

6 WAYS TO IDENTIFY Whole Grain-Rich Foods

Whole grain-rich foods are either **100% whole grain**, or they contain at least **50% whole grain** and the remaining grains are enriched. Each day, at least one serving of grains must be whole grain-rich. Use one of these six ways to identify whole grain-rich foods.

1 Use any State agency's **Special Supplemental Nutrition Program** for Women, Infants, and Children (WIC-approved grain food list).



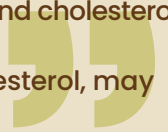
2 Use the **National School Lunch Program (NSLP)** whole grain-rich criteria.

3 Use documentation from a **manufacturer** or a **standardized recipe**.



4 Use grain products featuring the **FDA Whole Grain Health Claim**.

- "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."



5 Use the **Rule of Three**:

- **Credible Grains**: First ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ
- **Disregard**: Grain derivatives (by-products of grains). Any ingredients after the words "contains **2% or less**" are considered insignificant and may be disregarded
- **Non-Credible**: e.g., flours that are not enriched or whole, that are labeled as **2% or less** of product

**2%
OR LESS**



6 Use the FDA Standard of Identity for **BREADS AND PASTAS**.



The product is labeled as "**whole wheat**" and has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA).

For additional information on how to use these six methods, refer to the Policy Memo, CACFP 09-2018: Grain Requirement in the Child and Adult Care Food Program: Questions and Answer.