



GRAINS

Grains are a required meal component for a reimbursable breakfast and lunch/supper in the CACFP. Grains are not required at snack but may be served as one of the two meal components. At breakfast, program operators may serve meats/meat alternates in place of the entire grains component, up to three times per week.

To credit toward the grains component, grain items must be made from ingredients that are whole grain, enriched, bran, or germ. Grains are measured in ounce equivalents (oz eq).

Some examples of foods that contribute toward the grains requirement when made from creditable grain ingredients include:

- Breads, biscuits, bagels, rolls, tortillas, crackers, muffins
- Cereal grains (cooked) such as rice, bulgur, oatmeal, quinoa
- Macaroni, pasta, noodle products (cooked)
- Ready-to-eat (RTE) breakfast cereals

The Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A) chart provides a general guideline for crediting prepared grains items. Exhibit A is discussed starting on **page 94**.



Crediting Tips for Serving Grains in the CACFP

- Ounce equivalents (oz eq) are used to determine the amount of creditable grains.
- The minimum creditable amount for grains is 0.25 oz eq per serving.
- Grain items must be made from grain ingredients that are whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product such as enriched bread or a fortified cereal.
- At least one serving of grains per day must be whole grain-rich when one or more grain items are served that day.
- Grain-based desserts do not credit toward the grains component (i.e., are noncreditable foods) in the CACFP.
- Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.





CACFP operators must credit grains based on ounce equivalent (oz eq) standards. For more information on crediting ounce equivalent grains, see the Crediting in Action section on page 111.

Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the Virgin Islands, and Tribal Communities

All sponsors, institutions, and facilities in American Samoa, Guam, Hawaii, Puerto Rico, the Virgin Islands, and Tribal Communities can offer any vegetable such as breadfruit, prairie turnips, yams, plantains, or sweet potatoes to meet the grains requirements in the CACFP to address cultural food

preferences, product availability, and cost concerns. The vegetables served must meet the daily minimum grain quantity required and can be used to meet the whole grain-rich requirement. One-half cup vegetables substitutes for 1 ounce equivalent grains. There is no limit on the amount of times vegetables may be substituted for the grains requirement. The vegetables substituting for the grains component cannot also credit as the vegetables component in the same meal.



CREDITABLE GRAINS

The following types of ingredients are considered creditable grains in the CACFP:

1. Whole grains (including nixtamalized corn, such as corn masa, masa harina, or hominy grits)
2. Enriched grains and fortified breakfast cereals
3. Bran and germ

1. Whole Grains

Whole grains consist of the entire grain seed, usually called the kernel. The kernel is made of three components: the bran, germ, and endosperm. When processed, grain kernels are cracked, crushed, or flaked. For food products to be labeled “whole grain,” they must contain the same proportions of bran, germ, and endosperm as the original whole grain.

Examples of whole-grain ingredients include whole-grain flour, whole-wheat flour, oatmeal, bulgur, popcorn, and whole-grain barley. Gluten-free whole grains include amaranth, brown rice, buckwheat, whole corn, millet, quinoa, teff, and wild rice. Whole grains offer a variety of vitamins and minerals, including magnesium, selenium, iron, zinc, B vitamins, and dietary fiber. For a list of whole grains, see List of Common Whole Grains chart on the next page.

Grain products made from corn must be labeled as whole corn (or other “whole-corn” designations such as whole-grain corn, whole ground corn, or whole-corn flour) or enriched corn (or other “enriched corn” designations such as enriched yellow cornmeal, enriched corn flour, or enriched corn grits) to be creditable, with the exception of corn masa,

masa harina, or hominy grits, which are considered whole grain.

Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa (dough from masa harina), and masa harina (corn flour) are considered whole grain when evaluating products for meal requirements. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. If the ingredient statement indicates the corn is treated with lime (for example, “ground corn with trace of lime” or “ground corn treated with lime”), then the corn is nixtamalized and considered a whole grain.

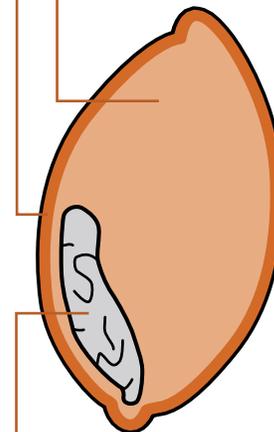
Whole-Grain Kernel

Bran

“Outer shell” protects the seed. It contains fiber, B vitamins, and trace minerals.

Endosperm

Provides energy. It contains carbohydrates and protein.



Germ

Nourishment for the seed. It contains antioxidants, vitamin E, and B vitamins.

List of Common Whole Grains

Please note that this is not an exhaustive list and therefore may not contain all possible whole-grain ingredient names present on food labels.

List of Common Whole Grains	
Wheat	
bromated whole-wheat flour	white whole-wheat flour
bulgur (cracked wheat)	whole bulgur
cracked wheat or crushed wheat	whole-durum flour
entire wheat flour	whole-durum wheat flour
flaked wheat	whole-grain bulgur
graham flour	whole-grain wheat
sprouted wheat	whole-grain wheat flakes
sprouted wheat berries	whole-grain wheat flour
sprouted whole wheat	whole-wheat flakes
stone ground whole-wheat flour	whole-wheat flour
toasted crushed whole wheat	whole-wheat pastry flour
wheat berries	whole-white wheat
wheat groats	
Oats	
instant oatmeal	steel cut oats
oat groats	whole-grain oat flour
oatmeal or rolled oats	whole oats
old fashioned oats	whole-oat flour
quick-cooking oats	
Barley	
dehulled barley	whole-barley flour
dehulled-barley flour	whole-grain barley
whole barley	whole-grain barley flour
whole-barley flakes	



List of Common Whole Grains

Corn	
nixtamalized corn, such as corn masa, masa harina, or hominy grits	whole-grain corn
popcorn	whole-grain corn flour
whole corn	whole-grain cornmeal
whole-corn flour	whole-grain grits
whole cornmeal	
Brown Rice	
brown rice	sprouted brown rice
brown rice flour	
Wild Rice	
wild rice	wild rice flour
Rye	
flaked rye	whole rye
rye berries	whole-rye flakes
rye groats	whole-rye flour
sprouted whole rye	
Other Grains	
amaranth	teff
amaranth flour	teff flour
buckwheat	triticale
buckwheat flour	triticale flour
buckwheat groats	whole einkorn
freekeh (farik)	whole einkorn berries
millet	whole emmer (farro)
millet flour	whole-grain einkorn flour
quinoa	whole-grain sorghum flour
spelt berries	whole-grain spelt flour
sprouted buckwheat	whole kamut (Khorasan wheat)
sprouted einkorn	whole sorghum (milo)
sprouted spelt	whole spelt

2. Enriched Grains and Fortified Breakfast Cereals

Enriched and fortified grains are grains that have been processed to remove all or part of the bran and the germ to give a grain product a smoother texture. Certain nutrients are then added back during or after processing. The U.S. Food and Drug Administration (FDA) sets the standards for food enrichment and fortification.

If a grain product is labeled “enriched,” it must contain certain amounts of niacin, iron, thiamine, riboflavin, and folic acid. If it is labeled “fortified,” it can have any nutrients added to increase the nutritional quality of the product. Sometimes just the grain portion of a product is enriched or fortified, and sometimes the entire product has been enriched or fortified. When nutrients are added to the entire grain product, the added nutrients appear at the end of the ingredient list.

For example, an ingredient list for an enriched pasta may say:

INGREDIENTS: Semolina (Wheat), Durum Wheat Flour, **Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid**

*Added nutrients are in bold.

List of Common Enriched Grains

Please note that this is not an exhaustive list and therefore may not contain all possible enriched grain ingredient names present on food labels. Look for the word “enriched” in the grain ingredient description.

List of Common Enriched Grains	
enriched bromated flour	enriched rice flour
enriched corn flour	enriched rye flour
enriched durum flour	enriched semolina
enriched durum wheat flour	enriched wheat flour
enriched farina	enriched white flour
enriched rice	enriched yellow corn flour

Criteria for Enriched Grain Products or Fortified Breakfast Cereals

To determine if a grain product is enriched or if a breakfast cereal is fortified, it must meet at least **one** of the following criteria:

Criteria 1

The food is labeled as “enriched.” For example, long grain rice that is enriched will have in the product name “enriched long grain rice.”

Criteria 2

An enriched grain is listed as the first ingredient on the ingredient list (or second after water). The ingredient list will usually say “enriched flour” or “enriched wheat flour,” or there is a sub-listing of nutrients used to enrich the ingredient, for example, “white flour (iron, folic acid, riboflavin, niacin, and thiamine).”



GRAINS

Criteria 3

For breakfast cereals, the product is labeled as “fortified” or the ingredient list names the vitamins and minerals that have been added to the product. If a breakfast cereal is fortified, it does not need to be enriched.

For example, the ingredient list of a fortified breakfast cereal may read, “Ingredients: Wheat flour, sugar. Contains less than 2 percent or less of salt, baking soda, caramel color, BHT for freshness. **Vitamins and Minerals: vitamin C (sodium ascorbate, ascorbic acid), niacin, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12.**”

3. Bran and Germ

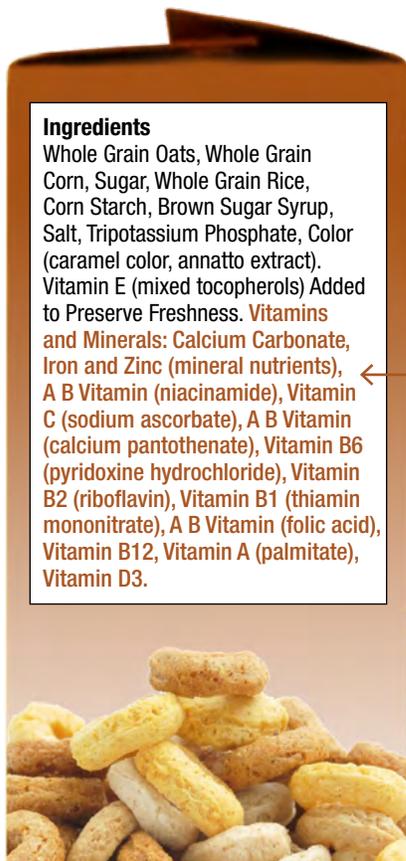
The bran is the seed husk or outer coating of grains such as wheat, rye, and oats. The bran can be a good source of many nutrients, including B vitamins, iron, potassium, and fiber.

The germ is the vitamin-rich portion of the grain kernel, which can provide a good source of B vitamins, phosphorus, and zinc. The germ can be separated before processing for use as a cereal or food supplement.

List of Common Brans and Germs

Please note that this is not an exhaustive list and therefore may not contain all possible bran and germ ingredient names present on food labels. Looks for the words “bran” and “germ” in the ingredient description.

List of Common Brans and Germs	
corn bran	rye bran
oat bran	wheat bran
rice bran	wheat germ



Added nutrients are in bold and indicate this is a fortified breakfast cereal. **NOTE: If a cereal is not fortified, the ingredient list will not include any added vitamins and minerals.**



NONCREDITABLE GRAINS OR FLOURS

Many commercial grain products include ingredients that are not creditable toward the grains component. These include grain ingredients that are not whole, enriched, bran, or germ such as bromated flour, durum flour, white flour, and wheat flour. Additionally, bean/pea/lentil and vegetable flours do not credit toward the grains component; they may credit toward the vegetables and/or meat alternates components when used as an ingredient.

List of Common Noncreditable Grains or Flours

Please note that this is not an exhaustive list and therefore may not contain all possible grains that do not credit in the CACFP.

Typically, these are grains that DO NOT include the word “whole” or “enriched” in the ingredient description.

Although bean/pea/lentil and vegetable flours are not grains, they are included with the noncreditable grains. Note: bean/pea/lentil and vegetable flours may credit toward the vegetables and/or meat alternates components when used as an ingredient for pasta or other recipes.

List of Common Noncreditable Grains or Flours

all-purpose flour (not enriched)	farina (not enriched)
any bean/pea/lentil flour	malted barley flour
any nut/seed flour	oat fiber
any vegetable flour	potato flour
barley malt	rice flour
bromated flour	semolina
corn fiber	tapioca flour
corn flour	wheat flour
degerminated corn meal	white flour
durum flour	yellow corn meal

Noncreditable grains or flours in insignificant amounts (displayed in the ingredient list as less than 2 percent of the total product) may be disregarded when determining if a grain product credits toward the meal pattern. To the extent possible, choose grain foods with an insignificant amount of noncreditable grains or flours.

Grain Derivatives

Grain derivatives are not considered grains in the CACFP and can be ignored when looking at an ingredient list to determine if a grain product is creditable. Grain derivatives are generally present in small amounts in grain products.

List of Common Grain Derivatives

corn starch	tapioca starch
corn dextrin	wheat dextrin
modified food starch	wheat gluten
rice starch	wheat starch



GRAINS

Use this flowchart to determine if a grain product is creditable in the CACFP.

Flowchart for Determining Creditable Grains for CACFP

1. Is the grain product considered a grain-based dessert? (See [Grain-Based Desserts](#) in the CACFP for a chart of some common grain-based desserts.)

If the answer is “yes”, then this product is **not** creditable toward the grains component in CACFP. 

If the answer is “no”, look at the grain **product label**. 

No 

2. Is the grain product labeled as: “enriched” (e.g., enriched long grain rice), “fortified” (e.g., fortified breakfast cereal), or “whole grain” (e.g., whole-wheat bread)*?

Note: If the label states “made with whole grains” or “contains whole grains” this is not the same. Please go to step 3.

✓ If the answer is “yes” to any of these, the grain product is **creditable** toward the grains component.

✗ If the answer is “no”, then look at the **ingredient list** on the package. 

No 

3. Is the first grain ingredient (or second after water): an enriched grain, a whole grain, bran, or germ?

✓ If the answer is “yes” to any of these, the grain product is **creditable** toward the grains component.

✗ If the answer is “no”, continue reading the **ingredient list**. 

No 

4. Does the ingredient list include a listing of vitamins and minerals used to enrich or fortify the product (e.g., wheat flour (niacin, iron, riboflavin, folic acid, thiamin))?

✓ If the answer is “yes”, the grain product is **creditable** toward the grains component.

✗ If the answer is “no”, there may still be other creditable grains in the product.

In these cases, obtain documentation from the manufacturer stating the grams of creditable grains per serving. If there are enough creditable grains per serving (at least 0.25 oz eq), the grain product may be creditable toward the grains component.

***Note:** Although products whose first ingredient is whole grain, or are labeled as whole grain, are creditable, they are not necessarily whole grain-rich. See [page 82](#) to determine whether a product is whole grain-rich.

The questions on the following page will provide practice on how to determine if a grains product is creditable using an ingredient list. There are additional examples of crediting grains toward the meal pattern requirements beginning on page 93.



PRACTICE QUESTIONS ON HOW TO DETERMINE A CREDITABLE GRAIN PRODUCT USING AN INGREDIENT LIST

Use the following sample product ingredient lists to determine whether the product is creditable as a grain in the CACFP:

Multigrain Bread

INGREDIENTS: Water, Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Rolled Oats, Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Calcium Propionate, (Preservative), Monoglycerides, Datem and/or Sodium Stearoyl Lactylate, Calcium Sulfate, Citric Acid, Calcium Carbonate, Soy Lecithin, Whey, Nonfat Milk



Is this a creditable grain product?

Yes, this multigrain bread is creditable as an enriched grain product because the first grain ingredient listed is an enriched grain: enriched wheat flour.

Garlic Bread

INGREDIENTS: All-Purpose Flour, Water, Enriched Semolina (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains less than 2% of each of the following: Yeast, Salt, Natural Flavor (Wheat), Soybean Oil, Minced Garlic, Wheat Gluten, Calcium Sulfate, Enzymes (Wheat), and Ascorbic Acid



Is this a creditable grain product?

No, the first ingredient on the ingredient list is all-purpose flour, which is not a whole grain or enriched grain. This garlic bread is not creditable as a grain product.

Ready-to-Eat Breakfast Cereal

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



Is this a credible grain product?

Yes, this ready-to-eat breakfast cereal is creditable as a grain product because it is a fortified breakfast cereal. The ingredient list includes vitamins and minerals that have been added to enhance the nutritional value.

Bagels

INGREDIENTS: Whole-Wheat Flour, Water, Brown Sugar, Yeast, Wheat Bran, Germ, Cornmeal, Gluten, Cornstarch, Salt, Calcium Propionate, Cellulose Gum, Citric Acid, Soy Lecithin



Is this a creditable grain product?

Yes, this bagel is creditable as a whole-grain product because the first ingredient is a whole grain: whole-wheat flour.



GRAINS

Whole Grain-Rich

To emphasize the importance of whole grains, the CACFP meal patterns require that at least one grains serving per day is whole grain-rich when one or more grain items are served that day. Whole grain-rich is the term used by the 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. Please note that food items that are 100 percent whole grain meet the whole grain-rich requirement. This requirement was developed based on the *Dietary Guidelines for Americans* recommendation to prioritize fiber-rich whole grains.

This requirement helps children and adults increase their intake of whole grains and benefit from the important nutrients that whole grains provide. This whole grain-rich requirement

applies to meals and snacks served to children ages 1 year or older and adults. It does not apply to the infant meal patterns. Any additional grains served that do not meet the whole grain-rich criteria may still credit toward the grains component if they are made of creditable grains. If a provider does not serve grains that day, the provider is not expected to meet the whole grain-rich requirement.

How to Determine if a Product is Whole Grain-Rich

Any **one** of the following six methods may be used to determine if a grain product meets the whole grain-rich criteria. The grain product only needs to meet **one** of the following to be considered whole grain-rich. Remember, at least one serving of grains per day must be whole grain-rich when one or more grain items are served that day.



Method 1:

WIC Whole-Grain Food List



Method 2:

Bread and Pastas Labeled Whole Wheat



Method 3:

FDA-Approved Health Claim



Method 4:

Meets Whole Grain-Rich Criteria for National School Lunch Program (NSLP)



Method 5:

Rule of Three



Method 6:

Manufacturer Documentation or Standardized Recipe





Whole Grain-Rich Method 1

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 **any** State agency's WIC-approved **whole-grain** food list meets CACFP whole grain-rich criteria. Note: for cereals, be sure to check that it is identified as "whole grain" or similarly designated. You may obtain a copy of a State agency's WIC-approved whole grain food list by contacting the State's WIC office. For a list of WIC State agency contacts, see the [Resource Section](#).



Whole Grain-Rich Method 2

For bread and pasta products, the product is labeled as "whole wheat" and has a Standard of Identity issued by the FDA. An FDA Standard of Identity is a set of requirements related to the composition, nature, and essential characteristics of a food that must be met to be labeled/ marketed under a specific name. FDA provides Standards of Identity for certain whole-wheat bread products and whole-wheat pasta products.

Only **bread**s with these exact product names conform to the FDA Standard of Identity for whole-wheat bread and can be considered whole grain-rich using this method:

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

Only **pastas** with these exact product names conform to the FDA Standard of Identity for whole-wheat pasta and can be considered whole grain-rich using this method:

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

Other grain products labeled as "whole wheat" such as crackers, tortillas, bagels, biscuits, and other pasta shapes not listed in the "pastas" section above must be evaluated using **one** of the other methods to determine if the product meets the whole grain-rich criteria. Please be aware that manufacturers may label their products with terms that are similar to, but slightly different from, the FDA's Standard of Identity terms listed above. Some of these terms include "whole grain," "made with whole grains," "made with whole wheat," or "contains whole grains." Food products labeled with these terms must be evaluated using **one** of the other methods to determine if it meets the whole grain-rich criteria.



GRAINS



Whole Grain-Rich Method 3

The grain product includes **one** of the following FDA-approved whole grain health claims on its packaging, exactly as written below:

“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.”

OR

“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.”

The FDA whole grain health claims are sufficient documentation to demonstrate compliance with the whole grain-rich criteria.



Whole Grain-Rich Method 4

The product meets the whole grain-rich criteria under the National School Lunch Program (NSLP). Use of the NSLP whole grain-rich criteria may ease menu planning and purchasing for schools that operate the CACFP because the NSLP whole grain-rich criteria can be used for both programs. The **“Whole Grain Resource for the National School Lunch and Breakfast Programs”** provides guidance and explanations on determining if a grain product is whole grain-rich under these programs.



Use of the NSLP whole grain-rich criteria may ease menu planning and purchasing for schools that operate CACFP programs. The NSLP whole grain-rich criteria apply for all grain products except for grain-based desserts, which are not creditable under the CACFP.



Whole Grain-Rich Method 5

The product meets FNS’s “Rule of Three” criteria for identifying whole grain-rich products in CACFP. FNS developed the “Rule of Three” recognizing that CACFP operators often purchase food in retail environments (grocery stores) and may not have access to manufacturers’ Product Formulation Statement (PFS) or products specially formulated for school meal programs.

To meet the “Rule of Three” criteria:

The first grain ingredient (which may be the second ingredient after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Grain derivatives (byproducts of grains) do not count as grain ingredients and may be disregarded when evaluating with the “Rule of Three” criteria. For more information on grain derivatives, see page 79. Any noncreditable grain ingredients that are labeled as “less than 2 percent” in the ingredients list are considered insignificant and may also be disregarded. See page 79 for list of noncreditable grains/flours.



GRAINS

When using the “Rule of Three”, you may refer to the lists of common grain ingredients while reviewing product labels. Please note that these lists are not all-inclusive, and there may be other items that qualify that are not included. See lists beginning on page 75:

- List of Common Whole Grains
- List of Common Enriched Grains
- List of Common Brans and Germs
- List of Common Noncreditable Grains or Flours
- List of Grain Derivatives

Example: Flatbread Ingredient Statement

Looking at this ingredient statement, you see that this grain product meets the whole grain-rich criteria using the Rule of Three. The first ingredient is a whole grain (stoneground whole-wheat flour), and the second grain ingredient is an enriched grain (enriched flour). The remaining ingredients are not grains or are present in insignificant amounts (less than 2%).

INGREDIENTS: Stoneground whole-wheat flour, water, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, yeast, salt, contains 2% or less of: sugar, dough conditioner (cultured wheat, mono- and diglycerides, sodium stearoyl lactylate, guar gum, enzymes, l-cysteine), leavening (sodium bicarbonate, monocalcium phosphate, sodium acid pyrophosphate), wheat starch, wheat protein, lactic acid, natural flavors, canola oil, calcium propionate (preservative)

Mixed Dishes

When applying the “Rule of Three” criteria to the grain portion of mixed dishes, such as pizza crusts and tortillas for burritos, the first grain ingredient must be a whole grain and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Ready-To-Eat Breakfast Cereals

When applying the “Rule of Three” criteria for breakfast cereals, if the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria. In this situation, there is no need to look at any other grain ingredients in the cereal. See page 77 for more information on fortified breakfast cereals.



GRAINS

As a reminder, the “Rule of Three” is **ONLY** used to determine if a product is whole grain-rich. If the product does not meet the “Rule of Three” criteria for a whole grain-rich product, then check to see if the product meets one of the other methods for whole grain-rich or is creditable as an enriched grain.

Examples using the “Rule of Three”

Example 1: An English muffin ingredient list reads:

“whole-wheat flour, water, enriched wheat flour, wheat starch, yeast, sugar, and salt.”

Let’s evaluate if the English muffin is considered a whole grain-rich product using the “Rule of Three” method:

1. The **first ingredient** (whole-wheat flour) is a **whole grain**,
- AND
2. The **second grain ingredient** (enriched wheat flour) is an **enriched grain**,
 3. The wheat starch is a grain derivative and can be disregarded when determining if a product is whole grain-rich in the CACFP.

 The English muffin is considered whole grain-rich because it meets the “Rule of Three” based on the two creditable grain ingredients: whole-wheat flour and enriched wheat flour.

Example 2: A cheese pizza ingredient list reads:

“mozzarella cheese, parmesan cheese, white whole-wheat flour, brown rice flour, enriched flour, nonfat milk, water, tomato paste, yeast.”

Let’s evaluate if the cheese pizza is considered a whole grain-rich product using the “Rule of Three” method:

1. The **first grain ingredient** (white whole-wheat flour) is a **whole grain**,
- AND
2. The **second grain ingredient** (brown rice flour) is also a **whole grain**,
- AND
3. The **third grain ingredient** (enriched flour) is an **enriched grain**.

 The cheese pizza is considered whole grain-rich because it meets the “Rule of Three” based on the three creditable grain ingredients: white whole-wheat flour, brown rice flour, and enriched flour.

Example 3: Wheat Breadstick

INGREDIENTS: Bread Flour, Water, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrite, Enzyme, Riboflavin, Folic Acid), Yeast, Sugar, Wheat Gluten. Contains less than 2 percent of the following: Soybean Oil, Salt, Oat Fiber, Honey, Sodium Stearoyl Lactylate, Datem, Acesulfame Potassium, Ascorbic Acid, Enzyme. May contain Milk, Soy, Egg, and Sesame

Let's evaluate if the wheat breadstick is considered a whole grain-rich product using the "Rule of Three" method:

1.  The **first ingredient** (bread flour) is **not** a whole grain, therefore this product is **not** considered whole grain-rich using the Rule of Three.



Whole Grain-Rich Method 6

Documentation from a manufacturer or a standardized recipe demonstrating that whole grains are the primary grain ingredient by weight may be used to determine if a grain product is whole grain-rich. Acceptable documentation from a manufacturer is either a Child Nutrition (CN) label or a Product Formulation Statement (PFS). For more information about CN labels see page 7.

- A CN label crediting statement that indicates the product credits toward the grains component, as in the first example below, ensures that the product is whole grain-rich. If the crediting statement includes "grains (enriched)," as shown in the second example below, then the product credits toward the grains component in CNP as an enriched grain, but does not meet the whole grain-rich criteria.

Is it Whole Grain-Rich? Example CN labels

 <h3>Whole-Grain Bean and Cheese Burrito</h3> <p>Ingredient Statement: Whole-wheat flour tortilla, pinto beans, American cheese, green chili, onion, chili powder, salt.</p> <p>CN XXXXXX</p> <p>Each 4.50 oz. Whole-Grain Bean and Cheese Burrito provides 2.00 oz. equivalent meat alternate and <u>2.00 oz. equivalent grains</u> OR 1.00 oz. equivalent meat alternate, 2.00 oz. equivalent grains, and 1/4 cup legume vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy).</p> <p>CN</p> <p>Net Wt.: 27.0 pounds</p> <p>HJK Foods, Inc 1234 Green Street Leafville, PA 12345</p>	 <h3>Egg and Cheese Breakfast Wrap</h3> <p>Ingredient Statement: Enriched flour tortilla, eggs, Monterey jack cheese, American cheese, chipotle chili pepper, spices.</p> <p>CN XXXXXX</p> <p>Each 3.50 oz. Egg and Cheese Breakfast Wrap provides 1.00 oz. equivalent meat alternate and <u>1.00 oz. equivalent grains (enriched)</u> for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy).</p> <p>CN</p> <p>Net Wt.: 19.0 pounds</p> <p>WXW Company 1234 Maroon Street Cypress, PA 12345</p>
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GRAINS

- A PFS for documenting grains, supplied by the manufacturer, indicates if the product meets the whole grain-rich criteria and may be used by program operators to identify whole grain-rich foods.

Example PFS

Is the product whole grain-rich?



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs

Crediting Standards Based on **Grams of Creditable Grains**

Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Food manufacturers/vendors must: 1. Provide the following information on company letterhead signed by an official company representative. 2. Use Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A) in the "Food Buying Guide for Child Nutrition Programs" (FBG) to complete this form. 3. Provide a copy of the ingredient list from the product package.

Product Name: _____ Code No.: _____

Manufacturer: _____ Serving Size: _____

I. Does the product meet the whole grain-rich* criteria? Yes _____ No _____

* Whole grain-rich is the term designated by Food and Nutrition Service to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched.

II. Does the product contain noncreditable grains? Yes _____ No _____ **How many grams?** _____

(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A–G or 6.99g for Groups H and I of noncreditable grains do not credit toward the grains requirement for school meals.)

- A standardized recipe may also be used as documentation. For recipes that credit toward the grains component, check the grain ingredient amounts to make sure they are at least 50 percent whole grain to ensure the recipe meets the whole grain-rich criteria.

Documentation from a manufacturer or a standardized recipe is helpful when grain products do not have a whole grain as the first ingredient and for mixed products. When a grain product (such as bread) has a first ingredient that is not whole grain, the primary ingredient by weight may still be whole grain if there are multiple whole-grain ingredients and the combined weight of those whole grains is more than the weight of the other grain ingredients. When the grain portion of a mixed product (like a beef enchilada) is not entirely whole grain, it may be whole grain-rich depending upon the proportion of whole grains to other grain ingredients. More information regarding acceptable documentation for grain products is located in *Questions and Answers About Grains* on page 107.



ADDITIONAL GRAINS REQUIREMENTS

There are additional grains requirements in the CACFP. Let's review those in detail.

1. Grain-Based Desserts

To better align the CACFP meal patterns with the *Dietary Guidelines for Americans*, grain-based desserts may not credit toward the grains requirement at any meal or snack. Grain-based desserts are those food items that have a superscript 3 and 4 in **Exhibit A** (see page 94). Grain-based desserts in the CACFP include the following foods: cookies, sweet pie crusts, cobblers, fruit turnovers, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cakes, coffee cake, and brownies.

Certain grain-based items may be considered a dessert or a savory snack, depending on how they are served. For example, scones can be savory or sweet. Savory scones, such as ones made with cheese and herbs, are not grain-based desserts. However, sweet scones, such as those made with fruit and/or icing, are grain-based desserts. It is important to note that cookies do not have an FDA Standard of Identity, so be aware of clever names that could mislead the menu planner into serving a product that may not be allowed.

When determining whether a food is a grain-based dessert, consider whether the food is commonly thought of as a dessert or treat. Using this approach is particularly important when a food item may not be labeled as a dessert. If you are unsure of whether a food item is considered a grain-based dessert, you should work with your sponsoring organization or State agency to make the determination.

FNS recognizes that centers and day care homes may want to occasionally serve grain-based desserts for celebrations or other special occasions. As a reminder, program operators have the flexibility to serve grain-based desserts as an additional food item that does not credit toward the reimbursable meal or snack. However, food items that do not credit toward the CACFP meal pattern are not allowable costs and must be purchased using nonprogram funds.

2. Breakfast Cereals

Breakfast cereals must meet the added sugars limit and be made from creditable grains. Breakfast cereals served to infants, children, and adults must contain no more than 6 grams of added sugars per dry ounce (no more than 21.2 grams of added sugars per 100 grams of dry cereal). Breakfast cereals include ready-to-eat cereals, instant cereals, and hot/cooked cereals (e.g., oatmeal).



GRAINS

To determine if a breakfast cereal is within the added sugars limit, use any of the following 3 methods:

Method 1

Find the cereal on **any** State agency’s WIC-approved breakfast cereal list. Similar to the CACFP, all WIC-approved breakfast cereals contain no more than 6 grams of added sugars per dry ounce (21.2 grams of added sugars per 100 grams).

Method 2

Compare the added sugars amount in the cereal to the Added Sugars Limits for Breakfast Cereals Table. This method uses the Nutrition Facts label from the cereal packaging and the table in the next column to help you determine if a breakfast cereal meets the added sugars limit.

Use the table in the next column and follow these steps:

Step 1: Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

Step 2: Find the Added Sugars line on the Nutrition Facts label. Look at the number of grams (g) next to Added Sugars.

Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits for Breakfast Cereals Table.

Step 4: In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column. If your cereal has that amount of added sugars, or less, your cereal meets the added sugars limit.

Added Sugars Limits for Breakfast Cereals Table

Use this table to determine if your breakfast cereal meets the added sugars limits.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams
3–7 grams	1 gram
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	16 grams
78–82 grams	17 grams
83–87 grams	18 grams
88–91 grams	19 grams
92–96 grams	20 grams
97–100 grams	21 grams

*Serving sizes here refer to those listed on the Nutrition Facts label of the cereal packaging. See the meal patterns for serving size requirements in the CACFP.

GRAINS

For additional information on breakfast cereals, see the **Resource Section** for information on accessing the CACFP Meal Pattern Training Worksheet “Choose Breakfast Cereals That Are Lower in Added Sugars.” Due to rounding, you may get a slightly different result when using the chart in Method 2 and doing the calculations in Method 3. If either of these methods indicates that the cereal is within the added sugars limit, then the cereal may credit toward a reimbursable meal.

Method 3

Use **1** of the following 2 approaches to calculate if the Added Sugars content of the cereal is within the limit:

1. **Standard Approach:** Use the Nutrition Facts label (in the next column) of the breakfast cereal to calculate the Added Sugars content per dry ounce.

Step 1: Find the Serving Size in grams (g) at the top of the label.

30 grams

Step 2: Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.

3 grams

Step 3: Divide the number of grams of Added Sugars by the serving size in grams.

$$\frac{\text{Added Sugars } 3}{\text{Serving Size } 30} = \frac{3}{30} = 0.100$$

Step 4: If the answer is equal to or less than 0.212, then the cereal is within the added sugars limit and may be creditable in the CACFP.

0.100 < 0.212

This cereal is within the added sugars limit.

* 0.212 is the ratio of the upper limit of Added Sugars per cereal amount. The limit is 21.2 g of Added Sugars per 100 g of cereal (21.2 / 100 = 0.212)

Nutrition Facts	
About 15 servings per container	
Serving size	3/4 cup (30g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 3g	

* 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.



GRAINS

2. **Rounding Approach:** Use an FNS-provided alternate calculation that uses rounding.

Step 1: Find the serving size in grams at the top of the Nutrition Facts label.

30 grams

Step 2: Multiply the serving size in grams by 0.212.

30 x 0.212 = 6.36

Step 3: If the answer in Step 2 ends in 0.5 or more, round the number up to the next whole number. If the answer in Step 2 ends in 0.49 or less, round the number down to the next whole number. For this example, the answer in Step 2 is **6.36**, so it is rounded down to **6**.

Step 4: Find the Added Sugars line on the Nutrition Facts label. Look at the number of grams (g) next to Added Sugars.

3 grams

Step 5: Compare the number from Step 4 with the number in Step 3. If the number from Step 4 is equal to or less than the number in Step 3, the cereal meets the added sugars limit and may be creditable in the CACFP.

3 < 6

This cereal is within the added sugars limit.

Nutrition Facts	
About 15 servings per container	
Serving size	3/4 cup (30g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	8%
Protein 3g	

* 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.



CREDITING GRAINS: EXHIBIT A

The Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A) chart provides a general guideline for crediting prepared grains items. Exhibit A (see next page) can be found in the FBG under Meal Components, “Grains”: <https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>.

Exhibit A provides the minimum portion size of grain products that are required to meet various meal pattern requirements. Grain products are grouped together by typical grain amount per product. There are nine groups (A through I) in Exhibit A. Once you have determined that a food product is creditable, find the group on the

chart containing the generic name of the food product. The serving size to provide a specific grains contribution is listed under the Ounce Equivalent (oz eq) column.

When using Exhibit A to determine ounce equivalents, please note that for grain products listed in Groups A through G, the weight of the food product is used to determine the ounce equivalent. However, for food products in Groups H and I, the weight or volume of the food product may be used. For example, when determining crediting for pasta (found in Group H), you may use the volume of the cooked pasta (for example ½ cup cooked) or the weight of the dry pasta (for example 28 grams dry).

Using Exhibit A to find serving sizes

Let’s say you wanted to serve hard pretzels for snack. You can use Exhibit A to figure out how much to serve to meet the meal pattern requirements.

- ▶ Find “Pretzels (hard)” in Exhibit A. These are listed under Group A.
- ▶ Look under the column “Ounce Equivalent (oz eq) for Group A”.

According to Exhibit A, to serve 1 oz eq grains, you would need to serve 22 grams (or 0.8 ounces) of hard pretzels.

Exhibit A also shows smaller serving amounts. For example, if you only need to serve ½ oz eq grains, you would serve 11 grams of hard pretzels.

Food Products per Group	Ounce Equivalent (oz eq)
Group A	Ounce Equivalent (oz eq) for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing 	<ul style="list-style-type: none"> 1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz



GRAINS

Exhibit A Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 3 or 4 = Red, Footnote 5 = Blue

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing 	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads—all (for example sliced, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁵ (graham crackers—all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz

¹ In the National School Lunch Program (NSLP), School Breakfast Program (SBP) (grades K–12), and NSLP afterschool snacks, at least 80 percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the Child and Adult Care Food Program (CACFP) child and adult meal patterns and in the NSLP/SBP preschool meals, at least one grain serving per day must meet the whole grain-rich criteria.

² For the NSLP, SBP (grades K–12), NSLP afterschool snacks, and CACFP, and NSLP/SBP infant and preschool meals grain quantities are determined using ounce equivalents (oz eq). Summer Food Service Program (SFSP) may determine grain quantities using grains/breads servings. Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10. May count toward the grains component in the SBP (grades K–12), NSLP afterschool snacks, CACFP, NSLP/SBP infant and preschool meals, and SFSP.

GRAINS

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (plain—includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meats/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz
Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K–12) as specified in §210.10. May count toward the grains component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.



GRAINS

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Cereal grains (barley, quinoa, etc.) • Breakfast cereals (cooked)^{6,7,8} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice 	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{6,7,8} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1¼ cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola	1 serving = ¾ cup or 1 oz, whichever is less

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁶ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷ In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified. If the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified.

⁸ Cereals must contain no more than 6 grams of added sugars per dry ounce.



GRAINS

Use this **Grains** chart as a guide to identify creditable grains. Use the product ingredient list and/or the product food label along with the details in the Additional Information column to determine if the grain is creditable and where to find more information. This is NOT an all-inclusive list.

Grain	Creditable			Additional Information
	Yes	Maybe	No	
Amaranth	X			Amaranth is creditable as a whole grain. See Group H of Exhibit A. When amaranth is used as an ingredient in another product, crediting is based on the food item being served.
Barley		X		Barley must be whole grain or enriched to be creditable. See Group H of Exhibit A. When barley is used as an ingredient in another product, crediting is based on the food item being served. Please note that “pot” or “Scotch” barley and “pearl” or “pearled” barley are not creditable because they are not whole grain or enriched.
Buckwheat	X			Buckwheat is creditable as a whole grain. See Group H of Exhibit A. When buckwheat is used as an ingredient in another product, crediting is based on the food item being served.
Bulgur	X			Bulgur is creditable as a whole grain. See Group H of Exhibit A. When bulgur is used as an ingredient in another product, crediting is based on the food item being served.
Cornmeal		X		Cornmeal must be whole grain or enriched to be creditable. When cornmeal is used as an ingredient in another product, crediting is based on the food item being served.
Emmer (Wheat)		X		Emmer is a type of wheat (see Group H of Exhibit A). Emmer must be whole grain or included as in ingredient of an enriched product. When emmer is used as an ingredient in another product, crediting is based on the food item being served.



GRAINS

Grain	Creditable			Additional Information
	Yes	Maybe	No	
Freekeh	X			Freekeh is creditable as a whole grain. See Group H of Exhibit A. When freekeh is used as an ingredient in another product, crediting is based on the food item being served.
Kasha	X			Kasha made from buckwheat is creditable as a whole grain. See Group H of Exhibit A. When kasha is used as an ingredient in another product, crediting is based on the food item being served.
Millet	X			Millet is creditable as a whole grain. See Group H of Exhibit A. When millet is used as an ingredient in another product, crediting is based on the food item being served.
Quinoa	X			Quinoa is creditable as a whole grain. See Group H of Exhibit A. When quinoa is used as an ingredient in another product, crediting is based on the food item being served. Products made from whole-grain or enriched quinoa flour are also creditable.
Rice (Either Enriched White or Brown)	X			See Group H of Exhibit A.
Rice Flour		X		Rice flour must be whole grain or enriched. Check packaging carefully before purchasing. When rice flour is used as an ingredient in another product, crediting is based on the food item being served.
Rye		X		Rye must be whole grain or included as an ingredient in a final product that has been enriched. See Group H of Exhibit A. When rye is used as an ingredient in another product, crediting is based on the food item being served.

GRAINS

Grain	Creditable			Additional Information
	Yes	Maybe	No	
Sorghum		X		Sorghum must be whole grain or included as an ingredient in a final product that has been enriched. See Group H of Exhibit A. Pearled sorghum is not a whole grain since the bran is removed during processing; a pearled sorghum grain product must be enriched in order to credit toward the grains component. Popped sorghum is similar to popcorn so it may be credited using information for popcorn found in the FBG. When sorghum is used as an ingredient in another product, crediting is based on the food item being served.
Spelt		X		Spelt is a type of wheat (see Group H of Exhibit A). Spelt must be whole grain or included as an ingredient in a final product that has been enriched. When spelt is used as an ingredient in another product, crediting is based on the food item being served.
Triticale	X			Triticale is a whole grain. When triticale is used as an ingredient in another product, crediting is based on the food item being served.
Wheat Berries	X			Wheat berries are whole-wheat kernels and creditable as whole grains. See Group H of Exhibit A. When wheat berries are used as an ingredient in another product, crediting is based on the food item being served.
Wheat Germ/Bran	X			When wheat germ or bran is used as an ingredient in another product, crediting is based on the food item being served.
Wild Rice	X			Wild rice is creditable as a whole grain. See Group H of Exhibit A.



GRAINS

Use this **Grain Products** chart as a guide to determine if a grain product may be creditable in CACFP. Remember: first check if the product is made from creditable grain ingredients (whole grains, enriched grains, bran and/or germ). To verify the product contains creditable grains, you must check the product ingredient list and/or the product food label. Details in the Additional Information column help you to determine if the product is creditable and where to find more information. This is NOT an all-inclusive list.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Animal Crackers	X			Animal crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Bagels	X			See Group B of Exhibit A.
Bagel Chips	X			See Group B of Exhibit A. These products should be served with caution due to potential choking hazards.
Banana Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Bean/Pea/Lentil Pasta/Noodles			X	Bean/pea/lentil pastas are not creditable toward the grains component. Pasta made from bean/pea/lentil flours may credit toward the M/MA or vegetables components.
Biscuits	X			See Group B of Exhibit A.
Boston Brown Bread	X			See Group B of Exhibit A.
Bread—All (For Example: French, Italian, Sandwich)	X			See Group B of Exhibit A.
Bread Pudding		X		Sweet bread puddings are considered grain-based desserts and do not credit toward the grains component. Savory bread puddings, such as those made with spinach and mushrooms, are not considered grain-based desserts and may credit toward the grains component. Please note that bread puddings may contain an insufficient amount of grains per serving. See Group B of Exhibit A for weights of creditable bread (without other ingredients) required per serving. Document with a standardized recipe or a PFS.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Breading/Batter	X			See Groups A and B of Exhibit A for weights of the prepared breading or batter coatings. Many commercial products such as commercial fish sticks or chicken nuggets, contain varying amounts of batter/breading. Document crediting information with manufacturers documentation.
Brownies			X	Brownies are considered a grain-based dessert and are not creditable toward the grains component.
Buns, Hamburger and Hot Dog	X			See Group B of Exhibit A.
Cakes			X	Cake is considered a grain-based dessert and is not creditable toward the grains component.
Carrot Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Cereal Bars			X	Cereal bars are considered a grain-based dessert and are not creditable toward the grains component.
Chips, Corn/Tortilla (Wheat or Corn)	X			See Group B of Exhibit A.
Chips, Potato			X	Potato chips are not creditable.
Chow Mein Noodles	X			See Group A of Exhibit A.
Coffee Cake, Cinnamon/ Danish Rolls			X	Coffee cakes, cinnamon rolls, and Danish rolls are considered grain-based desserts and are not creditable toward the grains component.
Cookies			X	Cookies are considered grain-based desserts and are not creditable toward the grains component.
Cornbread	X			See Group C of Exhibit A.
Corn Muffins	X			See Group C of Exhibit A.
Corn Pone	X			Corn pone is a cornbread often made without milk or eggs and baked or fried. See Group C of Exhibit A.
Couscous		X		Couscous is a pasta. Couscous must be whole grain or enriched to be creditable. See Group H of Exhibit A.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Crackers—Savory (Saltines and Snack Crackers)	X			See Group A of Exhibit A.
Crackers—Sweet (Graham crackers—All Shapes, Animal Crackers)	X			See Group B of Exhibit A.
Cream Puff Shells (Dessert)			X	Cream puff shells are considered grain-based desserts and are not creditable toward the grains component.
Crepes	X			Crepes are credited in the same group as pancakes. See Group C of Exhibit A.
Croissants	X			See Group C of Exhibit A.
Croutons	X			See Group A of Exhibit A.
Cupcakes			X	Cupcakes are considered grain-based desserts and are not creditable toward the grains component.
Danish Pastries (Danishes)			X	Sweet pastries are considered grain-based desserts and are not creditable toward the grains component.
Doughnuts (Donuts)			X	Doughnuts are considered grain-based desserts and are not creditable toward the grains component.
Dumplings	X			Dumplings are credited in the same group as biscuits. See Group B of Exhibit A.
Egg Roll Skins/ Wonton Wrappers	X			See Group B of Exhibit A.
English Muffins	X			See Group B of Exhibit A.
Farina		X		Farina is a cooked cereal, similar to porridge. See Group H of Exhibit A. Farina must be whole grain-rich or enriched.
Fig Bars			X	Fig bars are considered grain-based desserts and are not creditable toward the grains component.
Flour Alternatives (Made from Nongrain Ingredients)			X	Flour alternatives are not grains and are not creditable toward the grains component. These include almond flour, bean flour, coconut flour, chickpea flour, hazelnut flour, Jerusalem artichoke flour, legume flour, potato flour, soy flour, and other nut/seed and vegetable flours.

GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
French Toast	X			See Group E of Exhibit A. Document crediting information with standardized recipe or manufacturer's documentation.
Fruit Fritters (such as Apple Fritter)			X	Fruit fritters are considered grain-based desserts and are not creditable toward the grains component.
Graham Crackers	X			Graham crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Granola Bars			X	Granola bars are considered grain-based desserts and are not creditable toward the grains component.
Grits		X		Grits are a cooked cereal, similar to porridge, made from coarsely dried maize or hominy. Grits must be whole grain or enriched to be creditable. See Group H of Exhibit A.
Hominy Grits, Regular, Dry	X			Hominy grits are creditable as a whole grain. See Group H of Exhibit A.
Hush Puppies		X		Hush puppies are credited in the same group as corn muffins. See Group C of Exhibit A. Must be made with an enriched and/or whole-grain flour. Document with a standardized recipe or manufacturer's documentation. Deep-fat frying is not allowed as a way of preparing foods onsite. Pre-fried bread may count toward the grains component if it is reheated using a method other than deep-fat frying. Please note that this product is high in fat.
Ice Cream Cones			X	Ice cream cones are considered grain-based desserts and are not creditable toward the grains component.
Ice Cream Sandwich Wafers			X	Ice cream sandwich wafers are considered grain-based desserts and are not creditable toward the grains component.
Johnny Cake			X	Johnny cake is considered a grain-based dessert and is not creditable toward the grains component.
Muffins	X			Muffins are found in Groups C and D of Exhibit A. See Group C for corn muffins. See Group D for all other muffins.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Noodles (All Varieties)	X			See Group H of Exhibit A.
Noodles in Canned Soup	X			Crediting is based on the weight/volume of the noodles alone without other ingredients. See Group H of Exhibit A.
Oatmeal, Instant and Regular	X			See Group H of Exhibit A. Oatmeal must meet the added sugars limit for breakfast cereals. When oatmeal is used as an ingredient in another product, crediting is based on the food item being served.
Pancakes	X			See Group C of Exhibit A.
Pie Crust (Savory Pies with M/MA and/or Vegetable)		X		See Group C of Exhibit A. The crust portion of savory pies, such as beef or chicken pot pies, may be creditable toward the grains component. Document crediting with a standardized recipe or manufacturer's documentation.
Pie Crust (Dessert Crust)			X	Dessert pie is considered a grain-based dessert and is not creditable toward the grains component.
Pineapple Upside - Down Cake			X	Cake is considered a grain-based dessert and is not creditable toward the grains component.
Pita Bread	X			See Group B of Exhibit A.
Pizza Crust	X			See Group B of Exhibit A.
Polenta	X			See Group H of Exhibit A.
Popcorn, Popped	X			Popcorn is creditable as a whole grain. See the Grains section in the FBG. A ¾ cup serving of popcorn credits as 0.25 oz eq grains. A 1½ cup serving credits as 0.5 oz eq of grains. A 3 cup serving credits as 1 oz eq of grains. Please note that popcorn may be a choking hazard for some participants.
Potato Pancakes		X		Potatoes are not a grain. Only the enriched or whole-grain flour in the potato pancakes may be creditable toward the grains component. Document crediting with a standardized recipe or manufacturer's documentation. Typically, potato pancakes do not contain enough grain flour to credit toward the grains component.

GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pound Cake			X	Pound cake is considered a grain-based dessert and is not creditable toward the grains component.
Pretzels, Soft	X			See Group B of Exhibit A.
Pretzels, Hard	X			See Group A of Exhibit A.
Puff Pastry		X		<p>Puff pastry is credited in the same group as pie crusts. See Group C of Exhibit A for weights of creditable grains (without other ingredients) required per serving.</p> <p>Sweet puff pastries are considered grain-based desserts and are not creditable toward the grains component. Savory puff pastries, such as ones made with vegetables and/or M/MA, are not considered grain-based desserts and may credit toward the grains component. Please note that pastries may contain an insufficient amount of grains per serving.</p> <p>Document crediting with a standardized recipe or manufacturers documentation.</p>
Pumpernickel Bread	X			See Group B of Exhibit A.
Pumpkin Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Raisin Bread	X			Raisin bread is credited in the same group as breads without raisins. See Group B of Exhibit A.
Rice Pudding			X	Sweet rice pudding is considered a grain-based dessert and is not creditable toward the grains component.
Scones, Savory	X			Savory scones are credited in the same group as biscuits. See Group B of Exhibit A.
Scones, Sweet			X	Sweet scones are considered a grain-based dessert and are not creditable toward the grains component.
Sopapillas			X	Sopapillas are considered grain-based desserts and are not creditable toward the grains component.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Spoon Bread (Spoonbread)	X			Spoon bread is credited in the same group as cornbread. See Group C of Exhibit A.
Squash or Zucchini Bread (Quick Bread)	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Stuffing, Bread, Dry	X			See Group A of Exhibit A. Weights apply only to the dry bread in the stuffing.
Sweet Rolls/Buns			X	Sweet rolls are considered grain-based desserts and are not creditable toward the grains component.
Tapioca			X	Tapioca is not a grain and is not creditable toward the grains component.
Taco Shells (Hard Tortillas)	X			See Group B of Exhibit A.
Toaster Pastries			X	Toaster pastries are considered grain-based desserts and are not creditable toward the grains component.
Tortilla Chips	X			See Group B of Exhibit A.
Tortillas, Soft (Flour and Corn)	X			See Group B of Exhibit A.
Turnover Crust		X		See Group C of Exhibit A for weights of creditable pie crusts (without other ingredients). Sweet turnovers are considered grain-based desserts and are not creditable toward the grains component. Savory turnovers, such as ones made with vegetables and/or M/MA, are creditable toward the grains component.
Wafers, Vanilla			X	Vanilla wafers are considered grain-based desserts and are not creditable toward the grains component.
Waffles	X			See Group C of Exhibit A.



QUESTIONS AND ANSWERS ABOUT GRAINS

1. What are acceptable forms of documentation for whole grain-rich products?

Several types of acceptable documentation may demonstrate that a product is whole grain-rich and meets CACFP requirements. These acceptable forms of documentation include:

1. WIC whole-grain food list
 - a. If the product is found on any State's WIC whole-grain food list (Whole Grain-Rich Method 1)
2. Product Packaging/Ingredient List
 - a. If labeled as whole wheat for bread or pasta products (Whole Grain-Rich Method 2)
 - b. If it contains one of the two FDA whole grain health claims (Whole Grain-Rich Method 3)
 - c. If the product meets the whole grain-rich criteria under the NSLP (Whole Grain-Rich Method 4)
 - d. If it meets the "Rule of Three" based on the ingredient list (Whole Grain-Rich Method 5)
3. Standardized Recipe
 - a. Demonstrating that the whole grains in the recipe make up at least 50 percent of all grains (by weight) and the other grains are enriched grains (Whole Grain-Rich Method 6)

4. Manufacturer Documentation

- a. If the manufacturer provides a PFS that indicates the product meets the whole grain-rich criteria (Whole Grain-Rich Method 6)
- b. If the product has a CN label that provides a contribution toward the grains components (Note: if the label states "grains (enriched)" then the product is not considered whole grain-rich) (Whole Grain-Rich Method 6)

2. Are the FDA whole-grain health claims sufficient documentation to demonstrate that a food is whole grain-rich?

Yes. If a food has **one** of the two **FDA whole-grain health claims** on its packaging, then the food meets the whole grain-rich criteria for CACFP.

3. Can the Whole Grain Stamps from the Whole Grain Council be used to determine if a product meets the whole grain-rich criteria?

No. While the Whole Grain Stamp provides useful information on the amount of whole grains in a product, it is not sufficient documentation to determine if a food is whole grain-rich. Products that display a Whole Grain Stamp may also contain high amounts of noncreditable grains, such as nonenriched refined flour.

4. Can wheat bread, rolls, and buns labeled as “100% whole wheat” be used to meet the whole grain-rich requirement?

Yes. Bread products that are specifically labeled as “whole-wheat bread,” “entire wheat bread,” “whole-wheat rolls,” “entire wheat rolls,” “whole-wheat buns,” and “entire wheat buns” have met the FDA Standard of Identity for a whole-wheat bread and meet the whole grain-rich criteria. Please note that foods with the label “whole grain,” “made with whole grains,” “made with whole wheat,” or “contains whole grains” do not necessarily meet the whole grain-rich criteria.

5. Can a program operator choose which meal will include a whole grain-rich food item?

Yes. You may choose which meal or snack will include a whole grain-rich food item (if grains are served that day). For example, you may serve a whole grain-rich cereal at breakfast one day and whole grain-rich pasta at lunch the next day. This will help expose participants to a variety of whole grains and the wide range of vitamins and minerals that whole grains provide.

6. If I serve a different group of children at lunch than at breakfast, do both meals have to contain a whole grain-rich food item?

No. The whole grain-rich requirement applies to the center or day care home, not to each child or adult participant. If you serve breakfast and lunch and two different groups of children or adults are at each meal, only one meal must contain a whole

grain-rich food. It is strongly encouraged that program operators serving different groups of participants at each meal (such as one group of children at breakfast and a second group at lunch) vary the meal in which a whole grain-rich food item is served. For example, serving whole grain-rich toast at breakfast on Monday and serving brown rice at lunch on Tuesday. This will help ensure that all participants are served a variety of whole grains and benefit from the important nutrients they provide.

7. My day care home only serves snacks. Would all the grains served at snack need to be whole grain-rich?

Yes. Since snack is the only meal/snack served during the day, if the snack includes a grain item, such as crackers, it must be whole grain-rich. However, program operators are not required to serve a grain item at snack and may choose to serve any two of the five meal components.

8. How do I identify grain-based desserts?

In **Exhibit A**, foods listed with a superscript 3 or 4 are designated as grain-based desserts in the CACFP. Grain-based desserts do not credit toward the grains component in the CACFP. The following items are designated as grain-based desserts: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies. There is not a specific amount of added sugars, fats, or other nutrients that qualifies a grain

product as a dessert. When determining whether a food is a grain-based dessert, consider whether the food is commonly thought of as a dessert or treat.

9. Can you provide some examples of foods that I can serve in place of grain-based desserts?

Some alternatives to grain-based desserts include muffins, cinnamon toast, fresh and dried fruit, yogurt parfaits, cheese and whole-grain crackers, or peanut butter and crackers.

10. If a center or day care home chooses to serve a grain-based dessert containing a fruit or vegetable, can the fruit/vegetable count toward the fruit/vegetable component?

Yes. The fruit or vegetable in the grain-based dessert (for example: pumpkin in a pumpkin pie) can credit toward the fruit or vegetable component if it contains at least an $\frac{1}{8}$ cup or 2 tablespoons of recognizable fruit or vegetable per serving. The grains portion of a grain-based dessert with fruit or vegetables, such as pies, cobblers, or crisps, cannot credit toward the grains component. Serve sweetened fruit or vegetables in moderation to help reduce participants' consumption of added sugars and help children develop a taste preference for unsweetened fruits or vegetables.

11. Pancakes and waffles are not grain-based desserts, according to Exhibit A. If syrup, honey, jam or another sweet topping is served with these items, are they then considered grain-based desserts?

No. Adding a sweet topping, such as syrup, to pancakes or waffles does not make them grain-based desserts. However, healthy alternatives for toppings, such as fruit or yogurt, are strongly encouraged. Minimizing sweet toppings will help reduce children's and adults' consumption of added sugars. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients.

12. Is granola cereal a creditable grain item?

Commercial or homemade granola cereal is credited like other breakfast cereals; it must (1) be made from whole grains, enriched grains, bran, or germ, (or be fortified in the case of breakfast cereals) and (2) meet the added sugars limit for cereals. Credit granola cereal using Group I of Exhibit A. Note: granola bars are considered grain-based desserts and do not credit toward the grains component.



GRAINS

13. How would I know if a ready-to-eat breakfast cereal is “fortified”?

Cereal products that have been fortified list added vitamins and minerals in the ingredient list. For example, an ingredient list for a fortified cereal might read (added vitamins and minerals are in bold):

“Ingredients: Whole wheat, sugar, oats. Contains less than 2 percent of salt, baking soda, caramel color, annatto color, BHT for freshness. **Vitamins and Minerals: vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12**”

14. Can I mix a high-sugar cereal with a low-sugar cereal to meet the added sugars limit?

No. You may not mix a noncreditable food item with a creditable food item to make the new food item creditable. For example, a program operator cannot mix a cereal with 8 grams of added sugars per dry ounce with a cereal with 4 grams of added sugars per dry ounce with the intent of creating a cereal that has 6 grams of added sugars per dry ounce (the added sugars limit for breakfast cereals). It would be challenging for program operators and monitors to determine if the mixed cereal meets the added sugars limit during preparation or review.

15. Can nut or seed meal or flour be used to meet the grains requirement?

No. Nuts and seeds are not grains and cannot credit toward the grains component.

16. Are black bean brownies creditable toward the grains component?

No. Brownies of any kind are considered grain-based desserts and cannot credit toward the grains component in any meal or snack in CACFP.