

# Identifying Whole Grain-Rich

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 METHODS** described below, it is considered whole grain-rich.

## #1 Food is labeled as Whole Wheat.

Grain products specifically labeled “Whole Wheat” on the package are considered whole grain-rich. Products listing only whole grain, multi-grain or made with whole wheat do not meet this criteria.



WGR<sup>1</sup>

## #2 Rule of Three

A whole grain is listed as the first ingredient (or the second after water) and the next two grain ingredients, if present, are creditable which include whole grains, enriched grains, bran, and germ. This is known as the Rule of Three.



WGR<sup>2</sup>

**INGREDIENTS:** Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Salt, Natural Flavor, and Maltodextrin (Made from Corn).  
**CONTAINS A WHEAT INGREDIENT**

Whole Grain #1

2nd Grain Ingredient

3rd Grain Ingredient

## Exception to the Rule of Three

If second and/or third grain ingredient follows this statement: “contains less than 2% of each of the following..”, as long as the first ingredient is a whole grain, this product is creditable as WGR.

Whole Grain #1

2nd Grain Ingredient

**INGREDIENTS:** Whole Wheat Flour, Water, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Neufchatel Cheese (milk, cream, cheese culture, salt, carob bean gum), Sugar, Maltodextrin, Soybean Oil. Contains 2% or less of: Nonfat Milk, Yeast, Salt, Cinnamon, Modified Corn Starch, Corn Starch, Cream of Tartar, Methylcellulose.  
**CONTAINS WHEAT**

3rd Grain Ingredient follows Statement



# Identifying Whole Grain-Rich



## #3 FDA Statement

One of the following FDA statements are 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."*



WGR<sup>4</sup>

## Alternative option Manufacturer or Standardized Recipe

Although most whole grain-rich products fit within the above three categories, some may need proper additional documentation to demonstrate that whole grains are the primary grain ingredient by weight.



Whole Grain #1

## 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.

WGR<sup>C</sup>

**INGREDIENTS:** Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

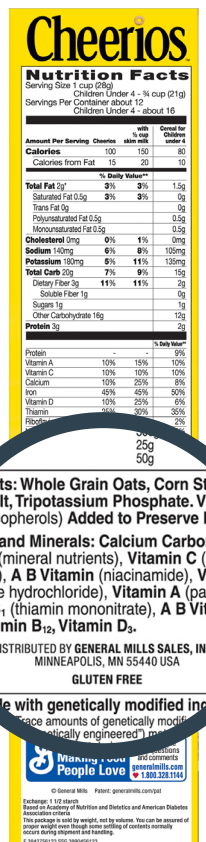
**VITAMINS AND MINERALS:** Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Fortified



### 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. Check out NCA's Sugar Limit handout for more information available at cacfp.org.





# Identifying Grain Ingredients

## WHOLE GRAINS

### BARLEY

- Dehulled Barley
- Dehulled Barley Flour
- Whole Barley
- Whole Barley Flakes
- Whole Barley Flour
- Whole Grain Barley
- Whole Grain Barley Flour

### CORN

- Whole Corn
- Whole Corn Flour
- Whole Cornmeal
- Whole Grain Corn Flour
- Whole Grain Grits
- Whole Ground Corn

### OATS

- Oat Groats
- Oatmeal
- Rolled Oats
- Whole Oats
- Whole Oat Flour

### RICE

- Brown/Wild Rice
- Brown/Wild Rice Flour

### RYE

- Whole Rye
- Rye Berries
- Whole Rye Flour
- Whole Rye Flakes

### WHEAT

- Bromated Whole Wheat Flour
- Cracked Wheat
- Crushed Wheat
- Entire Wheat Flour
- Graham Flour
- Sprouted Wheat
- Sprouted Wheat Berries
- Stone Ground Whole Wheat Flour
- Toasted Crushed Whole Wheat
- Wheat Berries
- Whole Bulgur
- Whole Durum Flour
- Whole Durum Wheat Flour
- Whole Grain Bulgur
- Whole Grain Wheat
- Whole Wheat
- Whole Wheat Flour
- Whole Wheat Pasta
- Whole Wheat Pastry Flour
- Whole Wheat Flakes

### OTHER WHOLE GRAINS

- Amaranth
- Buckwheat
- Millet
- Quinoa
- Sorghum (milo)
- Spelt
- Teff
- Triticale

## NON-CREDITABLE GRAINS

### GRITS

- Barley Grits
- Corn Grits
- Durham Grits
- Soy Grits

### FLOURS - not enriched

- Bromated Flour
- Corn Flour
- Durum Flour
- Malted Barley Flour
- Rice Flour
- Wheat Flour
- White Flour

### FLOURS

- Legume Flour
- Potato Flour
- Soy Flour

### STARCHES

- Corn Starch
- Potato Starch
- Rice Starch
- Wheat Starch

## CREDITABLE GRAINS

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



# GRAINS 101

## Identifying Whole Grain-Rich



**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.

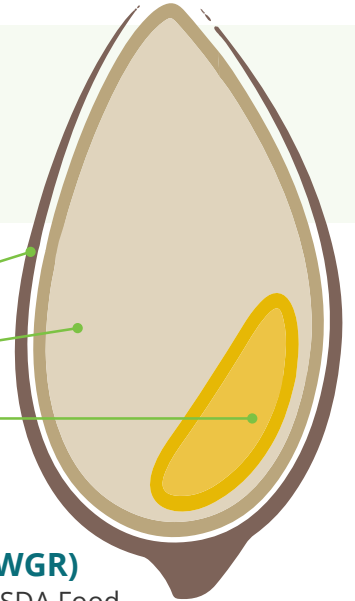
**PRIMARY GRAIN INGREDIENT** is the first grain ingredient listed in the ingredient statement.

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

**Bran**  
"Outer shell" protects seed  
Fiber, B vitamins, trace minerals

**Endosperm**  
Provides energy  
Carbohydrates, protein

**Germ**  
Nourishment for the seed  
Antioxidants, vitamin E, B-vitamins



### 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.

# WGR<sup>1</sup> | FOOD IS LABELED AS "WHOLE WHEAT" Product Examples



# WGR<sup>2</sup> | RULE OF THREE 1st grain ingredient must be whole grain, and if present, 2nd & 3rd grains must be creditable.



**Ingredients:** White Quinoa,<sup>1</sup> Red Quinoa<sup>2</sup>, Black Quinoa<sup>3</sup>



**Ingredients:** Whole Grain Durum Wheat Flour.<sup>1</sup>



**Ingredients:** Water, Whole Grain Parboiled Brown Rice,<sup>1</sup> Whole Grain Red Rice,<sup>2</sup> Wild Rice, Canola and/or Sunflower Oil, Seasoning Blend [Hydrolyzed Soy Corn Protein, Hydrolyzed Soy Wheat Gluten Protein, Yeast Extract, Sugar Garlic Powder, Sea Salt, Potassium Chloride, Onion\*, Salt, Parsley\*, Torula Yest, Spinach\*, Spices, Celery Stalk and Leaf\*, Natural Smoke Flavor, Extractive of Paprika (color), Natural Flavors]. \*Dehydrated.



**Ingredients:** Organic Whole Wheat Flour,<sup>1</sup> Organic Wheat Flour,<sup>2</sup> Organic Vegetable Oil (Organic Expeller Pressed Sunflower Oil and Organic Expeller Pressed Palm Fruit Oil), Organic Whole Flax Flour, Organic honey, Organic Whole Oat flour, Organic Sesame Seeds, Organic Evaporated Cane Syrup...

# WGR<sup>C</sup> | CEREAL 1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.



**Ingredients:** Whole Grain Wheat, Sugar, Contains 2% or Less of Brown Rice Syrup, Gelatin, BHT for Freshness.

**Vitamins and Minerals:** Reduced Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Zinc Oxide, Folic Acid, Vitamin B12.



**Ingredients:** Whole Grain Wheat, Corn, Sugar, Whole Grain Rolled Oats, Brown Sugar, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Whey (from Milk), Malted Corn and Barley Syrup, Honey, Caramel Color, Natural and Artificial Flavor, Annatto Extract (Color), BHT Added to Packaging Material to Preserve Product Freshness.

**Vitamins and Minerals:** Reduced Iron, Niacinamide, Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Zinc Oxide (Source of Zinc), Folic Acid, Vitamin B12, Vitamin D3.



**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Salt, Brown Sugar Syrup, Tricalcium Phosphate, Vegetable and Fruit Juice Color, Baking Soda, Citric Acid, Natural Flavor. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitami (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.



**Ingredients:** Whole Grain Oats\*, Cane Sugar\*, Sunflower Oil\*, Rice\*, Whole Grain Quinoa\*, Whole Grain Spelt\*, Kamut Brand Khorasan Wheat\*, Molasses\*, Sea Salt, Cinnamon\*, Natural Flavor\*. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.\*Organic.

**DOES NOT MEET WGR<sup>C</sup> Not fortified with Vitamins & Minerals.**



Visit us at [www.cacfp.org](http://www.cacfp.org) for more information. This institution is an equal opportunity provider.

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



# 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 WIC

Women • Infants • Children

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

**Product Example:**  
Dora the Explorer

\* confirm with your states WIC approved cereal list.



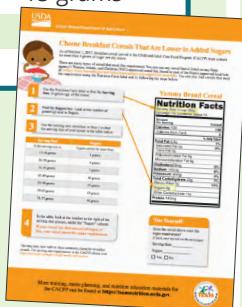
## 2

### 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

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

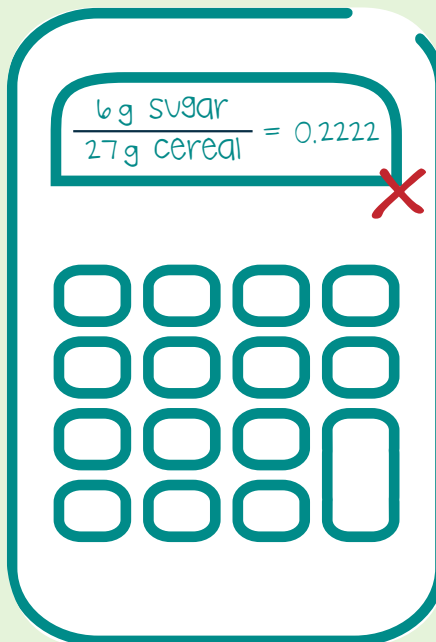


## 3

### 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.



**GRAMS OF SUGAR PER SERVING** if... = < 0.212  
**GRAMS OF CEREAL PER SERVING** it is creditable

**Amount Per Serving** **Dora the Explorer**

**Calories** 100

**Total Carbohydrate** 23g **8%**

**Dietary Fiber** 3g **11%**

**Sugars** 6g

**Other Carbohydrate** 14g

**Protein** 1g

**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Corn Syrup, Canola Oil, Salt, Cinnamon, Baking Soda, 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 B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>12</sub> (cobalamin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B<sub>2</sub>, Vitamin D<sub>3</sub>.

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(https://www.fns.usda.gov/tv/cacfp-meal-pattern-training-tools)

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

*Disclosure: This list is for informational purposes and does not imply endorsement by NCA or the USDA. 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. This institution is an equal opportunity provider.*



# Whole Grain-Rich Approved Cereals

These Also Meet the Sugar Limit Requirements.



# Wondering if your food is **WHOLE GRAIN-RICH?**

