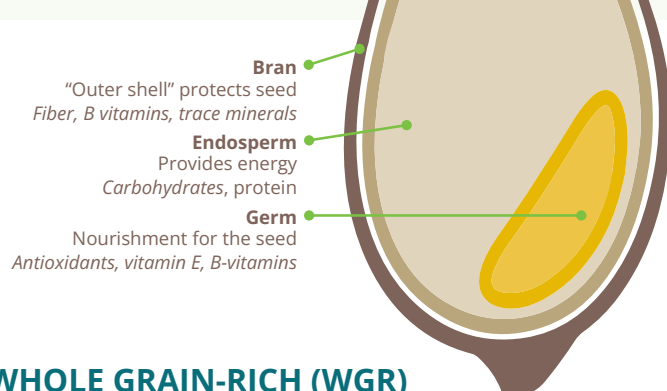
FLOUR is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).



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 ADDED SUGAR LIMITS IN CEREALS



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



1 WIC Women · Infants · Children

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

Product Example:
"Tasty Flakes"

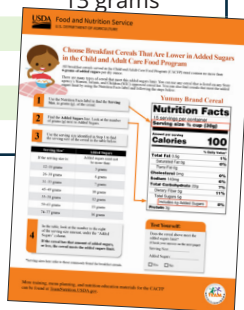


2 Use USDA Team Nutrition's training worksheet "Choose Breakfast Cereals That Are Lower in Added Sugars."

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

ALLOWABLE ADDED SUGAR LIMITS

SERVING SIZE	ADDED 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	
69-73 grams	
74-77 grams	
78-82 grams	



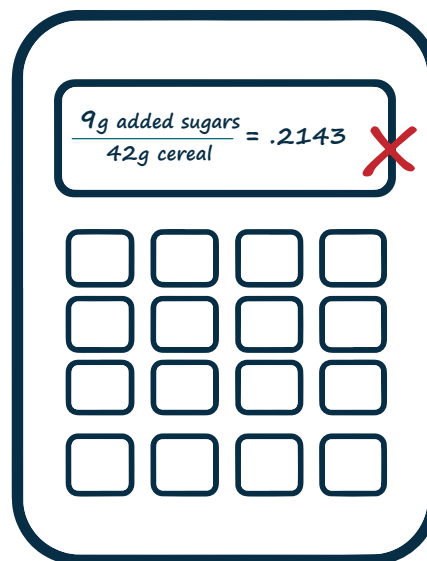
Download at cacfp.org/meal-patterns

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

1) Find the Serving Size in grams at the top of the label and the Added Sugars, listed under Total Sugars.

2) Divide the Added Sugars in grams by the Serving Size in grams.

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



"Tasty Flakes" Nutrition Facts

About 9 servings per container

Serving size **1 cup (42g)**

Amount per serving

Calories 160

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 35g 13%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes **9g Added Sugars** 18%

Protein 3g 9%

Vitamin D 2.1mcg 10%

Calcium 10mg 0%

Iron 11.7mg 60%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Example: "Tasty Flakes" passes at least one of the three methods. Therefore, this product meets the added sugar limit.

Disclosure: The amount of added sugars 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 added sugars on the Nutrition Facts label. All cereals must be whole grain-rich, enriched or fortified.



