

ACTIVITY: Is it WGR using the Rule of Three?

1. Read each ingredient list to determine if the item is whole grain-rich (WGR) using the **Rule of Three**
2. Write down the grain ingredients on the lines (there may be more than 3 grain ingredients to look at)
3. For each grain ingredient, check the type of grain it is
4. In the box below, check the correct answer

100% Whole Wheat Pizza Crust
Ingredients: Whole Wheat Flour, Water, Palm Oil, Yeast, Wheat Gluten, Milk Casein, Salt, Mozzarella Cheese (Milk, Cheese Cultures, Salt And Enzymes), Sugar

1st Ingredient: _____

2nd grain ingredient: _____

3rd grain ingredient: _____

4th grain ingredient: _____

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient: _____					
2 nd grain ingredient: _____					
3 rd grain ingredient: _____					
4 th grain ingredient: _____					

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Ultragrain Tortilla
Ingredients: Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Glycerine, Cornstarch, Dextrose, Cultured Wheat Flour, Wheat Gluten, Salt, Honey, Sodium Bicarbonate

1st Ingredient: _____

2nd grain ingredient: _____

3rd grain ingredient: _____

4th grain ingredient: _____

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient: _____					
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Wheat Breadsticks
Ingredients: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine, Riboflavin, Folic Acid), Wheat Starch, Yeast, Sugar. Contains Less Than 2% Of: Soybean Oil, Salt, Oat Fiber, Honey

1st Ingredient: _____

2nd grain ingredient: _____

3rd grain ingredient: _____

4th grain ingredient: _____

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient: _____					
2 nd grain ingredient: _____					
3 rd grain ingredient: _____					
4 th grain ingredient: _____					

Is this product: Whole grain-rich Not WGR, but still creditable as a grain