Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.

#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at cacfp.org.

#2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)–approved whole grain food list. Any grain product found on a State agency's WIC–approved whole grain food list meets CACFP whole grain-rich criteria.

#3 FDA STATEMENT

One of the following FDA statements is 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."

#4 RULE OF THREE

The first ingredient (second if 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 may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.

Whole Grain #1 **2nd Grain Ingredient**

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color. **CONTAINS: WHEAT, MILK**

#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products. Reference NCA's Identifying Grain Ingredients for list of creditable grains.

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Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?

NO → Is it a bread or pasta labeled "WHOLE WHEAT" and does it meet the Standard of Identity?

YES → WHOLE GRAIN-RICH

NO → Is the product found on ANY State agency's WIC approved lists?

YES → WHOLE GRAIN-RICH

NO → Does the product packaging list either of the FDA statements?

YES → WHOLE GRAIN-RICH

NO → Does it meet the whole grain-rich criteria under the NSLP?

YES → WHOLE GRAIN-RICH

NO → Is the 1st ingredient (2nd after water) a "WHOLE GRAIN"?

YES → Are the next two grain ingredients whole grain, enriched, bran, or germ?

YES → WHOLE GRAIN-RICH

NO → Do they follow the statement, "contains less than 2%..."?

YES → WHOLE GRAIN-RICH

NO → Do you have proper documentation from manufacturer proving WGR?

YES → WHOLE GRAIN-RICH

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

YES → Does it meet the sugar limit requirements?

NO → STOP — NOT CACFP CREDITABLE

YES → Is the 1st ingredient (2nd after water) a "WHOLE GRAIN"?

YES → Is it fortified with Vitamins & Minerals?

YES → WHOLE GRAIN-RICH

NO → Do you have proper documentation from manufacturer proving WGR?

YES → WHOLE GRAIN-RICH

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

cacfp.org CREDITABLE

Identifying Whole Grain-Rich

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CACFP CREDITABLE

National CACFP Association

Whole Grain-Rich Approved Cereals

These Also Meet the Sugar Limit Requirements.

WHOLE GRAIN RICH APPROVED!

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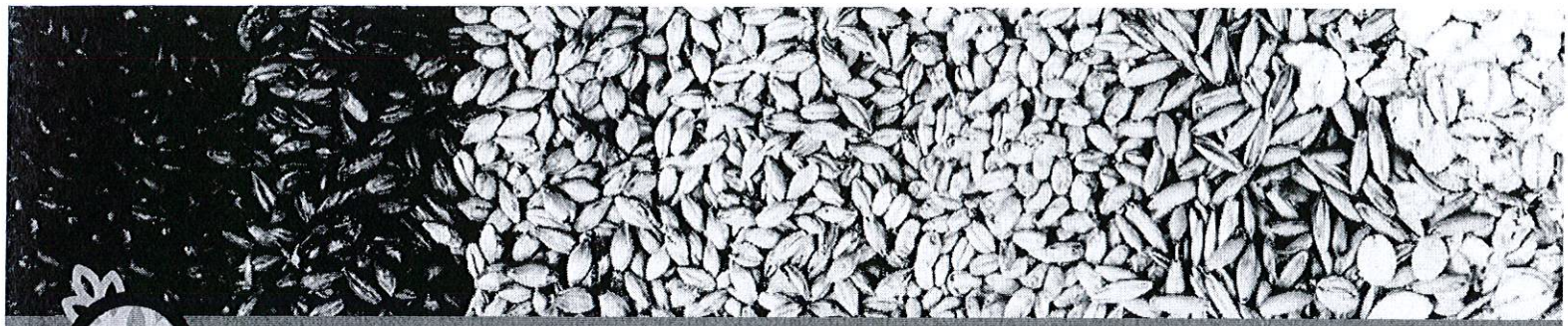
Identifying Whole Grain-Rich



Identifying Grain Ingredients

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WHOLE GRAINS

BARLEY
Dehulled Barley
Dehulled Barley Flour
Whole Barley
Whole Barley Flakes
Whole Barley Flour
Whole Grain Barley
Whole Grain Barley Flour

CORN
Whole Corn
Whole Corn Flour
Whole Cornmeal
Whole Grain Corn Flour
Whole Grain Grits
Whole Ground Corn

OATS
Oat Groats
Oatmeal
Rolled Oats
Whole Oats
Whole Oat Flour

RICE
Brown/Wild Rice
Brown/Wild Rice Flour

RYE
Whole Rye
Rye Berries
Whole Rye Flour
Whole Rye Flakes

WHEAT
Bromated Whole Wheat Flour
Cracked Wheat
Crushed Wheat
Entire Wheat Flour
Graham Flour
Sprouted Wheat
Sprouted Wheat Berries
Stone Ground Whole Wheat Flour
Toasted Crushed Whole Wheat
Wheat Berries
Whole Bulgur
Whole Durum Flour
Whole Durum Wheat Flour
Whole Grain Bulgur
Whole Grain Wheat
Whole Wheat
Whole Wheat Flour
Whole Wheat Pasta
Whole Wheat Pastry Flour
Whole Wheat Flakes

OTHER WHOLE GRAINS
Amaranth
Buckwheat
Millet
Quinoa
Sorghum (milo)
Spelt
Teff
Triticale

NON-CREDITABLE GRAINS

GRITS
Barley Grits
Corn Grits
Durham Grits
Soy Grits

FLOURS - not enriched
Bromated Flour
Corn Flour
Durum Flour
Malted Barley Flour
Rice Flour
Wheat Flour
White Flour

FLOURS
Legume Flour
Potato Flour
Soy Flour

STARCHES
Corn Starch
Potato Starch
Rice Starch
Wheat Starch

CREDITABLE GRAINS

- Any Whole Grain Above
- Enriched Grains
- Bran or Germ
  Creditable in CACFP, SFSP and afterschool snacks only.

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