

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:

- 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
 - The product is labeled "whole wheat" and has a FDA Standard of Identity
- 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* (ingredient label method)

Creditable and Whole Grain-Rich Resources:

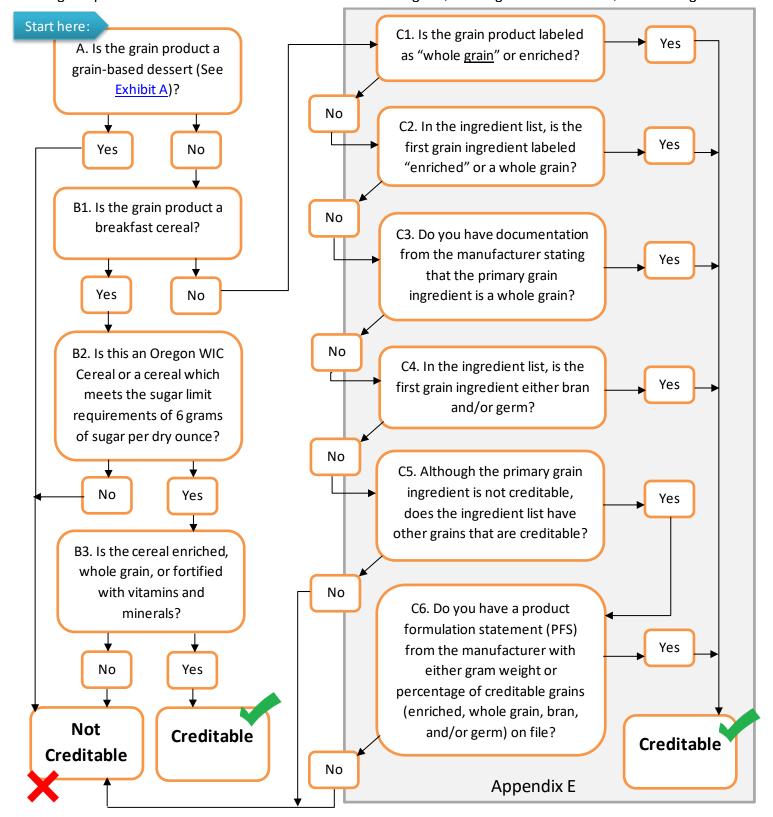
- FNS Nutrition Standards for CACFP Meals and Snacks
- Food Buying Guide
- CACFP Crediting Handbook
- ODE CNP Meal Pattern and Menu Planning Page
- ODE CNP Training Center
- Oregon WIC Whole Grains List
- Identifying Whole Grain-Rich Foods worksheet
- How to Spot Whole Grain-Rich Foods worksheet
- Adding Whole Grains to Your CACFP Menu worksheet
- Is My Recipe Whole Grain Rich worksheet



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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.





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: F4a. Is the third grain ingredient on the ingredients F3a. Is the second grain ingredient F4. Does it have a third Yes Yes A. Is this a grain product on list a whole grain, enriched grain, bran or germ? on the ingredients list a whole grain, grain ingredient? the Oregon WIC-approved Yes enriched grain, bran or germ? No whole grain food list or a This grain Yes No breakfast cereal marked No product is No Yes with a "W" on the Oregon WGR No F3b. Is the non-creditable WIC Cereal list? Refer to the F4b. Is the non-creditable grain grain ingredient listed Yes WIC Food List. ingredient listed after the F3. Does it have a second after the statement B. Does the grain This grain statement "contains less than 2% grain ingredient? "contains less than 2% product include one product is of..." or part of dough conditioner? No FDA health claims: "Diets rich in of..." or part of dough of the FDA approved WGR whole grain foods and other conditioner? whole-grain health Yes No plant foods and low in total fat, claims? saturated fat, and cholesterol **Disregarded ingredients:** Yes No may reduce the risk of heart Ingredients making up less than 2% of F2. Is this a fortified Yes No disease and some cancers." Or: product weight or grain derivatives, such as breakfast cereal? "Diets rich in whole grain foods wheat gluten, wheat starch, corn starch, and other plant foods, and low This grain corn dextrin, rice starch, tapioca starch, or in saturated fat and cholesterol, C. Does the grain Yes modified food starch should be product is F1. The Rule of Three: Yes may help reduce the risk of product meet the whole disregarded. These ingredients do not need **NOT WGR** Looking at the ingredient heart disease." grain-rich criteria under to be counted when using the Rule of Three list, is the first ingredient No the National School method (See boxes F1-F4). (or second after water) Refer to the Whole Grain Lunch Program (NSLP)? whole grain? Resource for the National **List of Whole Grains:** List of Non-Creditable Grains: School Lunch and School **Breakfast Programs** Graham flour No Wheat berries No Yes Non-enriched/Non-whole flours, Cracked wheat Wheat/oat groats including white rice, wheat flour, corn Whole wheat flour Whole grain corn meal/flour Breads with these exact names D. Is this a bread or pasta product Yes Whole durum flour Brown/wild rice E. Is there proper Oat fiber have FDA Standards of Identity: labeled as "whole wheat" and has • Corn masa documentation from a Bulgur Corn fiber a FDA Standard of Identity? No manufacturer (Product Whole corn flour/meal Whole wheat bread Millet Malted barley flour Entire wheat bread Formulation Statement or Whole rye flour Triticale Barley malt Graham bread CN label) or a standardized Whole grain spelt flour Quinoa Pastas with these exact names have Farina Whole wheat rolls recipe demonstrating the

whole grains are the

primary grain by weight?

Graham rolls Whole wheat buns

Entire wheat rolls

- Entire wheat buns
- Graham buns

FDA Standards of Identity:

- Whole wheat macaroni product
- Whole wheat macaroni
- Whole wheat spaghetti
- Whole wheat vermicelli

- Teff
- Buckwheat
- Amaranth
- Sorghum
- Oats and oatmeal
- Sprouted whole wheat
- Sprouted brown rice
- Sprouted buckwheat

- Rice flour
- Potato flour
- Any bean flour
- Any nut flour

This is not a complete list of all whole grains and non-creditable grains. If you have questions, contact your specialist