ACTIVITY: Whole Grain-Rich Products ~ Is it Creditable?

Instructions: Read each ingredient’s list to determine if the food item is whole grain-rich. Some items may need additional information to determine if they are whole grain-rich. For example, a CN Label or a product formulation statement from a manufacturer may be necessary for determining if a food item is whole grain-rich. If you need additional information, list what you might need to determine if the food item is whole grain-rich.

Whole Wheat Bread
Ingredients: Whole Wheat Flour, Water, Honey Flakes (Sugar, Palm Oil, Cornstarch, Natural Flavor, Honey, Salt, Soy Lecithin), Vital Wheat Gluten, Yeast, Honey, Molasses, Contains 2% Or Less Of Each Of The Following: Vegetable Oil (Canola and/or Soy), Salt, Sugar, Raisin Juice Concentrate, Wheat Bran, Distilled Vinegar, Xanthan Gum, Ascorbic Acid, Cultured Wheat Flour (Mold Inhibitor), Calcium Sulfate (A Source Of Calcium), Enzymes, Nonfat Dry Milk, Soy Flour.

Honey Oat Bread

Multi Grain Bread
ACTIVITY: Homemade Whole Grain-Rich Items ~ Is it Creditable?

Instructions: Read each recipe to determine if the food item is whole grain-rich.

Whole Wheat Muffins
Ingredients
1 cup flour (all purpose)
1 cup whole wheat flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown sugar (firmly packed, or white sugar)
1 cup milk, low-fat (1%)
2 egg
1 teaspoon vanilla (optional)
1/4 cup margarine or butter (melted, or 1/4 cup vegetable oil)
1 tablespoon sugar
1/2 teaspoon cinnamon (ground)

Is this recipe whole grain-rich?

Banana Muffins
Ingredients
2 cup flour (all purpose)
2 ripe bananas
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown sugar (firmly packed, or white sugar)
1 cup milk, low-fat (1%)
2 egg
1 teaspoon vanilla (optional)
1/4 cup margarine or butter (melted, or 1/4 cup vegetable oil)
1 tablespoon sugar
1/2 teaspoon cinnamon (ground)

Is this recipe whole grain-rich?