Identifying Whole Grain-Rich

NATIONAL CACFP SPONSORS ASSOCIATION

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[1]

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 — 3rd 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[2]

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 — Statement

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

CACFP is an indicator of quality child care.

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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."

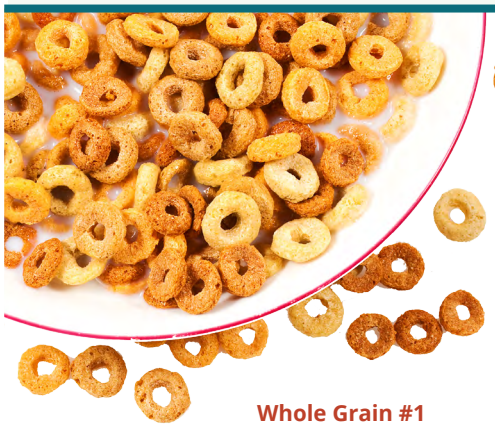
"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

WGR3 FDA

Alternative option... Manufacturer or Standardized Recipe

WGR4

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.

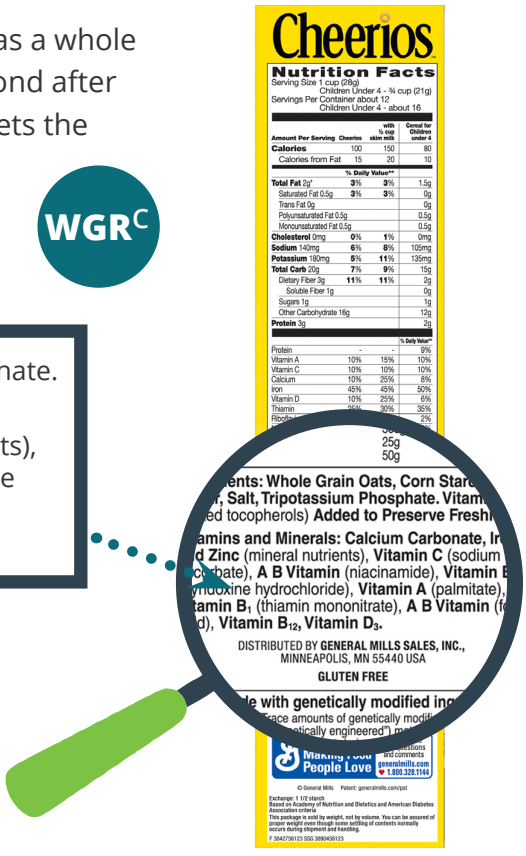
WGRC

Whole Grain #1

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

Identifying Cereal Sugar Limits

Here are three ways for to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.

1 WIC

Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

* confirm with your states WIC approved cereal list.

Product Example: Dora the Explorer

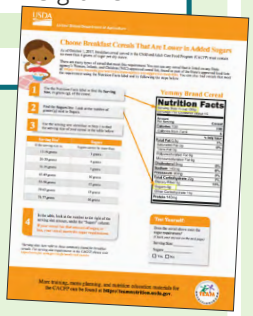
WIC*

2

Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar." The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-10 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams ✓
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	
78-82 grams	



USDA

(https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools)

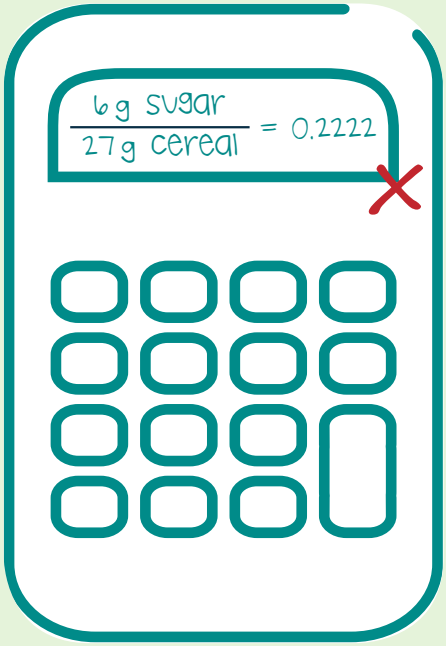
3

Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.

2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



GRAMS OF SUGAR PER SERVING / GRAMS OF CEREAL PER SERVING	if... = < 0.212 it is creditable

CREDITABLE cacfp.org

Product Example: Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

Disclosure: This list is for informational purposes and does not imply endorsement by NCA or the USDA. The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

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CACFP CREDITABLE
National CACFP Association

Whole Grain-Rich Approved Cereals

These Also Meet the Sugar Limit Requirements.

WGR WHOLE GRAIN RICH APPROVED!

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Visit us at www.cacfp.org for more information

Identifying Whole Grain-Rich

Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?

NO

Does it say "WHOLE WHEAT" anywhere on the package?

YES

WGR1 WHOLE GRAIN RICH APPROVED!

NO

Does the packing contain either of the FDA statements?

YES

WGR3 WHOLE GRAIN RICH APPROVED!

NO

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

NO

DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

YES

Are the next two grain ingredients creditable?

YES

WGR3 WHOLE GRAIN RICH APPROVED!

NO

Do they follow this statement, "contains less than 2%..."?

YES

NO

Do you have proper documentation from manufacturer proving WGR?

YES

WGR4 WHOLE GRAIN RICH APPROVED!

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 a "WHOLE GRAIN" *(2nd if after water)*?

NO

DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

YES

Is it fortified with Vitamins & Minerals?

YES

WGRC WHOLE GRAIN RICH APPROVED!

NO

cacfp.org CREDITABLE

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Identifying Whole Grain-Rich

Product Examples

WGR[1] | Food is labeled as "Whole Wheat"

NOT **WGR[1]** - Not labeled "Whole Wheat"

WGR[2] | Rule of Three 1st grain ingredient must be whole grain, followed by 2nd & 3rd creditable grains.

Ingredients: White Quinoa,[1] Red Quinoa,[2] Black Quinoa [3]

Ingredients: Whole Grain Durum Wheat Flour.[1]

Ingredients: Precooked Parboiled Whole Grain Brown Rice (Long Grain).[1]

Ingredients: Whole Grain Wheat Flour,[1] Canola Oil, Sugar, Cornstarch,[2] 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[2]** - 2nd grain ingredients is not a creditable grain.

WGR[C] | 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 **WGRC** 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

Grain Glossary

"BRAN" is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

"CREDITABLE GRAINS" represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole-grains or enriched meal and/or flour.

"ENRICHED" means that the product conforms to the U.S. Food and Drug Administration's (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

"FLOUR" is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).

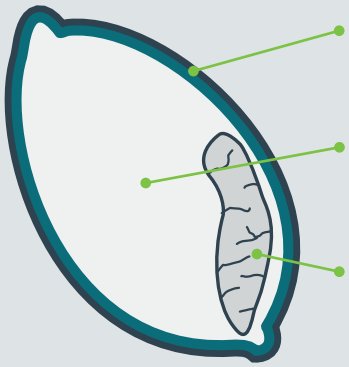
"GERM" is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

"PRIMARY GRAIN INGREDIENT" is the first grain ingredient listed in the ingredient statement.

"WHOLE-GRAIN" contains all parts of the grain kernel which includes the bran, germ and endosperm.

"WHOLE GRAIN-RICH (WGR)" is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.

WHOLE GRAIN KERNEL



Bran
"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm
Provides energy
Carbohydrates, protein

Germ
Nourishment for the seed
Antioxidants, vitamin E, B-vitamins