1. Read each ingredient list to determine if the item is whole grain-rich (WGR) using the **Rule of Three**
2. Write down the 1st, 2nd and 3rd grain ingredients (if applicable) on the lines
3. For each grain ingredient, check the type of grain it is
4. In the box below, check the appropriate 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

		WG	Enriched	Bran/Germ	Grain Derivative	Non-creditable
1st Ingredient:	Whole Wheat Flour	✖				
2nd grain ingredient:	Wheat Gluten				✖	
3rd grain ingredient:						
4th 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

		WG	Enriched	Bran/Germ	Grain Derivative	Non-creditable
1st Ingredient:	Whole Wheat Flour	✖				
2nd grain ingredient:	Enriched Flour		✖			
3rd grain ingredient:	Cornstarch				✖	
4th grain ingredient:	Cultured wheat flour					✖

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

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

		WG	Enriched	Bran/Germ	Grain Derivative	Non-creditable
1st Ingredient:	Whole Wheat Flour	✖				
2nd grain ingredient:	Enriched Wheat Flour		✖			
3rd grain ingredient:	Wheat Starch				✖	
4th grain ingredient:	Oat Fiber (2% or less)					✖

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