

# 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.

**WGR<sup>1</sup>**



### 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.

Whole Grain #1

2nd Grain Ingredient

**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**

**WGR<sup>2</sup>**

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

**INGREDIENTS:** Whole Wheat Flour, Water, Soybean Oil, contains 2% or less of each of the following: Yeast, Sugar, Dried Honey Solids, Leavening (Sodium Aluminum Phosphate, Baking Soda), Salt, Dough Conditioners (Enzymes), Fumaric Acid, Calcium Propionate (Preservative).  
**CONTAINS WHEAT**

Statement



# 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."*



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.

| Amount Per Serving     |     | Children Under 4                 |       | Children Under 4             |       |
|------------------------|-----|----------------------------------|-------|------------------------------|-------|
|                        |     | Children Under 4 - 1/2 cup (21g) |       | Children Under 4 - about 1/2 |       |
|                        |     | Serving Size 1 cup (28g)         |       | Serving Size 1/2 cup (14g)   |       |
| Calories               | 100 | 150                              | 60    | 100                          | 40    |
| Calories from Fat      | 15  | 20                               | 10    | 15                           | 5     |
| <b>% Daily Values*</b> |     |                                  |       |                              |       |
| Total Fat 2g           | 4%  | 4%                               | 15g   | 4%                           | 15g   |
| Saturated Fat 0.5g     | 1%  | 1%                               | 0g    | 1%                           | 0g    |
| Trans Fat 0g           | 0%  | 0%                               | 0g    | 0%                           | 0g    |
| Polysaturated Fat 0.5g | 1%  | 1%                               | 0.5g  | 1%                           | 0.5g  |
| Monosaturated Fat 0.5g | 1%  | 1%                               | 0.5g  | 1%                           | 0.5g  |
| Cholesterol 0mg        | 0%  | 0%                               | 0mg   | 0%                           | 0mg   |
| Sodium 140mg           | 6%  | 6%                               | 100mg | 6%                           | 100mg |
| Potassium 100mg        | 2%  | 2%                               | 150mg | 2%                           | 150mg |
| Total Carb 20g         | 7%  | 7%                               | 15g   | 7%                           | 15g   |
| Dietary Fiber 3g       | 11% | 11%                              | 2g    | 11%                          | 2g    |
| Soluble Fiber 1g       | 2%  | 2%                               | 1g    | 2%                           | 1g    |
| Sugars 1g              | 2%  | 2%                               | 1g    | 2%                           | 1g    |
| Other Carbohydrate 16g | 32% | 32%                              | 12g   | 32%                          | 12g   |
| Protein 1g             | 2%  | 2%                               | 2g    | 2%                           | 2g    |
| <b>% Daily Values*</b> |     |                                  |       |                              |       |
| Protein                | 1g  | 2%                               | 2g    | 2%                           | 2g    |
| Vitamin A              | 10% | 10%                              | 10%   | 10%                          | 10%   |
| Vitamin C              | 10% | 10%                              | 10%   | 10%                          | 10%   |
| Calcium                | 10% | 25%                              | 8%    | 10%                          | 25%   |
| Iron                   | 10% | 10%                              | 10%   | 10%                          | 10%   |
| Vitamin D              | 10% | 25%                              | 6%    | 10%                          | 25%   |
| Thiamin                | 10% | 10%                              | 10%   | 10%                          | 10%   |
| Riboflavin             | 10% | 10%                              | 10%   | 10%                          | 10%   |

**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.

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GLUTEN FREE

...with genetically modified ingredients...  
Trace amounts of genetically modified ingredients may be present in this product.  
...genetically engineered...

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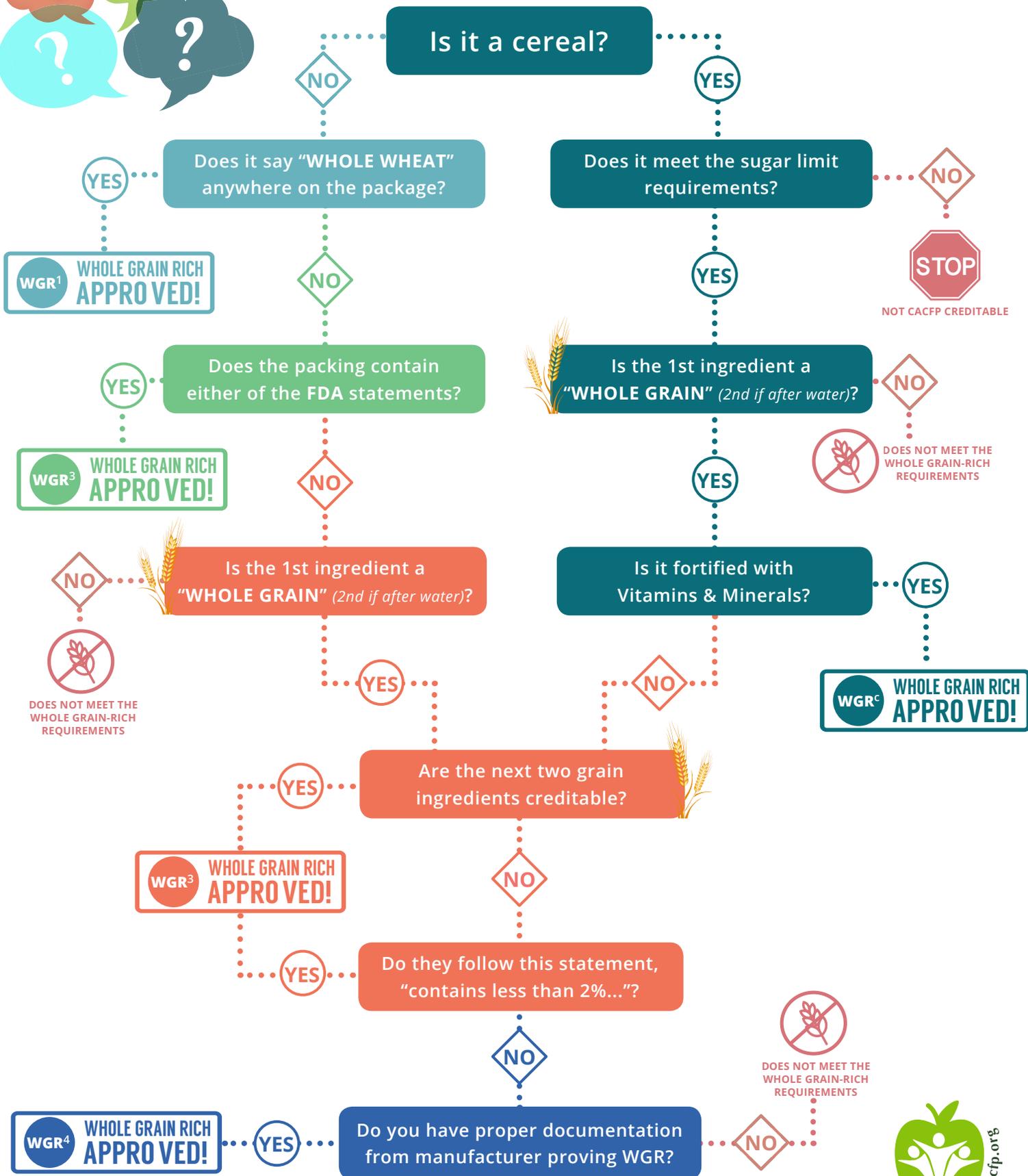
For more information, visit [www.gm.com](http://www.gm.com)

Member of the National Cereals, Grains and Biscuits Association of America

This package is sold by weight, not by volume. You can be assured of proper weight each time you use the netting of contents normally occurs during shipment and handling.

1.5oz (42g) net wt. (1.5oz (42g) net wt.)

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



## WGR<sup>1</sup> | Food is labeled as “Whole Wheat”

## Product Examples



NOT WGR<sup>1</sup> - Not labeled “Whole Wheat”

## WGR<sup>2</sup> | Rule of Three 1st grain ingredient must be whole grain, followed by 2nd & 3rd creditable grains.



**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:** Precooked  
Parboiled Whole Grain  
Brown Rice (Long Grain).<sup>1</sup>



**Ingredients:** Whole Grain Wheat Flour,<sup>1</sup> Canola Oil, Sugar, Cornstarch,<sup>2</sup> Malt Syrup (From Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and Baking Soda), BHT Added to Packaging Material to Preserve Freshness.

NOT WGR<sup>2</sup> - 2nd grain ingredients is not a creditable grain.

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



**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, 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 B1 (Thiamin Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.



**Ingredients:** Whole Grain Wheat, Corn Meal, Sugar, Raisins, Rice Flour, Almond Pieces, Brown Sugar Syrup, Whole Grain Oats, Salt, Glycerin, Dried Cranberries, Palm Kernel Oil, Corn Syrup, Brown Sugar, Barley Malt Extract, Dextrose, Honey, Color (Caramel Color, and Annatto Extract), Cinnamon, Soy Lecithin, Baking Soda, Natural Flavor. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

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



**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Salt, Brown Sugar Syrup, 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 B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), 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.

Not WGR<sup>C</sup> fortified & does not follow the Rule of Three. Rice is not a creditable grain, unless it is brown rice or enriched rice. Packaging alone does not qualify this product as WGR, however, proper documentation from the manufacturer may state otherwise.



# 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