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.
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.

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.

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