

Grains Component



This handout provides information on grain requirements for infants, child and adult participants in the Child and Adult Care Food Program (CACFP). Throughout the handout, the term *program* will be used which refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters and adult care centers. Find this handout and more information on the New CACFP Meal Pattern webpage: <https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern>.

What is Whole Grain-Rich (WGR)?

At least 1 serving of grains per day must be whole grain-rich. Whole grain-rich (WGR) foods contain **100% whole grains**, or at least **50% whole grains**, and the remaining grains are enriched.

The whole grain-rich requirement only applies to meals served to children 1 year and older, and adult participants; it **does not** apply to infant meals.

Whole Grains

“Whole” or “whole grain” before the grain’s name

Amaranth	Oats/Oatmeal: <i>(rolled oats, steel cut, quick-cooking, old fashioned, instant)</i>	Quinoa
Berries		Sorghum
Brown rice		Spelt
Buckwheat		Teff
Bulgur	Sprouted whole grains	Triticale
Cracked wheat	Whole cornmeal	Wild rice
Crushed wheat	Whole durum flour	WG barley
Graham flour	WG einkorn flour	WG corn
Groats	Whole rye flour	Whole corn
Millet	WG wheat flakes	Whole wheat

Foods labeled with: *made with whole wheat, bran, multi-grain, 100% wheat, or seven-grain*, are usually not whole grain

Serving Meals with WGR Foods

Each day, at least one meal or snack must include a whole grain-rich food. If your program serves:

- One meal (breakfast, lunch or supper), the grain must be WGR.
- One snack, if one of the two components is a grain item, it must be WGR.
- More than one meal or snack (breakfast, lunch and snack), you may choose which meal to serve the WGR food.

Recordkeeping Requirements



Whole grain (WG), whole wheat (WW) or whole grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item on a given day, **the least reimbursable meal or snack serving a grain must not be claimed.**

Whole Grain-Rich Criteria

Identify whole grain-rich foods by **ONE** of the **6** options below:

1. Product is labeled as **Whole Wheat**

Only **breads, buns or rolls** labeled as “whole wheat”, “entire wheat” or “graham” are 100% whole wheat and WGR

Only the following **pasta** labeled as “whole wheat” are 100% whole wheat and WGR:

- Macaroni, macaroni product, spaghetti, vermicelli

For other items labeled as “whole wheat” such as crackers, tortillas, bagels, and biscuits, use another method to determine if they are WGR.

2. Product is found on any State agency’s **WIC-approved** whole grain food list

3. Package includes one of the following **FDA health claims**:

- 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 heart disease.

4. The food meets the whole grain-rich criteria under the **National School Lunch Program**

5. The food meets the **Rule of Three**

- First ingredient (or 2nd after water) must be whole grain, AND
- The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ
 - *Non-creditable grains or flours* cannot be one of the first 3 grain ingredients
 - *Grain derivatives* must be ignored and not included in the Rule of Three
 - Any ingredients listed after the statement “contains 2% or less” are disregarded

6. **CN Label, Product Formulation Statement** from the manufacturer or a **recipe** that shows the item is WGR

Homemade Grain Items:

Look at the grains in the recipe. If 50% or more of the grains are whole grain, the item is WGR.

For More Information on Grains:

Refer to this [website](#) and USDA Policy Memo [01-2018](#)

Grain-Based Desserts (GBD)

Grain-based desserts are **not creditable to the grains component**, including store-bought and homemade items.

One intention of the CACFP is to **teach healthy eating**. Meal times should be used as teachable moments, helping to shape the food choices children will make later in life. By serving GBD, children learn to view these foods as a healthy snack.

- Even items homemade with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable because they are still identified as a GBD; and, while a homemade version may be healthier; often what is purchased in stores is not.

Some GBDs may be labeled with a different name (i.e. breakfast flat instead of granola bar); however, they are still a GBD and must not be served as a creditable component.



Recordkeeping Requirements

If a grain-based dessert is served as the grain component at a meal or snack, **that meal/snack must not be claimed**.

[Here](#) are some healthy snacks to serve in place of desserts

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Cornbread
Bread/breadstick with sweet filling (such as pie filling)	Savory breadsticks
Cakes, (coffee cake and cupcakes)	Quick breads (banana, zucchini, and others)
Cereal bars, breakfast bars, granola bars, marshmallow cereal treats	Cereals (including granola) that meet sugar limit and are WGR, enriched, and/or fortified
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies	Crackers, all types (savory, plain, graham, animal)
Doughnuts	French toast
Gingerbread	Muffins
Ice cream cones	Pancakes, Waffles
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Caramel popcorn & kettle corn	Popcorn, plain/cheese-flavored
Sweet biscotti/scones with fruits, chocolate, icing, etc.	Savory biscotti/scones made with cheese, herbs, vegetables
Sweet bread pudding and rice pudding	Savory bread pudding and rice pudding (cheese, herbs, veggies)
Sweet croissants (chocolate-filled)	Plain croissants
Sweet pita chips, such as cinnamon-sugar flavored	Plain or savory pita chips
Sweet rolls (cinnamon rolls)	Tortillas and tortilla chips
Toaster pastries	Teething biscuits and toasts

Breakfast Cereal Sugar Limit

Breakfast cereals (ready-to-eat, and instant or regular hot cereal) must contain no more than **6 grams** of sugar per dry ounce.

There are three ways to determine if a cereal meets this sugar limit:

1) Cereal is on the **WIC approved breakfast cereals list**

2) Using the **Sugar Limits in Cereal Table** (example below)

3) Completing a **Calculation**

More information about these are found on the [Cereals that Meet CACFP Requirements](#) handout. An example of how to use the Sugar Limits in Cereal Table is provided below.

Sugar Limits in Cereal Table

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- 3 Use the serving size identified in step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams

- 4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

Nutrition Facts	
Serving Size ¾ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	



Recordkeeping Requirements

The specific name of the cereal(s) served must be written on menus. **If a cereal is served that is above the sugar limit, that meal or snack must not be claimed.**

Answer: The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.

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