



# Identifying Grain Ingredients

## WHOLE GRAINS

### CORN

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

### OATS

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

### RICE

- Brown Rice
- Sprouted Brown Rice
- Wild Rice

### RYE

- Rye Groats
- Sprouted Whole Rye
- Whole Rye Flour

### WHEAT

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

### OTHER WHOLE GRAINS

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

## CREDITABLE GRAINS

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

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

### NON-CREDITABLE GRAINS

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

### NON-CREDITABLE FLOURS

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

## DISREGARDED INGREDIENTS

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

1. Any grain ingredients that are listed 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.



*Please note that this list is not meant to be exhaustive, and there may be other items that qualify that are not listed above.*



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