USDA
United States Department of Agriculture
Food and Nutrition Service

How To Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program

Whole grain-rich foods are filled with vitamins and other nutrients that children and adults need for growth, development, and good health.

Whole Grain-Rich Requirements

"Whole grain-rich" means that at least half the grains in a food are whole grain and the remaining grain ingredients are enriched, bran, or germ. Some examples of enriched and bran and germ ingredients include enriched white flour, oat bran, and wheat germ. In the Child and Adult Care Food Program (CACFP), at least one offering of grains per day must be whole grain-rich. **This requirement does not apply to infants (ages 0 through 11 months).**

How To Find Whole Grain-Rich Foods

There are many ways to tell if a grain is whole grain-rich in the CACFP. The grain only needs to meet **one** of these methods to be whole grain-rich. It does not need to meet all the methods.

1. **The *Rule of Three*.** Foods that meet the *Rule of Three* are whole grain-rich. According to the *Rule of Three*, foods are whole grain-rich if the first ingredient (or second after water) in the food is whole grain, and the second and third grain ingredients are whole grain, enriched, bran, or germ. See "Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List" at **https://teamnutrition.usda.gov** for more information.

In the image to the right, the first grain ingredient is whole grain. There is not a second or third grain ingredient, so this cracker is whole grain-rich. ▶

INGREDIENTS: Whole Grain Wheat Flour, Vegetable Oil, Sugar, Salt, Cane Syrup.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

How To Find Whole Grain-Rich Foods (continued)

2 **WIC Lists.** Aside from cereals, any grain included on a State's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Approved Foods List is considered whole grain-rich in the CACFP. This includes tortillas, pastas, rice, and breads on a State WIC list. Not all cereals on a WIC list are whole grain-rich. When using the WIC list to choose a whole grain-rich cereal, be sure to choose one that is marked as whole grain on the WIC list.

3 **Documentation.** Foods that have a standardized recipe or documentation such as a Child Nutrition (CN) Label or a Product Formulation Statement (PFS) showing that whole grains are the primary grain ingredient in the food are whole grain-rich in the CACFP.

4 **Whole Grain-Rich in Schools.** Foods that are considered whole grain-rich in the School Meals program (the National School Lunch Program and School Breakfast Program) are whole grain-rich in the CACFP. Not all grains served in the School Meals programs are whole grain-rich, so be sure to look specifically for foods that are whole grain-rich.

Information on the Food Package:

5 **FDA Whole Grain Health Claims.** Foods are whole grain-rich if their package has one of the two whole grain health claim statements from the U.S. Food and Drug Administration (FDA):

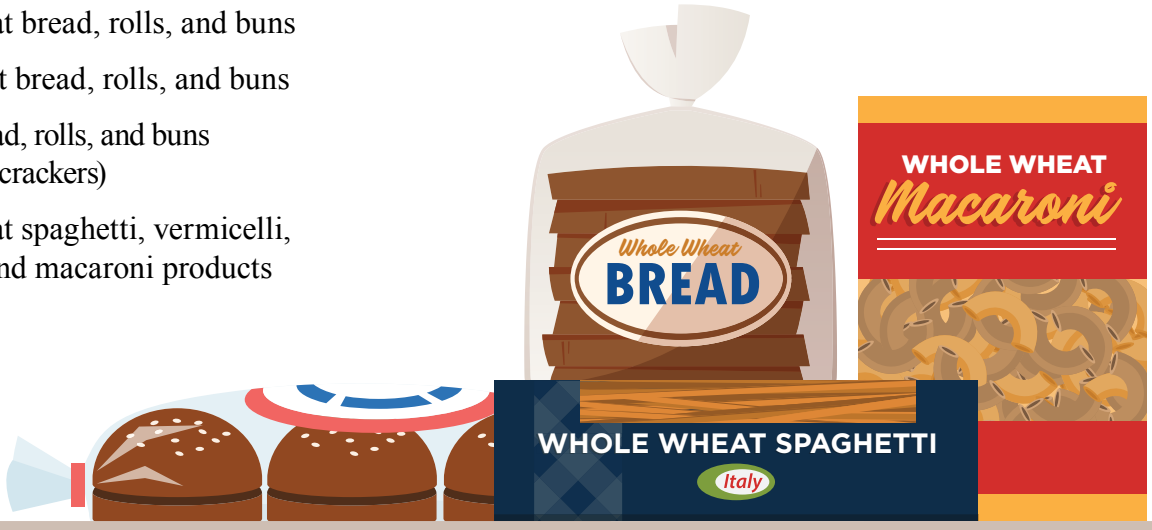
> "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

or

> "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of health disease."

6 **Labels.** Certain breads and pastas that have the words "whole wheat" in the name are whole grain-rich. Foods labeled exactly as written below are whole grain-rich:

- Whole wheat bread, rolls, and buns
- Entire wheat bread, rolls, and buns
- Graham bread, rolls, and buns (not graham crackers)
- Whole wheat spaghetti, vermicelli, macaroni, and macaroni products



What To Watch Out For

The images below show labels that cannot be used to tell if a food is whole grain-rich. If you see one of these labels on a food, you will still need to use one of the methods listed on pages 1 and 2 to see if the food is whole grain-rich.

The term “whole wheat” can only be used to indicate a grain is whole grain-rich in a few limited circumstances. See “Labels” on page 2 for more information.

The Whole Grain stamp cannot be used to identify whole grain-rich foods in the CACFP.

Foods labeled with “made with whole grains,” “multi-grain,” or “whole grain” may not be whole grain-rich.

Try It Out!

Which of the foods below are whole grain-rich in the CACFP?

☐ **A**

▲ *Listed on your State's WIC list*

☐ **B**

☐ **C**

Answer:

A and C are whole grain-rich because:

- The corn tortillas (A) are listed on a State's WIC list and
- The crackers (C) meet the *Rule of Three*. The first ingredient, the whole wheat flour, is whole grain, the second grain ingredient, the enriched flour, is enriched, and the third grain ingredient, wheat bran, is a type of bran.
- The whole wheat bagel (B) may or may not be whole grain-rich. Only breads and some pastas labeled "whole wheat" are whole grain-rich. You would need to use another method to see if these bagels are whole grain-rich.

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