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

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

1. **FOOD IS LABELED WHOLE WHEAT & MEETS FDA’S STANDARD OF IDENTITY**
   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 product must contain to legally be labeled with that product name. List available at cacfp.org.

2. **WIC**
   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.

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.”

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.

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

6. **MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE**
   Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

This guide is meant to be used to identify CACFP Creditable WHOLE GRAIN-RICH products. Reference NCA’s Identifying Grain Ingredients for list of creditable grains.

Visit us at www.cacfp.org for more information. This institution is an equal opportunity provider.