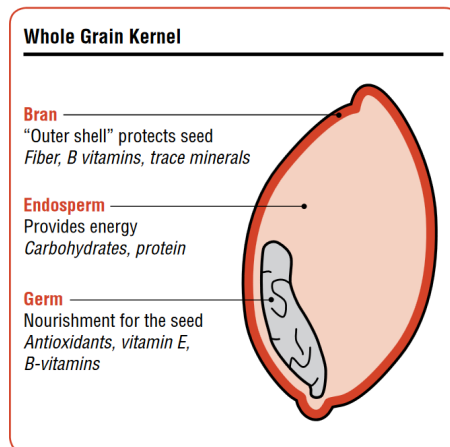


Grain Crediting: Whole Grain-Rich

Grains are a required food component at breakfast, lunch and supper, and an optional food component at snack in the Child and Adult Care Food Program (CACFP). At least one serving of grains per day must be whole grain-rich (WGR). Grain products that meet the WGR criteria are 100 percent whole grain or contain at least 50 percent whole grains and the remaining grains are enriched, bran or germ.

Whole grains contain all three parts of the grain kernel: bran, germ, and endosperm. The word “whole” in front of a grain ingredient indicates that it is a whole grain. Refer to page two for a list of whole grains. Keep product labels on file for all the WGR foods you serve.



Six Methods for Determining if a Grain is Whole Grain-Rich

Program operators may use any one of the following methods to determine if a grain product meets the WGR criteria, per [USDA Memo CACFP 09-2018](#).

1. Product is listed as “whole grain” on any state’s WIC – allowed foods list

The Minnesota Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) allowed list of whole grain foods can be found on the [Minnesota WIC website](#). For more information, see the USDA worksheet [Using the WIC Food Lists to Identify Grains for the CACFP](#).

2. Product package is labeled as “whole wheat” bread, bun, rolls, or pasta

Certain bread and pasta products can be WGR based on their U.S. Food and Drug Administration (FDA) Standard of Identity. Only grain items labeled with these exact product names on the packaging meet the FDA Standard of Identity and are WGR using this method:

- Whole wheat bread
- Graham bread
- Whole wheat buns
- Graham buns
- Whole wheat rolls
- Graham rolls
- Whole wheat macaroni
- Whole wheat macaroni product
- Whole wheat spaghetti
- Whole wheat vermicelli

For other items labeled as “whole wheat” such as crackers, tortillas, bagels, and biscuits use another method to determine if they are WGR.

3. Product package includes one of the FDA approved whole-grain health claims

- “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.”
- Or
- “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.”

4. Product meets the whole grain-rich criteria under NSLP

The National School Lunch Program (NSLP) WGR criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP. The NSLP WGR criteria is in the [Whole Grain Resource for NSLP](#).

5. Product meets the Rule of Three using the grain product's ingredient list

To meet the Rule of Three, the first ingredient (or second after water) must be a whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. To be considered enriched, a grain must include the word "enriched" or a sub-list of all five nutrients used to enrich the flour: iron, folic acid, riboflavin, niacin, and thiamine. Any grain derivatives (by-products of grains) and ingredients listed as two percent or less of the product can be disregarded. For more information, see the USDA worksheet [Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List](#).

Whole Grain Ingredients (must be the first grain ingredient or second after water; may be the second or third grain ingredient)

Wheat:

- Bulgur
- Bulgur wheat
- Cracked wheat
- Crushed wheat
- Entire-wheat flour
- Flaked wheat
- Graham flour
- Sprouted wheat berries
- Sprouted whole wheat
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole durum flour
- Whole durum wheat flour
- Whole grain soft white wheat
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole grain Khorasan wheat
- Whole Khorasan wheat
- Whole wheat flakes
- Whole wheat flour
- Whole white wheat
- Whole white wheat flour
- Bromated whole wheat flour

Corn:

- Corn masa
- Corn masa flour
- Ground corn with trace of lime
- Ground corn treated with lime
- Hominy grits
- Masa harina
- Nixtamalized corn
- Popcorn
- Whole corn
- Whole corn flour
- Whole corn meal
- Whole grain corn
- Whole grain corn flour
- Whole grain corn meal
- Whole grain grits

Oats:

- Oats
- Oatmeal (old-fashioned, quick cooking, steel cut & instant)
- Oat groats
- Oat flour
- Rolled oats
- Whole grain oat flour
- Whole oat flour
- Whole oats

Rice:

- Brown basmati rice
- Brown rice
- Brown rice flour
- Brown jasmine rice
- Sprouted brown rice
- Whole grain brown rice
- Wild rice
- Wild rice flour

Rye:

- Rye berries
- Rye flakes
- Rye groats
- Sprouted whole rye
- Whole grain rye flour
- Whole rye
- Whole rye flour
- Whole rye flakes

Other whole grains:

- Amaranth
- Amaranth flour
- Cracked buckwheat
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Dehulled barley
- Millet
- Millet flour
- Quinoa
- Sorghum (whole milo)
- Sorghum flour
- Spelt berries
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Teff and teff flour
- Triticale and triticale flour
- Whole barley
- Whole grain barley
- Whole barley flakes
- Whole buckwheat flour
- Whole einkorn
- Whole einkorn berries
- Whole grain einkorn flour
- Whole grain spelt flour
- Emmer (whole farro)
- Whole spelt

Non-creditable Grains and Flours (not whole or enriched; cannot be one of the first three grain ingredients)

- Any bean flour (ex: chickpea, lentil, legume)
- Any nut or seed flour/meal
- Barley
- Barley flakes
- Barley flour
- Barley grits
- Barley malt
- Basmati rice
- Bread flour
- Bromated flour
- Cake flour
- Corn
- Corn fiber
- Corn flour
- Corn grits
- Corn meal
- Degerminated corn meal
- Durum flour
- Durum grits
- Durum wheat flour
- Farina
- Flaked wheat
- Flour
- Ground corn
- Instantized flour
- Jasmine rice
- Malted barley
- Malted barley flour
- Oat fiber
- Pearled barley
- Phosphate flour
- Potato flour
- Pot barley
- Rice flour
- Rye
- Rye flour
- Scotch barley
- Self-rising flour
- Self-rising wheat flour
- Semolina
- Soy flour
- Stone ground wheat flour
- Tapioca flour
- Unbleached flour
- Wheat flour
- White flour
- White rice
- Yellow corn flour
- Yellow corn meal

Disregarded Ingredients (not included in the Rule of Three and may be disregarded)

- Any ingredients that are less than 2 percent of the product weight (listed after “contains 2% or less”)
- Any grain derivatives (by-products of grains), such as:
 - Cellulose fiber
 - Corn dextrin
 - Corn starch
 - Modified food starch
 - Potato starch
 - Rice starch
 - Tapioca starch
 - Water
 - Wheat dextrin
 - Wheat gluten
 - Wheat starch

Bran and Germ Ingredients (may be the second or third grain ingredient)

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

Enriched Grain Ingredients (may be the second or third grain ingredient)

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour

Flour Blend ingredients

Treat flour blends as one grain ingredient for the Rule of Three. A flour blend is a grain ingredient followed by a list of sub-ingredients in parenthesis, such as “flour blend (whole rye flour, enriched wheat flour, brown rice flour)”. If a flour blend is the first grain ingredient, then all the grain ingredients in the blend must be whole grain. If a flour blend is the second or third grain ingredient, then all the grain ingredients in the blend must be whole grains, enriched grains, bran and/or germ. If a flour blend includes any non-creditable flour or grains, then the flour blend is not a creditable grain ingredient.

When is corn a nixtamalized ingredient?

Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. Nixtamalized corn ingredients are considered whole grain when evaluating products, per [USDA CACFP 15-2019](#).



Nixtamalized corn on right after boiling in lime solution.

Nixtamalized corn may be identified in the ingredient list as:

- Cooked with lime
- Cooked with lime water
- Hydrated lime
- Lime
- Lime/Calcium Hydroxide
- Trace of lime
- Treated with hydrated lime

What about ready-to-eat breakfast cereals?

If a ready-to-eat breakfast cereal has a whole grain listed as the first ingredient, and the cereal is fortified, the cereal meets the WGR criteria. A ready-to-eat breakfast cereal is fortified if it is labeled as “fortified” or if vitamins and minerals are added to the cereal either in the ingredient list or included after the ingredient list. If the ready-to-eat breakfast cereal is not fortified, then the cereal must meet the Rule of Three to be WGR. The cereal must also meet the CACFP sugar limit. For more information, see the USDA worksheet [Choose Breakfast Cereals That Are Lower in Added Sugars](#).

6. A recipe or manufacturer documentation shows whole grains are the primary ingredients

Standardized recipes for grain products must demonstrate that whole grains are the primary ingredient by weight, or second after water. For more information, see the USDA worksheet [Is My Recipe Whole Grain-Rich in the CACFP](#).

Proper documentation from a manufacturer for a WGR grain product is a product formulation statement that indicates whole grains are the primary ingredient(s) by weight and the remaining grains in the product are enriched, bran, or germ. More information on product formulation statements is available on [USDA’s Food Manufacturers/Industry webpage](#).