What does it mean to be Whole Grain-Rich (WGR)?

Whole grains are grains that have not had their nutrient-rich germ and bran removed. Enriched grains are refined grains that have had their bran and germ removed and then have B vitamins (thiamin, riboflavin, folic acid) and iron added after processing. Foods that meet the whole grain-rich (WGR) criteria are foods that contain at least 50 percent whole grains and the remaining grains in the food are enriched.

At least one serving of grains per day must be WGR.

Six Methods of Determining Whole Grain-Rich (WGR) Items:

1. The product is found on any State Agency’s Women, Infants, and Children (WIC)-approved ’Whole Grain’ food list or is a WIC cereal with a “W” on the WIC Cereal list
2. The product is labeled “whole wheat” and has a FDA Standard of Identity
3. The product includes one of the FDA approved whole-grain health claims on its packaging
4. The food item meets the whole grain-rich criteria under the National School Lunch Program (NSLP)
5. The product has proper documentation from a manufacturer or a standardized recipe showing the whole grains are the primary grains by weight
6. The food item meets the Rule of Three

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Step 1: Flowchart 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 grain-based dessert (See Exhibit A)?
   - Yes
   - No

B1. Is the grain product a breakfast cereal?
   - Yes
   - No

B2. Is this an Oregon WIC Cereal or a cereal which meets the sugar limit requirements of 6 grams of sugar per dry ounce?
   - Yes
   - No

B3. Is the cereal enriched, whole grain, or fortified with vitamins and minerals?
   - Yes
   - No

C1. Is the grain product labeled as “whole grain” or enriched?
   - Yes
   - No

C2. In the ingredient list, is the first grain ingredient labeled “enriched” or a whole grain?
   - Yes
   - No

C3. Do you have documentation from the manufacturer stating that the primary grain ingredient is a whole grain?
   - Yes
   - No

C4. In the ingredient list, is the first grain ingredient either bran and/or germ?
   - Yes
   - No

C5. Although the primary grain ingredient is not creditable, does the ingredient list have other grains that are creditable?
   - Yes
   - No

C6. 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 germ) on file?
   - Yes
   - No

Creditable
Step 2: Flowchart for Determining Whole Grain-Rich (WGR) Grains

There are six different ways to credit grain items as WGR. If the grain product is creditable based on Step 1, determine whether the product is also WGR by following this flowchart below.

**Start here:**

A. Is this a grain product on the Oregon WIC-approved WIC Food List or a breakfast cereal marked with a “W” on the Oregon WIC Cereal list? Refer to the WIC Food List.

**Yes**

This grain product is WGR

**No**

B. Does the grain product include one of the FDA approved whole-grain health claims?

**Yes**

This grain product is WGR

**No**

C. Does the grain product meet the whole grain-rich criteria under the National School Lunch Program (NSLP)?

**Yes**

This grain product is WGR

**No**

D. Is this a bread or pasta product labeled as “whole wheat” and has a FDA Standard of Identity?

**Yes**

E. 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**

This grain product is WGR

**No**

F. Is it a fortified breakfast cereal?

**Yes**

This grain product is WGR

**No**

F1. The Rule of Three: Looking at the ingredient list, is the first ingredient (or second after water) whole grain?

**Yes**

**No**

F2. Is this a fortified breakfast cereal?

**Yes**

This grain product is NOT WGR

**No**

F3. Does it have a second grain ingredient on the ingredients list a whole grain, enriched grain, bran or germ?

**Yes**

F3a. Is the second grain ingredient on the ingredients list a whole grain, enriched grain, bran or germ?

**Yes**

**No**

F3b. Is the non-creditable grain ingredient listed after the statement “contains less than 2% of…” or part of dough conditioner?

**Yes**

This grain product is NOT WGR

**No**

F4. Does it have a third grain ingredient?

**Yes**

F4a. Is the third grain ingredient on the ingredients list a whole grain, enriched grain, bran or germ?

**Yes**

**No**

F4b. Is the non-creditable grain ingredient listed after the statement “contains less than 2% of…” or part of dough conditioner?

**Yes**

This grain product is NOT WGR

**No**

Disregarded ingredients: Ingredients making up less than 2% of product weight or grain derivatives, such as wheat gluten, wheat starch, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch should be disregarded. These ingredients do not need to be counted when using the Rule of Three method (See boxes F1-F4).

List of Whole Grains:
- Wheat berries
- Wheat/oat groats
- Whole grain corn
- Brown/wild rice
- Bulgur
- Millet
- Triticale
- Quinoa
- Teff
- Buckwheat
- Amaranth
- Sorghum
- Graham flour
- Cracked wheat
- Whole wheat flour
- Whole durum flour
- Corn masa
- Whole corn flour/meal
- Whole rye flour
- Whole grain spelt flour
- Oats and oatmeal
- Sprouted whole wheat
- Sprouted brown rice
- Sprouted buckwheat
- Any nut flour

List of Non-Creditable Grains:
- Non-enriched/Non-whole flours, including white rice, wheat flour
- Oat fiber
- Corn fiber
- Malted barley flour
- Barley malt
- Farina
- Rice flour
- Potato flour
- Any bean flour
- Any nut flour

This is a complete list of all whole grains and non-creditable grains. If you have questions, contact your specialist.