

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

The food item meets the whole grain-rich criteria under the National School Lunch Program (NSLP)

The product has proper documentation from a manufacturer or a standardized recipe showing the whole grains are the primary grains by weight

The food item meets the Rule of Three

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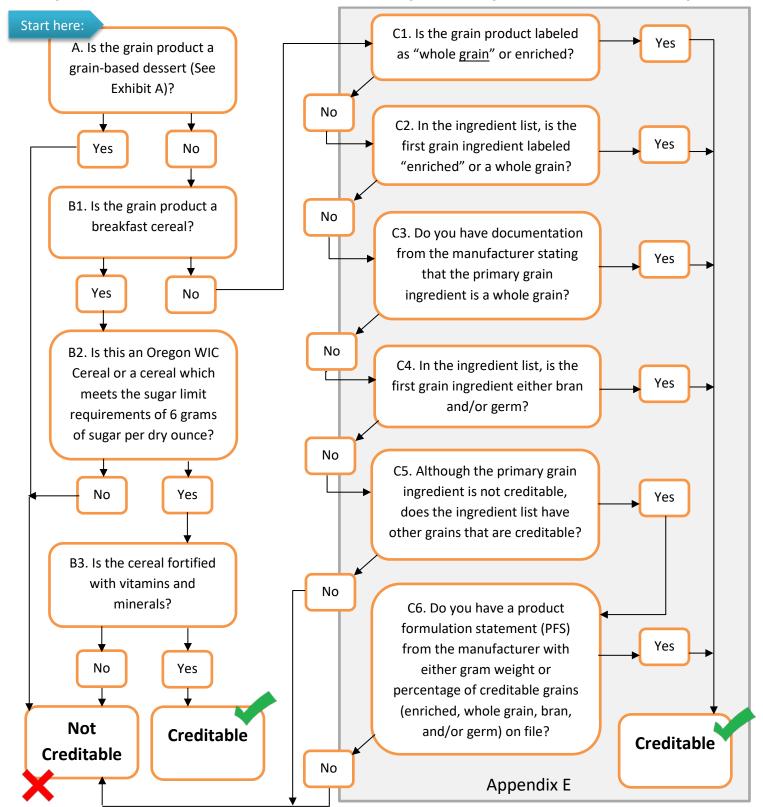
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Step 1: Flowchart for Determining Creditable Grains/Breads (Appendix E)

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

No

No

B. Does the grain

product include one

of the FDA approved

whole-grain health

claims?

C. Does the grain

Yes

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 breakfast cereal marked No product is

No

Yes

F3. Does it have a second

grain ingredient?

F2. Is this a fortified

breakfast cereal?

F1. The Rule of Three:

whole grain?

Yes

Yes

No

No

FDA 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."

with a "W" on the Oregon

WIC Cereal list? Refer to the

WIC Food List.

Refer to the Whole Grain Resource for the National School Lunch and School **Breakfast Programs**

Breads with these exact names have FDA Standards of Identity:

- Whole wheat bread
- Entire wheat bread
- Graham bread
- Whole wheat rolls
- Entire wheat rolls
- Graham rolls
- Whole wheat buns
- Entire wheat buns
- Graham buns

product meet the whole Looking at the ingredient grain-rich criteria under list, is the first ingredient the National School (or second after water) Lunch Program (NSLP)? No D. Is this a bread or pasta product Yes labeled as "whole wheat" and has a FDA Standard of Identity? No

WGR

Yes

Pastas with these exact names have **FDA Standards of Identity:**

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

E. Is there proper documentation from a manufacturer (Product Formulation Statement or CN label) or a standardized recipe demonstrating the whole grains are the primary grain by weight?

Wheat berries

List of Whole Grains:

This grain

product is

NOT WGR

Wheat/oat groats

F3b. Is the non-creditable

grain ingredient listed

after the statement

"contains less than 2%

of..." or part of dough

conditioner?

No

Yes

No

Yes

- Whole grain corn
- Brown/wild rice
- Whole einkorn berries
- Millet
- Triticale
- Quinoa
- Teff
- Buckwheat
- Amaranth
- Sorghum

- Bulgur
- Cracked wheat
- Whole wheat flour
- Whole durum flour
- Graham flour
- Whole grain corn flour
- Whole rye flour
- Whole grain spelt flour
- Oats and oatmeal
- Sprouted whole wheat
- Sprouted brown rice Sprouted buckwheat

List of Non-Creditable Grains:

modified food starch should be

method (See boxes F1-F4).

No

F4b. Is the non-creditable grain

ingredient listed after the

statement "contains less than 2%

of..." or part of dough conditioner?

Disregarded ingredients:

Ingredients making up less than 2% of

product weight or grain derivatives, such as

corn dextrin, rice starch, tapioca starch, or

disregarded. These ingredients do not need

to be counted when using the Rule of Three

wheat gluten, wheat starch, corn starch,

Non-enriched/Non-whole flours,

including white rice, wheat flour, corn

Oat fiber

Yes

No

This grain

product is

WGR

- Corn fiber
- Malted barley flour
- Barley malt
- Corn meal/flour
- Farina
- 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