

How To Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program

Whole grain-rich foods are filled with vitamins and other nutrients that children and adults need for growth, development, and good health.



Whole Grain-Rich Requirements

“Whole grain-rich” means that at least half the grains in a food are whole grain and the remaining grain ingredients are enriched, bran, or germ. Some examples of enriched and bran and germ ingredients include enriched white flour, oat bran, and wheat germ. In the Child and Adult Care Food Program (CACFP), at least one offering of grains per day must be whole grain-rich. **This requirement does not apply to infants (ages 0 through 11 months).**

How To Find Whole Grain-Rich Foods

There are many ways to tell if a grain is whole grain-rich in the CACFP. The grain only needs to meet **one** of these methods to be whole grain-rich. It does not need to meet all the methods.

- 1 The Rule of Three.** Foods that meet the *Rule of Three* are whole grain-rich. According to the *Rule of Three*, foods are whole grain-rich if the first ingredient (or second after water) in the food is whole grain, and the second and third grain ingredients are whole grain, enriched, bran, or germ. See “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List” at <https://teamnutrition.usda.gov> for more information.

In the image to the right, the first grain ingredient is whole grain. There is not a second or third grain ingredient, so this cracker is whole grain-rich. ▶



How To Find Whole Grain-Rich Foods (continued)

2 WIC Lists. Aside from cereals, any grain included on a State’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Approved Foods List is considered whole grain-rich in the CACFP. This includes tortillas, pastas, rice, and breads on a State WIC list. Not all cereals on a WIC list are whole grain-rich. When using the WIC list to choose a whole grain-rich cereal, be sure to choose one that is marked as whole grain on the WIC list.

3 Documentation. Foods that have a standardized recipe or documentation such as a Child Nutrition (CN) Label or a Product Formulation Statement (PFS) showing that whole grains are the primary grain ingredient in the food are whole grain-rich in the CACFP.

4 Whole Grain-Rich in Schools. Foods that are considered whole grain-rich in the School Meals program (the National School Lunch Program and School Breakfast Program) are whole grain-rich in the CACFP. Not all grains served in the School Meals programs are whole grain-rich, so be sure to look specifically for foods that are whole grain-rich.



Information on the Food Package:

5 FDA Whole Grain Health Claims. Foods are whole grain-rich if their package has one of the two whole grain health claim statements from the U.S. Food and Drug Administration (FDA):

“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 health disease.”

6 Labels. Certain breads and pastas that have the words “whole wheat” in the name are whole grain-rich. Foods labeled exactly as written below are whole grain-rich:

- Whole wheat bread, rolls, and buns
- Entire wheat bread, rolls, and buns
- Graham bread, rolls, and buns (not graham crackers)
- Whole wheat spaghetti, vermicelli, macaroni, and macaroni products



What To Watch Out For

The images below show labels that cannot be used to tell if a food is whole grain-rich. If you see one of these labels on a food, you will still need to use one of the methods listed on pages 1 and 2 to see if the food is whole grain-rich.

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The term “whole wheat” can only be used to indicate a grain is whole grain-rich in a few limited circumstances. See “Labels” on page 2 for more information.



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The Whole Grain stamp cannot be used to identify whole grain-rich foods in the CACFP.



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Foods labeled with “made with whole grains,” “multi-grain,” or “whole grain” may not be whole grain-rich.



Try It Out!

Which of the foods below are whole grain-rich in the CACFP?

A



▲ Listed on your State's WIC list

B



C



Answer:

A and C are whole grain-rich because:

- The corn tortillas (A) are listed on a State's WIC list and
- The crackers (C) meet the *Rule of Three*. The first ingredient, the whole wheat flour, is whole grain, the second grain ingredient, the enriched flour, is enriched, and the third ingredient, wheat bran, is a type of bran.
- The whole wheat bagel (B) may or may not be whole grain-rich. Only breads and some pastas labeled "whole wheat" are whole grain-rich. You would need to use another method to see if these bagels are whole grain-rich.

Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program?

Some Child and Adult Care Food Program (CACFP) operators prepare grain items from scratch. These items can be a wonderful addition to the menu and even count as a whole grain-rich food. You can follow the steps listed below to check if a recipe is whole grain-rich.



1 Circle or mark the grain ingredients in the recipe. For a list of common grain ingredients, see page 2. If your recipe has non-creditable flour or grains, there must be a greater amount of at least three other whole grain, enriched, bran, or germ ingredients in the recipe.

2 Write down the names and amounts of the whole grain ingredients. Add the amounts of whole grain ingredients together.*

Amount	Ingredient
2 cups	whole-wheat flour
2 ½ cups	oatmeal
Total: 4 ½ cups whole grain ingredients	

3 Write down the names and amounts of the enriched, bran, and germ ingredients. Add the amounts of these ingredients together.*

Amount	Ingredient
2 cups	enriched flour
Total: 2 cups enriched ingredients	

Oatmeal Muffins

2 cups whole-wheat flour

2 cups enriched flour

2 ½ cups oatmeal

2 teaspoons baking powder

4 Compare the amount of whole grain ingredients to the amount of enriched, bran, and/or germ ingredients. If the total amount of whole grain ingredients is **equal to or more than** the total amount of enriched, bran, or germ ingredients, the recipe is whole grain-rich.

Example: 4 ½ cups of whole grain ingredients is **more than** 2 cups of enriched ingredients. Therefore, this recipe is **whole grain-rich**.



*To convert fractions to decimals, see the Food Buying Guide for Child Nutrition Programs Table 6: Decimal Equivalents of Commonly Used Fractions at: https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Table6_FBG.pdf.



Common Grain Ingredients

Below are some common grain ingredients you might find in recipes. There are other whole grain, enriched, bran, germ, and non-creditable ingredients that are not listed below.

Whole-Grain Ingredients

- Brown rice flour
- Corn masa/masa harina
- Cracked wheat
- Graham flour
- Oats/oatmeal (any kind)
- White whole-wheat flour
- Whole grain corn flour/cornmeal
- Whole rye flour
- Whole-wheat flour (includes whole-wheat bread flour, whole-wheat pastry flour, etc.)

Enriched, Bran, and Germ Ingredients

- Enriched all-purpose flour
- Enriched bleached white flour
- Enriched bread flour
- Enriched corn flour/cornmeal
- Enriched rice flour
- Enriched unbleached white flour
- Oat bran
- Wheat bran
- Wheat germ

Additionally, if the ingredient list includes the nutrients used to enrich the flour, then the flour is enriched.

For example, an ingredient list for rice flour might read: “Long grain rice (niacin, iron, riboflavin, folic acid, thiamin).” The vitamins listed in the parenthesis indicate that the rice flour is enriched.

Non-Creditable Grains or Flours

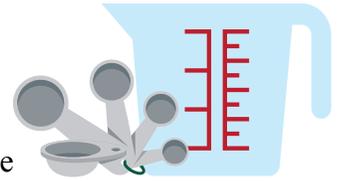
- Bean flour (such as soy, chickpea, lentil, etc.)*
- Durum flour
- Nut or seed flour (such as almond, sesame, etc.)
- Oat fiber
- Potato flour*
- Rice flour
- Semolina
- Wheat flour
- White flour



**Not creditable toward the grain component, but may be creditable toward the Vegetables or Meats/Meat Alternates components. For more information, see <https://foodbuyingguide.fns.usda.gov>.*



Giving Grains Equal Measure



The amount of an ingredient in a recipe can be measured in different ways. Some recipes use cups, tablespoons (tbsp), or teaspoons (tsp) while other recipes will use ounces (oz) or pounds (lb). When adding up the amounts of ingredients to see if a recipe is whole grain-rich, make sure the grain ingredients are written in the same unit of measure. For example, in the oatmeal muffin recipe on page 1, the whole-wheat flour, the oatmeal, and the enriched flour are all measured in cups.

If a recipe lists the grain ingredients as different units of measure, follow the steps below to convert the ingredient amounts to the same unit.

If the ingredients are in pounds and ounces:

Example: 2 lbs 6 oz whole-wheat flour

Multiply number of ounces by 0.0625 to convert ounces to pounds.

$$6 \text{ oz} \times .0625 = 0.375 \text{ lb}$$

Add the decimal to the whole number:

$$2 \text{ lb} + 0.375 \text{ lbs} =$$

2.375 lbs of whole-wheat flour

If the ingredients are in teaspoons and cups:

Example: 3 cups + 2 tsp whole grain cornmeal

Multiply number of teaspoons by 0.021 to convert teaspoons to cups.

$$2 \text{ tsp} \times .021 = 0.042 \text{ cups}$$

Add the decimal to the whole number:

$$3 \text{ cups} + 0.042 \text{ cups} =$$

3.042 cups of whole grain cornmeal

If the ingredients are in tablespoons and cups:

Example: 1 cup + 2 tbsp brown rice flour

Multiply number of tablespoons by 0.0625 to convert tablespoons to cups.

$$2 \text{ tbsp} \times .0625 = 0.125 \text{ cups}$$

Add the decimal to the whole number:

$$1 \text{ cup} + 0.125 \text{ cups} =$$

1.125 cups of brown rice flour

If the ingredients are in teaspoons and tablespoons:

Example: 1 tbsp + 2 tsp wheat bran

Multiply number of teaspoons by 0.33 to convert teaspoons to tablespoons.

$$2 \text{ tsp} \times 0.33 = 0.66 \text{ tbsp}$$

Add the decimal to the whole number:

$$3 \text{ tbsp} + 0.66 \text{ tbsp} =$$

3.66 tbsp of wheat bran

Try It Out!

Look at the ingredients for each recipe below. Which recipes are whole grain-rich?

Dinner Rolls

- 1 tablespoon Active Dry Yeast
- 1 ½ cups Warm Water
- 1 ½ cups Enriched All-Purpose Flour
- ¼ cup Sugar
- 1 ½ cups Whole-Wheat Flour
- 1 teaspoon Salt
- 3 Large Eggs
- 2 teaspoons Canola Oil

Is this recipe whole grain-rich?

Yes No

Cornbread

- 1 ½ cups Whole-Wheat Flour
- 1 ¼ cups Enriched Cornmeal
- ½ cup Enriched Unbleached White Flour
- 2 tablespoons Sugar
- 1 tablespoon Baking Powder
- ¾ teaspoon Salt
- 2 Large Eggs
- 1 ¾ cups Nonfat Milk
- ¼ cup Canola Oil

Is this recipe whole grain-rich?

Yes No

Pancakes

- 2 ½ cups Rolled Oats
- 1 cup Enriched Rice Flour
- ½ cup Almond Flour
- ¼ cup Nonfat Milk
- 3 tablespoons Sugar
- 3 tablespoons Baking Powder
- 1 tablespoon Salt
- 1 tablespoon Baking Soda
- ½ cup Canola Oil

Is this recipe whole grain-rich?

Yes No

Answers:

Dinner Rolls: Yes, this recipe is whole grain-rich. This recipe has the same amount of whole grain ingredients (1 ½ cups whole-wheat flour) as enriched ingredients (1 ½ cups enriched all-purpose flour). If the total amount of whole grain ingredients is equal to or more than the total amount of enriched, bran, or germ ingredients, the recipe is whole grain-rich.

Cornbread: No, this recipe is not whole grain-rich. This recipe has less whole grain ingredients than enriched ingredients. It contains 1 ½ cups of whole grain ingredients (1 ½ cups whole-wheat flour) and 1 ¼ cups of enriched ingredients (1 ¼ cups enriched cornmeal and ½ cup enriched white flour).

Pancakes: No, this recipe is not whole grain-rich. This recipe contains a ½ cup of almond flour, which is a non-creditable flour. If the recipe has non-creditable flours or grains, there must be a greater amount of at least three other whole grain, enriched, bran, or germ ingredients in this recipe. This recipe only has two whole grain or enriched ingredients in greater amounts than the almond flour: the 2 ½ cups of rolled oats (whole grain ingredient) and 1 cup of enriched rice flour (enriched ingredient).

Using Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Food Lists To Identify Grains for the Child and Adult Care Food Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides lists of foods that can be purchased with WIC benefits. This list is called the WIC Authorized Foods List (WIC list) and includes specific brands and product names of foods. Each State has its own WIC list. In some States, it may be called the “Approved WIC Foods Shopping Guide” or a similar name.

You can use any State’s WIC list to choose grain items that can be counted toward a reimbursable meal or snack in the Child and Adult Care Food Program (CACFP).



Whole Grains, Breakfast Cereals, and Infant Cereals on WIC Lists



Whole Grains

- All grain products, other than cereals, on WIC lists are treated as whole grains and can be used to meet the CACFP whole grain-rich requirement. This includes all bread, rice, pasta, oatmeal, barley, bulgur, and tortilla (corn and wheat) products.
- Not all ready-to-eat breakfast cereals on WIC lists are whole grain-rich. You will need to look for symbols or labels indicating which breakfast cereals are a whole grain.



Breakfast Cereals

- All cereals on WIC lists meet the CACFP sugar limit of no more than 6 grams of sugar per dry ounce.
- Not all cereals listed on WIC lists are whole grain-rich. If you intend to serve the cereal as a whole grain-rich food, make sure the WIC list indicates that the cereal is a whole grain.
- You can serve enriched or fortified cereals listed on WIC lists as a grain item that is not whole grain-rich in the CACFP.



Infant Cereals

- All infant cereals listed on WIC lists meet CACFP requirements for iron-fortified infant cereal.

Non-Grain Foods on WIC Lists

- WIC lists cannot be used to determine if non-grain foods can be served in the CACFP.
- Yogurt, juice, milk, eggs, tofu, fruits, and vegetables on WIC lists **may not** always be creditable towards the CACFP meal pattern requirements. See the Food Buying Guide for more information about these food items: <https://foodbuyingguide.fns.usda.gov>.

How To Use the WIC List

You can find WIC lists by visiting the WIC website for the State WIC Program: <https://www.fns.usda.gov/contacts>. You can use the WIC list for any State, not just your State.

1 Find the section of the WIC list that applies to the **infant cereal, breakfast cereal, or whole-grain food**.

2 Check the WIC list to see if any brands are specified for the grain you want to buy. If so, be sure to choose only the brands listed.

3 Check the WIC list to see if there are specific product names or types listed under the brands. If so, be sure to choose only the product names or types listed.

4 Disregard information about package size. You may purchase the same brand and product type in different amounts than what is listed on the WIC list. For example, you can buy a 48-ounce box of cereal instead of a 36-ounce box.

Sample WIC List



WHOLE GRAINS

CAN BUY

• **Whole Wheat Tortilla** products of the brands listed below in 8-24 oz packages:

- **BiBi's Breads**
Whole Wheat Flour Tortillas
- **Cocina de Cardi**
All product types
- **Frenchie's**
100% Whole Wheat Tortillas and Soft Tacos
- **Gimme Tortillas**
Whole Wheat Tortillas Fajita Style
- **iWheat**
Whole Wheat Tortillas Fajita Style
- **Pita's Bread**
Pita's Tortillas, 100% Whole Wheat
- **Tastee Tortillas**
100% Whole Wheat Tortillas
- **Tulum Tortillas**
Whole Wheat and Whole Grain varieties

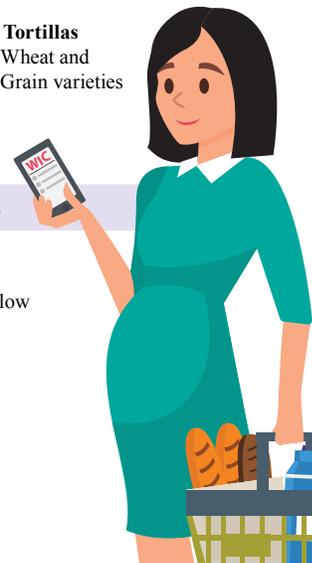


WHOLE GRAIN CEREALS

CAN BUY

Brands in 12-oz or 36-oz boxes or bags of cereal listed below

- **New Mornings**
Oatmeal Squares
- **New Mornings**
Bran Flakes
- **Blanche's**
Oatmeal Squares
- **Dayton Hill**
Puffed Wheat
- **Robertsons**
Bran Flakes



Keep in Mind

If you cannot find a grain product on the WIC list, please see our other training resources about serving grains in the CACFP at: <https://teamnutrition.usda.gov>.





Try It Out!

Use the information on this worksheet to answer the following questions.

1

Sonia wants to find yogurts that are creditable in the CACFP. Should she use her State's WIC list?

2

Simon sees Brand T Soft Corn Tortillas on his State's WIC list. He finds Brand Z Soft Corn Tortillas, which are not listed on his State's WIC list. Can he serve Brand Z Soft Corn Tortillas as part of a reimbursable meal?

3

Juan sees "Buy 16 ounces" next to Brand C Infant Cereal on his State's WIC list. His store only offers Brand C Infant Cereal in 24-ounce boxes. Can he buy the 24-ounce box and serve the cereal as part of a reimbursable infant meal?

4

Elena wants to serve a whole grain-rich breakfast cereal. Can she pick any cereal from her State's WIC list?



Answers

- 1 No, Sonia should not use the WIC list to find yogurts that are creditable in the CACFP. WIC and CACFP have different sugar limits for yogurt. The WIC list cannot be used to find creditable yogurts for the CACFP.
- 2 The WIC list indicates a specific brand, Brand T, of tortilla. Simon cannot be sure that Brand Z Soft Corn Tortillas is creditable based on the WIC list that he has. Simon can serve Brand Z Soft Corn Tortillas as part of a reimbursable meal if he finds it listed on another State's WIC list or uses another method to determine if the tortilla is creditable in the CACFP.
- 3 Yes. When using the WIC list to choose creditable foods in the CACFP, you do not need to pay attention to the size of the package.
- 4 No. Not all breakfast cereals listed on WIC lists are whole grain. Elena should select a breakfast cereal that is specifically marked or listed as whole grain on the WIC list. Whole grain cereals listed on WIC lists are considered whole grain-rich in the CACFP.

