

## 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
  - Treated with lime
  - Ground corn with trace of lime
  - Ground corn treated with lime
  - Masa harina
  - Masa flour
  - Corn masa flour
  - 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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