Identifying Whole Grain-Rich

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 certain product must contain or may contain to legally be labeled with that product name.

ONLY breads and pastas with these exact product names conform to FDA’s Standard of Identity and can be considered whole grain-rich using this method:

**BREADS**
- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls

**PASTAS**
- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns
- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli
- whole wheat macaroni product

#2 FOOD IS FOUND ON ANY STATE AGENCY’S WIC-APPROVED WHOLE GRAIN FOOD LIST

WIC

Women • Infants • Children

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.

NOTE: Complete product guides identifying all WIC creditable food products can be found on State agency websites.
#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."

FNS is allowing the FDA whole grain health claims to be sufficient documentation to demonstrate compliance with the whole grain-rich criteria in the CACFP, ONLY.

#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-credible grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.

(Reference NCA's Identifying Grain ingredients for list of credible grains)

**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 derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

2. Any grain ingredients that are listed as “less than 2%...” of the product weight.

**INGREDIENTS:** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/Or Sunflower), Cheddar Cheese [( Cultured Milk, Salt, Enzymes), Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.

CONTAINS: WHEAT, MILK

There is no 3rd grain ingredient.


Listed after “Less than 2%...” statement
**#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.

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**What about cereal?**

If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it also meets the whole grain-rich criteria.

**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.

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**Don’t forget...**

Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place.
GRAINS 101

BRAN is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

CREDITABLE GRAINS represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole grains or enriched meal and/or flour.

ENRICHED means that the product conforms to the U.S. Food and Drug Administration’s (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

FLOUR is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).

GERM is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

PRIMARY GRAIN INGREDIENT is the first grain ingredient listed in the ingredient statement.

WHOLE GRAIN contains all parts of the grain kernel which includes the bran, germ and endosperm.

WHOLE GRAIN-RICH (WGR) is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.

Identifying Whole Grain-Rich
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

**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

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

**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 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, or are not creditable, that are not listed above. Check with your sponsor and/or state agency.*
Identifying Whole Grain-Rich

FOOD IS LABELED AS “WHOLE WHEAT” AND MEETS FDA STANDARD OF IDENTITY

RULE OF THREE
The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

CEREAL
1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.

* These products may meet another standard for identifying whole grain-rich but do not in the section noted.

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

Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using AT LEAST ONE OF THESE METHODS described below, it is considered within the sugar limit.

1. Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.
   * confirm with your states WIC approved cereal list.

2. Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar." The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

   **ALLOWABLE SUGAR LIMITS**

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>SUGARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>cannot be more than:</td>
</tr>
<tr>
<td>8-11 grams</td>
<td>2 grams</td>
</tr>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>17-21 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>22-25 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td>26-30 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>36-40 grams</td>
<td>8 grams</td>
</tr>
<tr>
<td>41-44 grams</td>
<td>9 grams</td>
</tr>
<tr>
<td>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>50-54 grams</td>
<td>11 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>64-68 grams</td>
<td>14 grams</td>
</tr>
<tr>
<td>69-73 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>74-77 grams</td>
<td></td>
</tr>
<tr>
<td>78-82 grams</td>
<td></td>
</tr>
</tbody>
</table>

3. Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

   1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
   2) Divide the total sugars by the serving size in grams.

   If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.

   \[
   \frac{\text{kg sugar}}{\text{27g cereal}} = 0.2222
   \]

   **Product Example:** Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

   Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain rich, enriched or fortified.

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Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?

Yes

- Is it a bread or pasta labeled "WHOLE WHEAT" and does it meet the Standard of Identity?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - No

- Is the product found on ANY State agency's WIC approved lists?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - No

- Does the product packaging list either of the FDA statements?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - No

- Does it meet the whole grain-rich criteria under the NSLP?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - No

- Is the 1st ingredient (2nd after water) a "WHOLE GRAIN"?
  - Yes
    - Whole
  - No
    - No

- Do you have proper documentation from manufacturer proving WGR?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - WHOLE GRAIN-RICH

- Is it fortified with Vitamins & Minerals?
  - Yes
    - WHOLE GRAIN-RICH
  - NO
    - NO

- Are the next two grain ingredients whole grain, enriched, bran, or germ?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - No

- Do they follow the statement, "contains less than 2%..."?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - NO

- Do you have proper documentation from manufacturer proving WGR?
  - Yes
    - WHOLE GRAIN-RICH
  - No
    - DO NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

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