



CACFP GRAINS: QUICK REFERENCE GUIDE



Identifying Creditable Grain Ingredients and Products

Creditable Whole Grains	Other Creditable Grains
Brown Rice or Wild Rice	Bran: corn, oat, rice, wheat
Brown rice	Enriched flours: durum wheat, rice, white wheat
Buckwheat	Enriched rice
Bulgur	Wheat germ
Cornmeal treated with lime	
Corn Flour, Corn Masa (masa harina)	
Oatmeal or rolled oats	
Quinoa	
Whole grain barley	
Whole rye	
Whole Wheat	

Requirements

- Only creditable grain products may be used as part of a reimbursable meal or snack. Check the [USDA Crediting Handbook for the CACFP \[PDF\]](#).
- Grain-based desserts are not creditable. See page 3.
- Breakfast cereals must comply with sugar limits. See page 4.
- A Whole Grain (WG) or Whole Grain-Rich (WGR) product must be served as the entire grain component for at least one meal or snack per day.

Example Grain Products*

Cooked grains: Pasta, rice, quinoa.

Breads/Rolls: Sliced bread, bagels, pita bread.

Snack Grains: Crackers, pretzels.

Hot or Cold Cereal.

Other: Tortillas, taco shells, muffins.

* To determine if these products are whole grain-rich, use the criteria on the next page.



Don't Fall for These: Foods labeled with the words made with whole wheat, multi-grain, 100% wheat, or seven-grain, are not necessarily WGR. Grains like quinoa, brown rice, oatmeal, may not have the word whole before their name, but are whole grains.

What is Whole Grain-Rich (WGR)?

A food is WGR if at least HALF the grain ingredients are whole grains, and all remaining grain ingredients are enriched. Grains like quinoa, brown rice, oatmeal, may not have the word whole before their name, but are whole grains. The WGR requirement applies to meals served to children 1 year and older.



Whole Grain-Rich Criteria

Identify WGR foods by ONE of the options below:

1. The product is found on ANY State agency's Special Supplemental Nutrition Program for **Woman, Infants, and Children (WIC)** - approved whole grain food list. Use your web browser to search for the [Maryland WIC Authorized Foods List \[PDF\]](#) or visit www.mdwic.org.
2. The package includes one of the following **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."

3. **Product labels:** Breads and pastas labeled "whole wheat" are WGR. Other grain products labeled "whole wheat" such as crackers, tortillas, bagels, and biscuits must be evaluated using another option on this list.

4. Review the **Ingredient List** on the nutrition facts label:

- A whole grain is the first ingredient or is the 2nd ingredient after water. The next 2 grain ingredients must be a whole grain, enriched grain, bran, or germ.
- Non-creditable grains can't be one of the first 3 grain ingredients.
- For breakfast cereals, if the first grain ingredient is a whole grain and the cereal is fortified with vitamins and minerals, the product meets WGR criteria.

5. **Products and standardized recipes with more than one grain ingredients:**

If whole grain is not listed first, and you see multiple whole grains on ingredient list, request a Product Formulation Statement (PFS). For recipes, show that half of all grain ingredients are whole grains by weight or volume of the ingredients.



Recordkeeping Requirements

- Note which items are Whole Grain (WG), or Whole Grain-Rich on menus.
 - Ex. Whole Wheat Dinner Roll, WGR Bread, WG Pasta, or you can use an asterisk or icon next to the item, with an explanation at the bottom
- Keep product labels on file for WGR products and cereals.



Grain-Based Desserts

Grain based desserts (GBD) are not creditable in the CACFP. This includes store-bought and homemade items.

Some GBDs may be labeled with a different name (i.e. breakfast flat instead of granola bar); however, they are still GBD and must not be served as a creditable component.

Creditable Grain Examples	Not Creditable (Grain Based Desserts)
Banana, zucchini, and other quick breads	Brownies
Crackers, both savory and sweet (animal and graham cracker)	Cake, including coffeecake and cupcakes
French toast	Cereal bars, breakfast bars, and granola bars
Muffins	Cookies, including vanilla wafers
Plain croissants	Doughnuts
Pancakes, Waffles	Gingerbread
Savory biscuits/scones made with cheese, herbs, vegetables	Sweet rolls (cinnamon rolls)
Teething biscuits and crackers	Toaster pastries

Even items with healthy ingredients (low sugar, low fat, whole grain) are NOT creditable because they are still identified as a GBD.

Breakfast Cereal Sugar Limit

Breakfast cereals (ready-to-eat, instant, or regular hot cereal) must contain no more than 6 grams of sugar per dry ounce. There are two ways to determine if a cereal meets this sugar limit:

1. The cereal is on the WIC Approved breakfast cereal list,
2. Use the Sugar Limits in Cereal Table

If the serving size is	Sugars cannot be more than
12 to 16 grams	3 gram
17 to 21 grams	4 gram
22 to 25 grams	5 gram
26 to 30 grams	6 gram
31 to 35 grams	7 gram
36 to 40 grams	8 gram
41 to 44 grams	9 gram
45 to 49 grams	10 gram
50 to 54 grams	11 gram
55 to 58 grams	12 gram
59 to 63 grams	13 gram
64 to 68 grams	14 gram
69 to 73 grams	15 gram
74 to 77 grams	16 gram
78 to 82 grams	17 gram

Refer to the [USDA CACFP Training Worksheets; Crediting Handbook for the CACFP \[PDF\]](#); and [Breakfast Sugar Limit](#).



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Refer to memos CA 17-18, CA 16-19, CA 19-19, CA 22-19, and CA 30-19.