

## 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:

- |   |   |
|---|---|
| <p><b>1</b> 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</p> <p><b>2</b> The product is labeled "whole wheat" and has a FDA Standard of Identity</p> <p><b>3</b> The product includes one of the FDA approved whole-grain health claims on its packaging</p> | <p><b>4</b> The food item meets the whole grain-rich criteria under the National School Lunch Program (NSLP)</p> <p><b>5</b> The product has proper documentation from a manufacturer or a standardized recipe showing the whole grains are the primary grains by weight</p> <p><b>6</b> The food item meets the <i>Rule of Three</i></p> |
|---|---|

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits.*

*Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

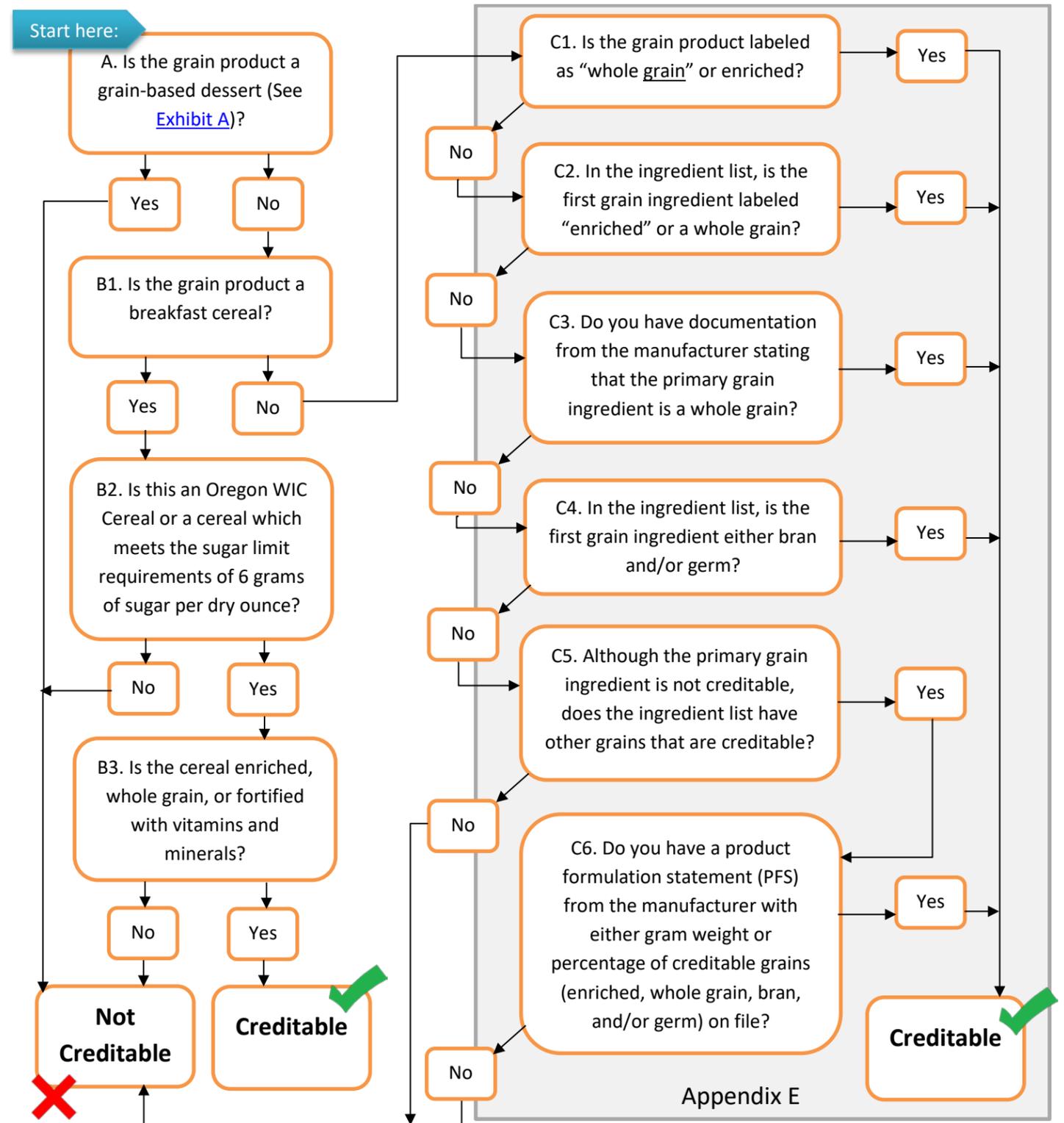
*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
This institution is an equal opportunity provider

### 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.



## 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.

