Step 1: Flow Chart for Determining Creditable Grains/Breads (Appendix E)

All grain products in CACFP must be made with enriched grain, whole grain meal or flour, or bran or germ.

A. Is the grain product a breakfast cereal?
   - Yes
   - No

B. Is this an Oregon WIC Cereal or does it meet the sugar limit requirements of 6 grams of sugar per dry ounce?
   - Yes
   - No

C. Is the cereal fortified with vitamins and minerals?
   - Yes
   - No

D. Do you have documentation from the manufacturer stating that the primary grain ingredient is a whole grain?
   - Yes
   - No

E. In the ingredient list, is the first grain ingredient either bran and/or germ?
   - Yes
   - No

F. Although the primary grain ingredient is not creditable, does the ingredient list have other grains that are creditable?
   - Yes
   - No

G. Do you have a product formulation statement (PFS) from the manufacturer with either gram weight or percentage of creditable grains (enriched, whole grain, bran, and/or germ) on file?
   - Yes
   - No
Step 2: Is this grain product whole grain-rich (WGR)?

If the grain product is creditable based on Step 1, determine whether the product is also whole grain-rich by following this flowchart below.

**A.** Is the grain product labeled as “whole wheat” anywhere on the package?

- Yes → This grain product is WGR

- No → **B.** Does the grain product include one of the FDA approved whole-grain health claims?

  - Yes
    - Yes → This grain product is WGR
    - No → C1. Is the first grain ingredient a whole grain?

  - No → C2. Does it have a second grain ingredient?

    - Yes
      - Yes → This grain product is WGR
      - No → C2a. Is the second grain ingredient on the ingredients list a whole grain, enriched grain, bran or germ?

    - No → D. Is there proper documentation from a manufacturer (Product Formulation Statement or CN label) or a standardized recipe demonstrating the whole grains are the primary grain by weight?

      - Yes
        - Yes → This grain product is WGR
        - No → C3. Does it have a third grain ingredient?

      - No → C3a. Is the third grain ingredient on the ingredients list a whole grain, enriched grain, bran or germ?

        - Yes
          - Yes → This grain product is WGR
          - No → C4. Is the non-creditable grain ingredient listed after the statement “contains less than 2% of…” or part of dough conditioner?

        - No → This grain product is NOT WGR

**Flowcharts for Determining Creditable and Whole Grain-Rich Grains**

**FDA health claims:** “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 heart disease.”

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