Identifying Grain Ingredients

**WHOLE GRAINS**

**CORN**
- Whole Corn
- Whole Grain Corn
- Whole Grain Corn Flour

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

**RICE**
- Brown Rice
- Sprouted Brown Rice
- Wild Rice

**RYE**
- Rye Groats
- Sprouted Whole Rye
- Whole Rye Flour

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

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

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

**NON-CREDITABLE GRAINS**
- Barley Malt
- Corn
- Corn Fiber
- Degerminated Corn Meal
- Farina
- Oat Fiber
- Semolina
- Yellow Corn Meal

**NON-CREDITABLE FLOURS**
- Any Bean Flour
- Any Nut Flour
- Bromated Flour
- Durum Flour
- Malted Barley Flour
- Potato Flour
- Rice Flour
- Wheat Flour
- White Flour
- Yellow Corn Flour

**DISREGARDED INGREDIENTS**

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

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

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