Identifying Whole Grain-Rich
Is as easy as One... Two... Three...

One...
Food is labeled as Whole Wheat.
If the packaging has "Whole Wheat" anywhere on the package (not just Whole Grain), then look no further. This product is considered whole grain-rich and is creditable.

Two... Rule of Three
A whole grain is listed as the first ingredient (or the second after water) and the next two grain ingredients are creditable which include whole grains, enriched grains, bran, and germ. Otherwise 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.
Identifying Whole Grain-Rich

Three... FDA Statement
One of the following FDA statements are included on the labeling:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

Alternative option... Manufacturer or Standardized Recipe
Although most whole grain-rich products fit within the above three categories, some may need proper additional documentation to demonstrate that whole grains are the primary grain ingredient by weight.

What about cereal?
If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it also meets the whole grain-rich criteria.

INGREDIENTS: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

VITAMINS AND MINERALS: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

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.

Visit us at www.cacfp.org for more information
Identifying Cereal Sugar Limits

Here are three ways for 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**
   - Women • Infants • Children
   - Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.
   - For your state's WIC approved cereal list, visit [this website](https://www.fns.usda.gov/wic/)
   - **Product Example:** Dora the Explorer

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.
   - **ALLOWABLE SUGAR LIMITS**

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>SUGARS</th>
</tr>
</thead>
<tbody>
<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>

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.

   - **Example Calculation:**
     - If sugars = 6 grams and serving size = 27 grams
     - \[ \frac{6}{27} = 0.2222 \]
     - Since this is less than 0.212, the cereal is creditable.

   - **Product Example:** Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

   **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.
Whole Grain-Rich Approved Cereals
These Also Meet the Sugar Limit Requirements.

Visit us at www.cacfp.org for more information
Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?
- YES
  - Does it say "WHOLE WHEAT" anywhere on the package?
    - YES
      - WHOLE GRAIN RICH APPROVED!
    - NO
      - No
      - STOP
      - NOT CACFP CREDITABLE
  - NO
    - Does the packing contain either of the FDA statements?
      - YES
        - WHOLE GRAIN RICH APPROVED!
      - NO
        - No

Is the 1st ingredient a "WHOLE GRAIN" (2nd if after water)?
- YES
  - Is it fortified with Vitamins & Minerals?
    - YES
      - WHOLE GRAIN RICH APPROVED!
    - NO
      - No
      - DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS
  - NO
    - No
    - DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

Are the next two grain ingredients creditable?
- YES
  - Do they follow this statement, "contains less than 2%..."?
    - YES
      - WHOLE GRAIN RICH APPROVED!
    - NO
      - No
      - DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS
  - NO
    - No
    - DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

Do you have proper documentation from manufacturer proving WGR?
- YES
  - WHOLE GRAIN RICH APPROVED!
- NO
  - No
  - CREDITABLE

Visit us at www.cacfp.org for more information
**WGR 1** | Food is labeled as “Whole Wheat”

**Product Examples**

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annie's Whole Wheat Bunnies</td>
<td>Whole grain, followed by 2nd &amp; 3rd creditable grains.</td>
</tr>
<tr>
<td>Boboli 100% Whole Wheat</td>
<td>Whole grain, followed by 2nd &amp; 3rd creditable grains.</td>
</tr>
<tr>
<td>Mission</td>
<td>Whole grain, followed by 2nd &amp; 3rd creditable grains.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NOT WGR 1</th>
<th>Not labeled “Whole Wheat”</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WGR 2 | Rule of Three**

1st grain ingredient must be whole grain, followed by 2nd & 3rd creditable grains.

<table>
<thead>
<tr>
<th>Product</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Success</td>
<td>White Quinoa, Red Quinoa, Black Quinoa</td>
</tr>
<tr>
<td>Banquet Whole Grain Penne</td>
<td>Whole Grain Durum Wheat Flour</td>
</tr>
<tr>
<td>Minute Ready Rice</td>
<td>Precooked Parboiled Whole Grain Brown Rice (Long Grain)</td>
</tr>
<tr>
<td>Wheat Thins</td>
<td>Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch &amp; Malt Syrup (From Corn and Barley), Salt, Refined Sugar, Leavening (Calcium Phosphate and Baking Soda), BHT Added to Packaging Material to Preserve Freshness.</td>
</tr>
</tbody>
</table>

**NOT WGR 2** | 2nd grain ingredients is not a creditable grain.

**WGR 3 | Cereal**

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

<table>
<thead>
<tr>
<th>Product</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Chex</td>
<td>Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), Biotin (Biotinylcobalamin), Vitamin B12 (Cobalamine), Vitamin B3 (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin D3.</td>
</tr>
<tr>
<td>Kix</td>
<td>Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Salt, Baking Soda, Whole Grain Wheat Flour, Brown Sugar Syrup, Baking Soda, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), Biotin (Biotinylcobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B3 (Niacinamide), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin D3.</td>
</tr>
</tbody>
</table>

Not WGR 3 fortified & does not follow the Rule of Three. Rice is not a creditable grain, unless it is brown rice or enriched rice. Packaging alone does not qualify this product as WGR, however, proper documentation from the manufacturer may state otherwise.

Visit us at [www.cacfp.org](http://www.cacfp.org) for more information.
# Grain Ingredient List

## Whole Grains
- Amaranth
- Bromated Whole-Wheat Flour
- Brown Rice Flour
- Brown Rice, Wild Rice
- Buckwheat
- Bulgar
- Cracked Wheat
- Crushed Wheat
- Dehulled Barley
- Entire-Wheat Flour
- Graham Flour
- Millet Flakes
- Oat Groats
- Oatmeal
- Quinoa
- Rolled Oats
- Soba Noodles (With Whole Buck Wheat Flour As Primary Ingredient)
- Sorghum
- Teff
- Triticale
- Wheat Berries
- Whole Barley
- Whole Durum Wheat Flour
- Whole Grain Barley
- Whole Rye
- Whole Specialty Grains
- Whole Wheat Pasta: Macaroni, Spaghetti, Vermicelli And Whole Grain Noodles
- Whole-Wheat Flour

## Creditable Grains
- Whole Grains
- Enriched Grains
- Bran or Germ
  *Creditable in CACFP, SFSP and afterschool snacks only.*

## Non-Creditable Grains
- All Purpose Flour
- Bread Flour
- Bromated Flour
- Cake Flour
- Corn Grits
- Corn Starch
- Couscous
- Degerminated Corn Meal
- Durum Flour
- Enriched Self-Rising Flour
- Farina
- Ground Corn
- Hominy Grits
- Instantized Flour
- Long Grain White Rice
- Modified Food Starch
- Pearled Barley
- Phosphate Flour
- Pot Barley
- Scotch Barley
- Self-Rising Flour
- Semolina
- Unbleached Flour
- Vegetable Flours
- Wheat Starch
- White Flour
- White Rice
“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.

“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.

“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.

“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.

“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.