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

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.