

Tortilla/Corn Chips

All grains served on the Child and Adult Care Food Program (CACFP) must be enriched, whole grain, or whole grain-rich (WGR). Corn that has been treated with slaked lime (nixtamalized) is now considered WGR in Child Nutrition Programs.

Tortilla chips made with non-grain ingredients (e.g. Cassava flour, Coconut flour, Tigernut flour, Tapioca flour, vegetables or vegetable flour, bean/nut flours) or in dessert flavors (e.g. Cinnamon sugar) are not creditable as a grain.

While tortilla chips that meet the following criteria are creditable and may be considered WGR, tortilla chips are normally fried and can be high in fat and sodium. Providers should be mindful of how often they serve tortilla chips as a reimbursable grain.

Tortilla chips must meet one of the following criteria to be creditable:

- **Enriched with vitamins and minerals**
- **Made of whole corn -- (WGR)**
- **Treated with slaked lime (nixtamalized) -- (WGR).** The following phrases indicate the corn has been treated with slaked lime (nixtamalized):
 - Trace of lime
 - Masa harina
 - Treated with lime
 - Masa flour
 - Ground corn with trace of lime
 - Corn masa flour
 - Ground corn treated with lime
 - Calcium Hydroxide

Examples

CREDITABLE

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MASA FLOUR (GROUND WHITE CORN WITH A TRACE OF LIME), VEGETABLE OIL (CONTAINS SUNFLOWER, CORN, AND / OR SOYBEAN OIL WITH TBHQ AND CITRIC ACID [TO HELP PROTECT FLAVOR]), SALT.

Explanation:

This tortilla chip is creditable and may be claimed as a WGR grain item. The ingredient list states that it is made of **"masa flour (ground white corn with a trace of lime)"** which indicates that the corn has been nixtamalized and is therefore WGR.

NOT CREDITABLE

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), and Salt.

Explanation:

This tortilla chip would not be creditable in the CACFP. The ingredient list for this tortilla chip only lists **"corn"** as the grain ingredient and does not indicate the corn has been treated with slaked lime. The ingredient list also does not state that the tortilla chip is made of enriched or whole corn.

The following tortilla chips are examples that meet the criteria to be considered WGR in the CACFP at the time of publication. Check the ingredient list to verify WGR status when purchasing. Other brands, types, and flavors may also qualify.



Chi-Chi's
Original Authentic



Chi-Chi's
Original Rounds



Donkey
Tortilla Chips



Garden Fresh
Blue Corn Tortilla
Chips



Garden Fresh
Original Tortilla
Chips



Garden Fresh
Unsalted Tortilla
Chips



Hacienda
Authentic Corn
Tortilla Chips



La Fiesta
Handmade Tortilla
Chips



Late July
Clásico
Bacon Habanero



Late July
Clásico
Buffalo Queso



Late July
Clásico
Jalapeño Lime



Late July
Clásico
Korean Barbeque



Late July
Clásico
Nacho Chipotle



Late July
Organic Blue Corn



Late July
Organic Sea Salt
Thin & Crispy



Late July
Organic Sea Salt
and Lime



Sunchips
French Onion



Sunchips
Garden Salsa



Sunchips
Harvest Cheddar



Sunchips
Original

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