Identifying Whole Grain-Rich

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets AT LEAST ONE OF THESE METHODS described below, it is considered whole grain-rich.

**#1 Food is labeled as Whole Wheat.**
Grain products specifically labeled “Whole Wheat” on the package are considered whole grain-rich. Products listing only whole grain, multi-grain or made with whole wheat do not meet this criteria.

**#2 Rule of Three**
A whole grain is listed as the first ingredient (or the second after water) and the next two grain ingredients, if present, are creditable which include whole grains, enriched grains, bran, and germ. This is known as the Rule of Three.

**Exception to the Rule of Three**
If second and/or third grain ingredient follows this statement: “contains less than 2% of each of the following...”, as long as the first ingredient is a whole grain, this product is creditable as WGR.

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Don’t forget...
Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place. Check out NCA’s Sugar Limit handout for more information available at cacfp.org.

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### Identifying Grain Ingredients

**WHOLE GRAINS**

**BARLEY**
- Dehulled Barley
- Dehulled Barley Flour
- Whole Barley
- Whole Barley Flakes
- Whole Grain Barley
- Whole Grain Barley Flour

**CORN**
- Whole Corn
- Whole Corn Flour
- Whole Cornmeal
- Whole Grain Corn Flour
- Whole Grain Grits
- Whole Ground Corn

**OATS**
- Oat Groats
- Oatmeal
- Rolled Oats
- Whole Oats
- Whole Oat Flour

**RICE**
- Brown/Wild Rice
- Brown/Wild Rice Flour

**RYE**
- Whole Rye
- Rye Berries
- Whole Rye Flour
- Whole Rye Flakes

**WHEAT**
- Bromated Whole Wheat Flour
- Cracked Wheat
- Crushed Wheat
- Entire Wheat Flour
- Graham Flour
- Sprouted Wheat
- Sprouted Wheat Berries
- Stone Ground Whole Wheat Flour
- Toasted Crushed Whole Wheat
- Wheat Berries
- Whole Bulgur
- Whole Durum Flour
- Whole Durum Wheat Flour
- Whole Grain Bulgur
- Whole Grain Wheat
- Whole Wheat
- Whole Wheat Flour
- Whole Wheat Pasta
- Whole Wheat Pastry Flour
- Whole Wheat Flakes

**OTHER WHOLE GRAINS**
- Amaranth
- Buckwheat
- Millet
- Quinoa
- Sorghum (milo)
- Spelt
- Teff
- Triticale

**NON-CREDITABLE GRAINS**

**GRITS**
- Barley Grits
- Corn Grits
- Durham Grits
- Soy Grits

**FLOURS - not enriched**
- Bromated Flour
- Corn Flour
- Durum Flour
- Malted Barley Flour
- Rice Flour
- Wheat Flour
- White Flour

**FLOURS**
- Legume Flour
- Potato Flour
- Soy Flour

**STARCHES**
- Corn Starch
- Potato Starch
- Rice Starch
- Wheat Starch

**CREDITABLE GRAINS**

- Any Whole Grain Above
- Enriched Grains
- Bran or Germ

*Creditable in CACFP, SFSP and afterschool snacks only.*

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This institution is an equal opportunity provider.
**PRIMARY GRAIN INGREDIENT** is the first grain ingredient listed in the ingredient statement.

**WHOLE GRAIN** contains all parts of the grain kernel which includes the bran, germ and endosperm.

**CREDITABLE GRAINS** represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole-grains or enriched meal and/or flour.

**BRAN** is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

**ENRICHED** means that the product conforms to the U.S. Food and Drug Administration’s (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms “enriched,” “fortified,” or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

**FLOUR** is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).

**GERM** is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

**WHOLE GRAIN-RICH (WGR)** is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.
**WGR¹**  **FOOD IS LABELED AS “WHOLE WHEAT”**

**WGR²**  **RULE OF THREE**  1st grain ingredient must be whole grain, and if present, 2nd & 3rd grains must be creditable.

**WGR³**  **CEREAL**  1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.

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*These products may meet another standard for identifying whole grain-rich but do not in the section noted.*
Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using AT LEAST ONE OF THESE METHODS described below, it is considered within the sugar limit.

1. **WIC**
   - Use your State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.
   - *confirm with your states WIC approved cereal list.

2. Use USDA’s Team Nutrition training worksheet “Choose Breakfast Cereals That Are Low in Added Sugar.” The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

3. Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.
   1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
   2) Divide the total sugars by the serving size in grams.
   If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.

### ALLOWABLE SUGAR LIMITS

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>SUGARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>cannot be more than:</td>
</tr>
<tr>
<td>8-10 grams</td>
<td>2 grams</td>
</tr>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>17-21 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>22-25 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td>26-30 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>36-40 grams</td>
<td>8 grams</td>
</tr>
<tr>
<td>41-44 grams</td>
<td>9 grams</td>
</tr>
<tr>
<td>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>50-54 grams</td>
<td>11 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>64-68 grams</td>
<td>14 grams</td>
</tr>
<tr>
<td>69-73 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>74-77 grams</td>
<td>16 grams</td>
</tr>
<tr>
<td>78-82 grams</td>
<td>17 grams</td>
</tr>
</tbody>
</table>

Disclosure: This list is for informational purposes and does not imply endorsement by NCA or the USDA. The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

This institution is an equal opportunity provider.
Whole Grain-Rich Approved Cereals
These Also Meet the Sugar Limit Requirements.

Visit us at www.cacfp.org for more information.
This institution is an equal opportunity provider.
Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?

Yes

Does it meet the sugar limit requirements?

No

Does the packing contain either of the FDA statements?

No

Is the 1st ingredient a "WHOLE GRAIN"?

No

Do they follow this statement, "contains less than 2%..."?

No

Are the next two grain ingredients creditable?

Yes

Does it meet the whole grain-rich requirements?

No

Is it fortified with Vitamins & Minerals?

Yes

Is it labeled “WHOLE WHEAT?”

No

Is the 1st ingredient a "WHOLE GRAIN" (2nd if after water)?

No

Does it meet the whole grain-rich requirements?

Yes

Is it a cereal?

No

Does the packing contain either of the FDA statements?

Yes

Is the 1st ingredient a "WHOLE GRAIN"?

Yes

Does it meet the sugar limit requirements?

No

Is it fortified with Vitamins & Minerals?

Yes

Is it a cereal?

No

Does the packing contain either of the FDA statements?

Yes

Is the 1st ingredient a "WHOLE GRAIN"?

Yes

Does it meet the sugar limit requirements?

No

Is it fortified with Vitamins & Minerals?

Yes

Is it labeled “WHOLE WHEAT?”

No

Does the packing contain either of the FDA statements?

Yes

Is the 1st ingredient a "WHOLE GRAIN"?

Yes

Does it meet the sugar limit requirements?

No

Is it fortified with Vitamins & Minerals?

Yes

Is it a cereal?

No

Does the packing contain either of the FDA statements?

Yes

Is the 1st ingredient a "WHOLE GRAIN"?

No

Do they follow this statement, "contains less than 2%..."?

No

Are the next two grain ingredients creditable?

Yes

Does it meet the whole grain-rich requirements?

Yes

Is it a cereal?

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Are the next two grain ingredients creditable?

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Does it meet the sugar limit requirements?

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Is it fortified with Vitamins & Minerals?

Yes

Is it labeled “WHOLE WHEAT?”

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Does the packing contain either of the FDA statements?

Yes

Is the 1st ingredient a "WHOLE GRAIN"?

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Does it meet the sugar limit requirements?

No

Is it fortified with Vitamins & Minerals?

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Yes

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