

# Steps to Determine if a Product is Whole Grain Rich (WGR) Using the Ingredient List

Instructions: Read the Steps, Disregard list and Non-Creditable list. Then use the colors in the ingredient list with the corresponding colors of the Steps as you determine WGR products.

## Step 1

**1st Ingredient (or 2nd after water) MUST be a Whole Grain.**

Whole grains examples: quinoa, brown rice, oatmeal, milled hominy, corn masa, corn flour, cornmeal, popcorn.

## Step 2

**2nd Grain Ingredient MUST be Whole, Enriched, Bran or Germ**

If there is only one grain ingredient and it is **WHOLE**, then this item is WGR.

## Step 3

**3rd Grain Ingredient MUST be Whole, Enriched, Bran or Germ**

If there are only two grain ingredients and the first grain ingredient is **WHOLE** and the 2nd is **Whole, Enriched, Bran or Germ**, then this item is WGR.

## 4 - Disregard These

**Items on this list can be ignored when determining WGR products.**

- Wheat Gluten
- Wheat Starch
- Wheat Dextrin
- Corn Starch
- Corn Dextrin
- Rice Starch
- Tapioca Starch
- Modified Food Starch
- Cellulose Fiber
- Any ingredient after the words
- "Contains 2% or less."

## 5 - Non Creditable

**Cannot be one of the first 3 grain ingredients:**

- Bromated Flour
- Wheat Flour
- White Flour
- Durum Flour
- Oat Fiber
- Corn Fiber
- Malted Barley Flour
- Barley Malt

## Ingredients

**Whole wheat flour** ①, water, **corn starch** ④, **enriched flour** ② [unbleached wheat flour, malted barley flour, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), folic acid], **wheat bran** ③, soybean oil, **wheat flour** ⑤, rye flour, salt, vinegar, citric acid, ascorbic acid, soy lecithin

## Automatically WGR

- On WIC Grains List
- On WIC Cereal List with the whole grain icon
- FDA Health Claim\*
- Bread and Pasta Labels say "Whole Wheat"

\*The FDA Health Claim: "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."

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