Identifying Whole Grain-Rich
One hour of Growing Futures training

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.

Directions: Review the "Identifying Whole Grain-Rich" pamphlet and answer the questions below. The pamphlet is available to read on our website or contact our office to request a paper copy.

Quiz must be completed and submitted to SENDCAA to earn training credit.

Your training will be submitted to Growing Futures after you have completed the quiz and qualified for the training credit. We are no longer issuing certificates for completed training. You can log into Growing Futures and check your profile for your training hours. Go to www.ndgrowingfutures.org/ and click on the "training" tab. All of your trainings will appear, beginning with the most recent.

This training is only available to participating SENDCAA providers and their employees.

Return completed quiz to:
SENDCAA CACFP
3233 S. University Drive, Fargo, ND 58104
Or email to: foodprogram@sendcaa.org

Name_____________________________ Telephone#________________________
Email_____________________________ Growing Futures# (not food program)_____________
Provider’s name, if an employee__________________________________________________
1. What does WGR stand for? __________________________

2. The USDA CACFP requires at least_____ grain serving(s) a day is a whole grain-rich food.

3. 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.
   a. True
   b. False

4. What are methods you can use to help identify if a product is whole grain-rich? (Circle all that apply)
   a. Food is labeled whole wheat and meets FDA’s standard of identity.
   b. Rule of three
   c. Food that meets the whole grain-rich criteria under the NSLP.
   d. FDA Statement
   e. The first ingredient is wheat.
   f. Manufacturer documentation or standardized recipe.
   g. Listed on a WIC approved whole grain food list.

5. How many of the methods must a product meet to be considered whole grain-rich? ____

Method #1:
Food is labeled whole wheat and meets FDA’s Standard of Identity. (Please review method #1 to determine whole grain rich-food items.)

1. Bread labeled “made with whole grain” is creditable as a whole grain-rich food.
   a. True
   b. False

2. Which food products use the FDA Standard of Identity to be considered a whole grain-rich food? (Circle all that apply)
   a. Cold cereal
   b. Bread
   c. Crackers
   d. Pasta

3. Great Value Elbow Noodles are a whole grain-rich food.
   a. True
   b. False
4. Arnold Sandwich Thins are whole grain rich.
   a. True
   b. False

5. Country Hearth 12 grain is a whole grain rich food.
   a. True
   b. False

6. Brownberry Natural Wheat bread is a whole grain-rich food.
   a. True
   b. False

7. Thomas Whole Grain English Muffins are whole grain-rich.
   a. True
   b. False
Method #2:
Food is found on any state agency’s WIC approved whole grain food list
(Please review method #2 to determine whole grain-rich food items.)

North Dakota WIC Approved whole grain-rich food list.

**BREAD**
Must be whole-wheat or whole-grain bread/buns
16 oz. for women
32 oz. for children

**BREAD BRANDS**
Our Family 100% Whole Wheat (16 oz.)
Village Hearth 100% Whole Wheat (16 oz. or 20 oz.)
Great Value 100% Whole Wheat (16 oz. or 20 oz.)
Sara Lee 100% Whole Wheat (16 oz. or 20 oz.)
Food Club 100% Whole Wheat (16 oz.)
Beat Choice 100% Whole Wheat (16 oz.)
SunnyBrook 100% Whole Wheat (16 oz.)

**BUN BRANDS** (for children only)
Village Hearth White Bread Whole Wheat (12 oz.)
Brownberry 100% Whole Wheat Sandwich Rolls (12 oz.)

**BROWN RICE**
Must be plain, whole grain
Bagged or boxed – Boil in bag and instant allowed
Up to 16 oz. for women
Up to 32 oz. for children

No Uncle Ben’s, wild rice, blends, ready rice or organic rice.

**WHOLE WHEAT TORTILLAS**
16 oz. for women
32 oz. (2–16 oz.) for children

**BRANDS**
Chi Chi’s Whole Wheat (16 oz.)
Essential Everyday Whole Wheat (16 oz.)
La Banderita Whole Wheat (16 oz.)
Mission Whole Wheat (16 oz.)
Don Pancho Whole Wheat (16 oz.)
Fresca’s Whole Wheat (16 oz.)
Food Club Whole Wheat (16 oz.)
Market Pantry Whole Wheat (16 oz.)
Our Family Whole Wheat (16 oz.)
Asteca Whole Wheat (16 oz.)
Signature Select Whole Wheat (16 oz.)
Great Value Whole Wheat (16 oz.)

**SOFT CORN TORTILLAS**
Yellow corn or white corn allowed
16 oz. for women
32 oz. (2–16 oz.) for children

**BRANDS**
Mission Corn, Extra Thin (16 oz.)
La Banderita Corn (16 oz.)
La Banderita Corn (16 oz.)
Food Club Corn (16 oz.)
Essential Everyday Corn (16 oz.)
Our Family Corn (16 oz.)

Look for this label at the store for whole grain-rich food items.

1. The North Dakota Label found at grocery stores can help determine which whole grain-rich foods? (Circle all that apply)
   a. Bread
   b. Cold cereal
   c. Brown rice
   d. Oatmeal
   e. Pasta

2. SENDCAA Providers can only use the North Dakota WIC food list to determine whole grain-rich foods.
   a. True
   b. False
Method #3: FDA Statement
(Please review method #3 to determine whole grain-rich foods.)

1. Triscuits are a whole grain-rich food.
   a. True
   b. False

2. Quaker Oat Squares are a whole grain-rich item.
   a. True
   b. False

Method #4: The Rule of Three
(Please review the rule of three to determine whole grain-rich foods.)

1. The first ingredient in the “rule of three” can be enriched grain to consider a food a whole grain-rich item.
   a. True
   b. False
2. Ritz Crackers baked with whole wheat is a whole grain-rich food using the “rule of three”.
   a. True
   b. False

3. Original Goldfish Baked Snack crackers is a whole grain-rich food using the “rule of three”.
   a. True
   b. False

4. Aunt Jemima Whole Wheat Blend Pancake and waffle mix is a whole grain-rich food using the “rule of three”.
   a. True
   b. False

5. What is the third grain ingredient in Aunt Jemima Whole wheat blend pancakes?

6. Rold Gold pretzels is a whole grain-rich food using the “rule of three”.
   a. True
   b. False
7. 100% Whole Grain Wheat Thins are a whole grain-rich food using the “rule of three”.
   a. True
   b. False

8. Cheez-It Crackers are a whole grain food using the “rule of three”.
   a. True
   b. False

9. Back to Basics Plant Based Snacks is a whole grain food using the “rule of three”.
   a. True
   b. False

10. Honey Maid Graham Crackers are a whole grain using the “rule of three”.
    a. True
    b. False
11. Disregarded ingredients may be ignored in the “rule of three”.
   a. True
   b. False

12. Please list three ingredients that can be ignored when determining whole grain-rich using the “rule of three”.
   a. ____________________________
   b. ____________________________
   c. ____________________________

Method #5: Food meets the whole grain-rich criteria under the NSLP
(Please review method #5 to determine whole grain-rich food.)

1. CACFP child care providers may use the National School Lunch Program whole grain-rich criteria to determine whole grain-rich food items in their Child Care menus.
   a. True
   b. False

2. Whole grain-rich grain based desserts are creditable under the CACFP.
   a. True
   b. False

3. Where can you find the National School Lunch Program whole grain information?
   a. ____________________________

Method #6: Manufacturer Documentation or Standardized Recipe
(Please review method #6 and answer the questions below)

1. Recipes that demonstrate that whole grains are the main grain ingredients by weight is creditable as a whole grain-rich food.
   a. True
   b. False
1. What is the first ingredient ready-to-eat cereal must have to be considered whole grain-rich?
   a. Wheat flour
   b. Whole grain
   c. Oat fiber
   d. Durum flour

2. Cereal must be fortified to be creditable on the CACFP.
   a. True
   b. False

3. Crispix cereal is a whole grain-rich food.
   a. True
   b. False

4. Life cereal is a whole grain-rich food.
   a. True
   b. False

5. What are the three parts of the grain kernel that make a food whole grain?
   a. ______________________
   b. ______________________
   c. ______________________

6. What is the part of the whole grain called that is the vitamin rich embryo?
   a. ______________________

7. Please list three common vitamins or minerals that are added to food.
   a. ______________________
   b. ______________________
   c. ______________________
8. What is the name of the outer coating of grains?
   a. _______________________

9. Durum flour is a creditable flour.
   a. True
   b. False

10. Quinoa is whole grain rich.
    a. True
    b. False

11. Brown rice is not a whole grain.
    a. True
    b. False

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**Identifying cereal sugar limits.**
(Please review “Identifying Cereal Sugar Limits” and answer the questions below.)

1. If a ready-to-eat breakfast cereal is a whole grain, it still has to meet the sugar limits.
   a. True
   b. False

2. The WIC cereal list can help you determine what cereals are within the sugar limit.
   a. True
   b. False

3. The WIC cereal list can help you identify which cereals are whole grain-rich.
   a. True
   b. False

4. Please list three whole grain-rich foods that you offer to your Child Care children.
   a. _______________________
   b. _______________________
   c. _______________________

5. Please list one thing you learned from this training.
   __________________________________________
   __________________________________________

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Thank you! - SENDCAA Food Program