Whole Grain-Rich

Whole Grain-Rich Under the updated meal patterns, at least one serving of grains per day must be whole grain-rich (7 CFR 226.20(a)(4)(i)(A)). Foods that meet the whole grain-rich criteria are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains and the remaining grains in the food are enriched. This whole grain-rich requirement only applies to meals served to children and adults; it does not apply to infant meals. There are six ways to determine if a grain product meets the whole grain-rich criteria. The following checklist can be used to decide if a grain is whole grain-rich. The food must meet at least one of the following:

1. The product is found on any State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list.

2. The product is labeled as “whole wheat” and has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA).

An FDA Standard of Identity is a set of rules for what a certain product (like whole wheat bread) must contain or may contain to legally be labeled with that product name. FDA provides Standards of Identity for certain whole wheat bread products (21 CFR 136.180) and certain whole wheat pasta products (21 CFR 139.138).

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

- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls
- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns

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

- whole wheat macaroni product
- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli

Other grain products labeled as “whole wheat” that do not have an FDA Standard of Identity, such as crackers, tortillas, bagels, and biscuits, must be evaluated for whole grain-rich creditability for CACFP using one of the other methods on this list.
Please be aware that manufacturers may label their products with terms that are similar to, but slightly different from, FDA Standard of Identity terms defined above. Some frequently encountered terms include “whole grain,” “made with whole grains,” “made with whole wheat,” or “contains whole grains.” These terms do not indicate an FDA Standard of Identity for whole wheat products. Foods labeled with these terms must be evaluated for whole grain-rich creditability for CACFP using one of the other methods on this list.

3. The product includes one of the following Food and Drug Administration approved whole-grain health claims on its packaging, exactly as written:

   "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."

   OR

   "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."

4. The food meets the whole grain-rich criteria under the NSLP.

5. The food meets FNS’ Rule of Three, a three-step process for identifying whole grain-rich products in the CACFP.

   To meet the Rule of Three as a whole grain-rich product, the first ingredient (or second 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 (by-products of grains) may be disregarded. Any non-creditable grain ingredients (e.g., flours that are not enriched or whole) that are labeled as 2 percent or less of product weight are considered insignificant and may also be disregarded (see below for a list of these ingredients).

- When applying the Rule of Three to the grain portion of mixed dishes, such as pizza crusts and tortillas for burritos, the first grain ingredient must be whole grain and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

- When applying the Rule of Three for ready-to-eat breakfast cereals, if the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain rich criteria. In this situation, the second and third grain ingredients, if any, do not need to be considered.
Providers may wish to refer to this list of ingredients while reviewing grain product labels when using the Rule of Three. Please note that this list is not meant to be exhaustive, and there may be other items that qualify that are not listed below.

- **Whole Grains** (must be the first grain ingredient; may be the second or third grain ingredient)
  - Wheat berries
  - Wheat groats
  - Oat groats
  - Whole grain corn
  - Brown rice
  - Wild rice
  - Buckwheat groats
  - Rye groats
  - Whole einkorn berries
  - Spelt berries
  - Millet
  - Triticale
  - Quinoa
  - Teff
  - Buckwheat
  - Amaranth
  - Sorghum
  - Bulgur
  - Cracked wheat
  - Whole wheat flour
  - Whole durum flour
  - Graham flour
  - Whole grain corn flour
  - Whole rye flour
  - Whole grain oat flour
  - Whole grain einkorn flour
  - Whole grain spelt flour
  - Buckwheat flour
  - Millet Flour
  - Teff flour
  - Triticale flour
  - Amaranth flour
  - Sorghum flour
  - Whole grain wheat flakes
  - Old fashioned oats
  - Steel cut oats
  - Quick cooking oats
  - Instant oatmeal
  - Sprouted whole wheat
  - Sprouted brown rice
  - Sprouted whole rye
  - Sprouted buckwheat
  - Sprouted einkorn
  - Sprouted spelt
  - Whole corn

**Brans and Germs** (may be the second or third grain ingredient)

- Wheat bran
- Oat bran
- Corn bran
- Rice bran
- Rye bran
- Wheat germ

**Enriched Grains** (may be the second or third grain ingredient)

- Enriched wheat flour
- Enriched white flour
- Enriched durum flour
- Enriched rye flour
- Enriched rice flour
- Enriched corn flour
- Enriched bromated flour
- Enriched durum wheat flour
- Enriched rice
**Disregarded ingredients** (may be ignored, as these ingredients are not included in the Rule of Three)

- Any ingredients that are less than 2 percent of product weight (any ingredients listed on the ingredient list after the words “contains 2% or less”).
- Any grain derivatives which are generally presented in only small amounts, such as:
  - wheat gluten
  - wheat starch
  - wheat dextrin
  - corn starch
  - corn dextrin
  - rice starch
  - tapioca starch
  - modified food starch

**Non-creditable Grains or Flours** (The following ingredients are not whole or enriched and cannot be one of the first 3 grain ingredients)

- Bromated flour
- Wheat flour
- White flour
- Durum flour
- Oat fiber
- Corn fiber
- Malted barley flour
- Barley malt
- Corn
- Yellow corn meal
- Yellow corn flour
- Degerminated corn meal
- Semolina
- Farina
- Rice flour
- Potato flour
- Any bean flour
- Any nut flour

Also, there is no need to use the rule of three for ready-to-eat breakfast cereals that are fortified. If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it meets the whole grain-rich criteria. The Maine WIC list is the most effective source for cereals that meet the sugar limitations and the whole grain identification. Note: the wheat or brown dot signifies whole grain.

6. Proper documentation from a manufacturer or a standardized recipe demonstrates that whole grains are the primary grain ingredient by weight.

Documentation from a manufacturer or a standardized recipe is particularly helpful when determining whole grain-rich creditability for grain products that do not have a whole grain as the first ingredient and for mixed products. When a grain product (such as bread) has a first ingredient that is not whole grain, the primary ingredient by weight may still be whole grain if there are multiple whole-grain ingredients and the combined weight of those whole grains is more than the weight of the other grain ingredients. When the grain portion of a mixed product (like a beef enchilada) is not entirely whole grain, it may be whole grain-rich depending upon the proportion of whole grains to other grain ingredients.

**PLEASE REMEMBER THAT GRAINS NOT BEING USED FOR THE WHOLE GRAIN CRITERIA MUST BE A BLEND OF WHOLE GRAINS OR ENRICHED FLOURS!**