

## 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:

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|---|---|
| <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> (ingredient label method)</p> |
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### Creditable and Whole Grain-Rich Resources:

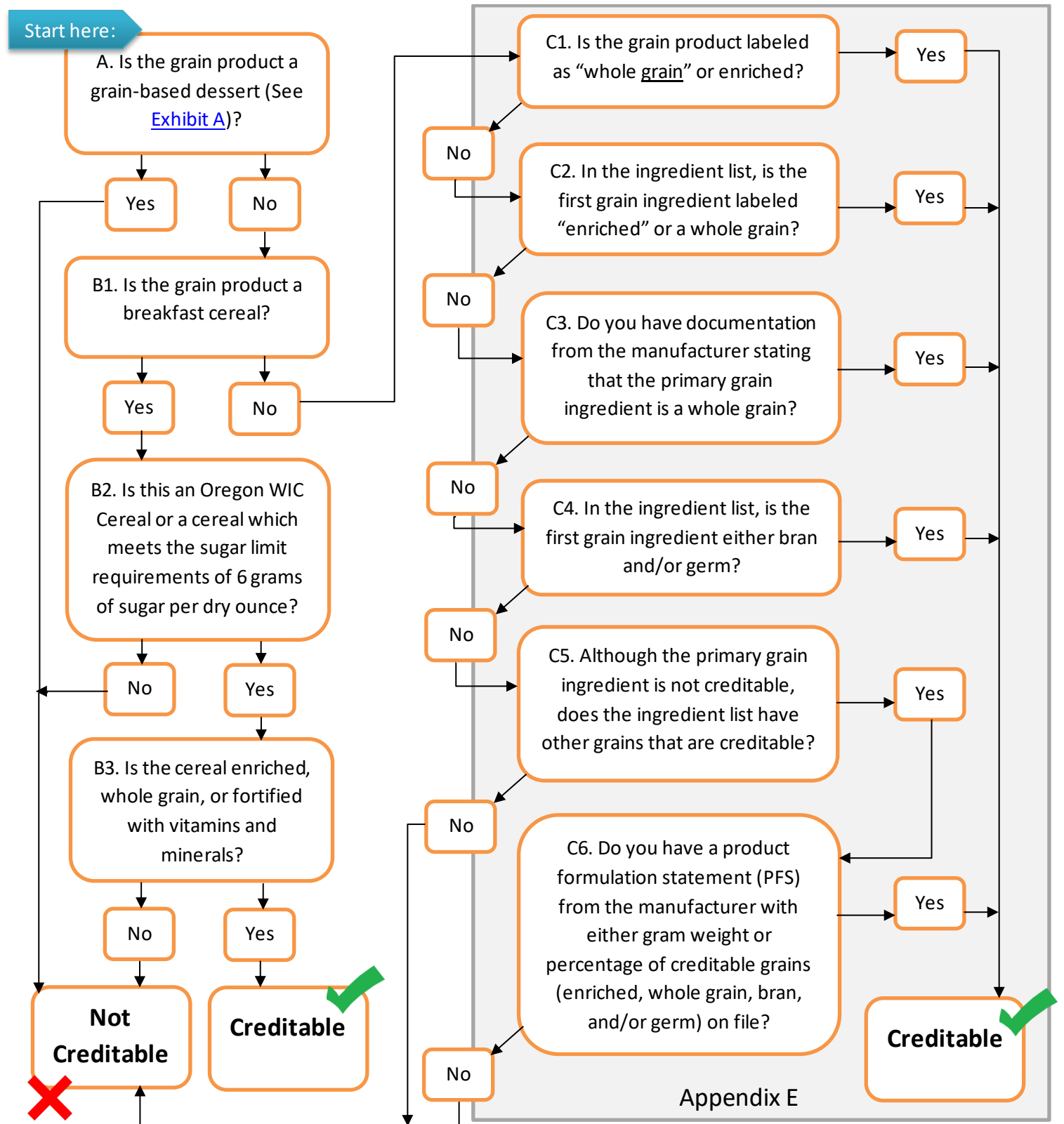
- [FNS Nutrition Standards for CACFP Meals and Snacks](#)
- [Food Buying Guide](#)
- [CACFP Crediting Handbook](#)
- [ODE CNP Meal Pattern and Menu Planning Page](#)
- [ODE CNP Training Center](#)
- [Oregon WIC Whole Grains List](#)
- [Identifying Whole Grain-Rich Foods worksheet](#)
- [How to Spot Whole 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:

