

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

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
- Graham rolls
- Whole wheat buns
- Entire wheat buns
- Graham buns

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 Identify criteria:

- “Whole grain”
- “Made with whole wheat”
- “Made with whole grains”
- “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.