What does “whole grain-rich mean?” Foods that meet the whole grain-rich criteria contain 100% whole grain, or at least 50% are whole grain and the remaining grains are 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.

**EXACT PRODUCT NAME**

**BREADS**
• Whole wheat bread
• Entire wheat bread
• Graham bread
• Whole wheat rolls
• Entire wheat rolls

**PASTAS**
• Whole wheat macaroni product
• Whole wheat macaroni
• Whole wheat spaghetti
• Whole wheat vermicelli

**NOTE**
The following terms do not meet the FDA Standard of Identity criteria:
• “Whole grain”
• “Made with whole wheat”

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