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.

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.

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





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.



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