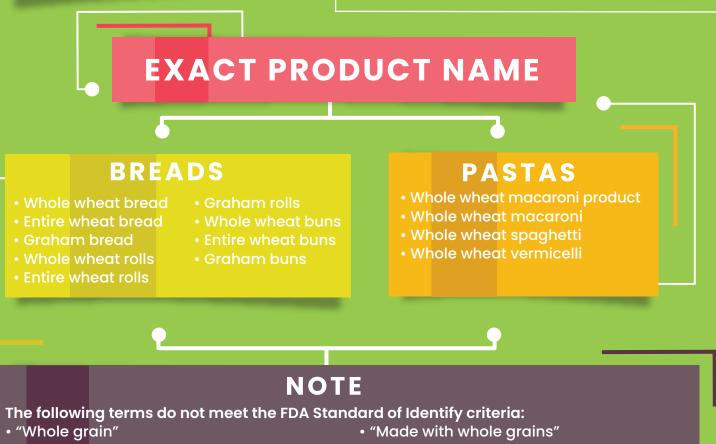
HOW TO USE THE STANDARD OF IDENTITY METHOD: WHOLE GRAIN-RICH BREADS AND PASTA

What does **"whole grain-rich mean?"** The grain content of a product is between 50 and 100 percent whole grain, with any remaining grains being enriched.

The Food and Drug Administration (FDA) provides a Standard of Identity list for whole wheat breads and pastas, and these products are whole grain-rich.

When using this method to identify whole grain-rich breads and pastas, look for the exact names as those listed below. If a product does not have the exact name, it will require a different method to determine if it is whole grain-rich.



- "Made with whole wheat"
- "Contains whole grains"

Any bread or pasta with these four claims will require an additional method to determine if they meet the whole grain-rich criteria.



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government. The University of Mississippi is an EEO/AA/Title VI/Stection 504/ADA/ADEA Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5864 (voice and TDD). USDA is an equal opportunity provider and employer. © 2020, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold. The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.