Identifying Whole Grain-Rich Is as easy as One... Two... Three...

One...

Food is labeled as Whole Wheat.
If the packaging has “Whole Wheat” anywhere on the package (not just Whole Grain), then look no further. This product is considered whole grain-rich and is creditable.

Two... Rule of Three

A whole grain is listed as the first ingredient (or the second after water) and the next two grain ingredients are creditable which include whole grains, enriched grains, bran, and germ. Otherwise known as the rule of three.

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.

CACFP is an indicator of quality child care.
**Identifying Whole Grain-Rich**

**Three... 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.”

**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.

**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.

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.

Visit us at www.cacfp.org for more information
**WGR1** Food is labeled as “Whole Wheat”

**WGR2** Rule of Three 1st grain ingredient must be whole grain, followed by 2nd & 3rd creditable grains.

**WGR3** Cereal 1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.

Visit us at www.cacfp.org for more information.
# Grain Ingredient List

## Whole Grains
- Amaranth
- Bromated Whole-Wheat Flour
- Brown Rice Flour
- Brown Rice, Wild Rice
- Buckwheat
- Bulgar
- Cracked Wheat
- Crushed Wheat
- Dehulled Barley
- Entire-Wheat Flour
- Graham Flour
- Millet Flakes
- Oat Groats
- Oatmeal
- Quinoa
- Rolled Oats
- Soba Noodles (With Whole Buck Wheat Flour As Primary Ingredient)
- Sorghum
- Teff
- Triticale
- Wheat Berries
- Whole Barley
- Whole Durum Wheat Flour
- Whole Grain Barley
- Whole Rye
- Whole Specialty Grains
- Whole Wheat Pasta: Macaroni, Spaghetti, Vermicelli And Whole Grain Noodles
- Whole-Wheat Flour

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

## Non-Creditable Grains
- All Purpose Flour
- Bread Flour
- Bromated Flour
- Cake Flour
- Corn Grits
- Corn Starch
- Couscous
- Degerminated Corn Meal
- Durum Flour
- Enriched Self-Rising Flour
- Farina
- Ground Corn
- Hominy Grits
- Instantized Flour
- Long Grain White Rice
- Modified Food Starch
- Pearled Barley
- Phosphate Flour
- Pot Barley
- Scotch Barley
- Self-Rising Flour
- Semolina
- Unbleached Flour
- Vegetable Flours
- Wheat Starch
- White Flour
- White Rice

Visit us at www.cacfp.org for more information
Grain Glossary

“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.

### WHOLE GRAIN KERNEL

- **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*

Visit us at www.cacfp.org for more information