

IN THIS HANDOUT:

RULE OF 3 FOR DETERMINING WHOLE GRAIN-RICH (WGR)

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The Rule of 3 requires looking at a grain product’s ingredient list. A grain is WGR when the:

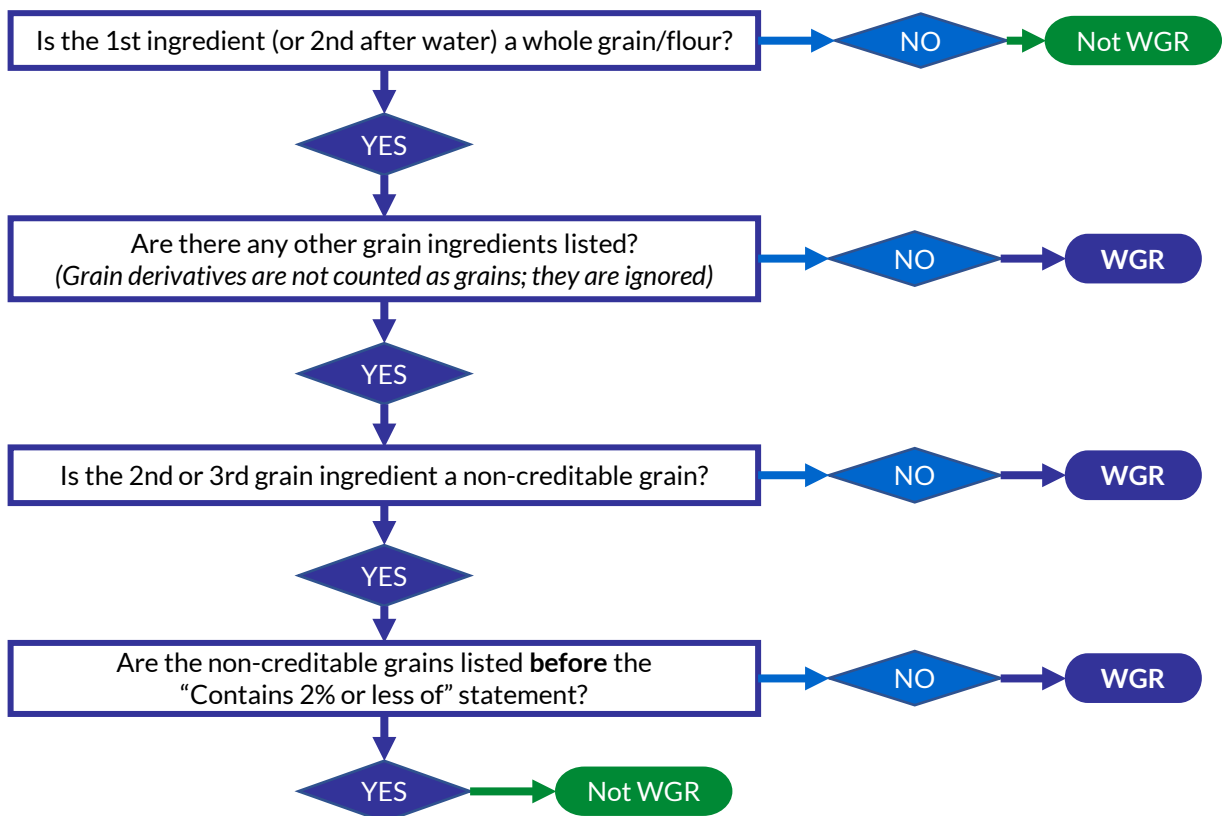
- 1st ingredient (or second after water) is a **whole grain/flour**
- 2nd and 3rd grain ingredients (if any) are a **whole grain/flour, enriched grain/flour, bran, or germ**

A non-creditable grain cannot be one of the first three grain ingredients.

Grain derivatives and ingredients after the “Contains 2% or less of” statement are ignored.

Rule of 3 Flowchart

Use the Rule of 3 Flowchart to determine if a grain product is WGR or not WGR depending on the type of grain ingredients. For a list of common grain ingredients see the [CACFP Reference Guide](#).





Examples of Products that are WGR by the Rule of 3

This product is WGR because the 1st ingredient is a whole grain. There are no other grain ingredients.

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, ~~CORNSTARCH~~, MALT SYRUP (FROM CORN AND BARLEY), REFINER'S SYRUP, SALT, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA), TOMATO POWDER, SUNDRIED TOMATO POWDER, PAPRIKA, GARLIC POWDER, SPICES (INCLUDES BASIL), ONION POWDER, DRIED RED AND GREEN BELL PEPPERS, YEAST EXTRACT, NATURAL FLAVOR (CONTAINS CELERY), SULFUR DIOXIDE (SULFITES) TO PRESERVE FRESHNESS.

1st ingredient: Whole Grain Wheat Flour (Whole Grain/Flour)
Note: Cornstarch is a grain derivative (ignored)

This product is WGR because the 1st ingredient is a whole grain, the 2nd grain ingredient is a whole grain, and the 3rd grain ingredient is a bran.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHOLE WHEAT SUGAR, ~~WHEAT GLUTEN~~, YEAST, WHEAT BRAN, CORNMEAL, SALT, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), MONO- AND DIGLYCERIDES, DATEM, CELLULOSE GUM, CITRIC ACID, XANTHAN GUM, MALTODEXTRIN, CORNSTARCH, ALGIN, SOY LECITHIN. R18-121-300621

1st ingredient: Whole Wheat Flour (Whole Grain/Flour)
2nd grain ingredient: Whole Wheat (Whole Grain/Flour)
3rd grain ingredient: Wheat Bran (Bran)
Note: Wheat gluten is a grain derivative (ignored)

This product is WGR because the 1st ingredient is a whole grain, and the 2nd grain ingredient is an enriched grain. There is not a 3rd grain ingredient.

INGREDIENTS: GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, CANOLA OIL, DEXTROSE, HONEY, CALCIUM CARBONATE (SOURCE OF CALCIUM), MALTODEXTRIN, BAKING SODA, SALT, SOY LECITHIN, NATURAL FLAVOR.

1st ingredient: Graham Flour (Whole Grain/Flour)
2nd grain ingredient: Enriched Unbleached Flour (Enriched Grain/Flour)

This product is WGR because the 1st ingredient is a whole grain. There are no other grain ingredients.

INGREDIENTS: BROWN RICE FLOUR, ~~POTATO STARCH~~, SAFFLOWER OIL, SESAME SEEDS, SEA SALT, BLACK SESAME SEEDS, POPPY SEEDS, FLAX SEED.

CONTAINS: SESAME SEED.

1st ingredient: Brown Rice Flour (Whole Grain/Flour)
Note: Potato starch is a grain derivative (ignored)



Examples of Products that are Not WGR by the Rule of 3

This product is not WGR because the 1st ingredient is not a whole grain/flour.

This product is creditable as an enriched grain.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

1st ingredient: Unbleached Enriched Flour (Enriched grain/flour)

This product is not WGR because the 2nd grain ingredient is a non-creditable grain/flour.

This product is creditable as a grain because the first ingredient is whole wheat flour; however, it cannot count as WGR.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, FARINA, WHEAT GLUTEN, YEAST, SALT, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), SUGAR, GRAIN VINEGAR, SODIUM STEAROYL LACTYLATE, NATURAL FLAVOR (CONTAINS MILK), MONO- AND DIGLYCERIDES, ETHOXYLATED MONO- AND DIGLYCERIDES, SOY LECITHIN, SOY, SUCRALOSE, WHEY. R21-047-200045

1st ingredient: Whole Wheat Flour (Whole Grain/Flour)
2nd grain ingredient: Farina (Non-Creditable Grain/Flour)

This product is not WGR because the 1st ingredient is not a whole grain/flour.

This product is not creditable in the CACFP because corn is not enriched.

Ingredients: Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), and Salt.

1st ingredient: Corn (Non-Creditable Grain/Flour)

This product is not WGR because the 1st ingredient is not a whole grain/flour.

This product is creditable as an enriched grain because there is a sub-listing of nutrients used to enrich the semolina (wheat).

INGREDIENTS: SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

1st ingredient: Semolina (Non-Creditable Grain/Flour)



Flour Blend Ingredients

It is important to understand flour blends and how they apply to the Rule of 3. A flour blend is when a grain/flour ingredient is listed with parentheses next to it and in the parentheses is a list of ingredients. For example:

Enriched Wheat Flour (Flour, Malted Barley Flour, Iron, Niacin, Thiamin, Riboflavin, Folic Acid)

In the example above, the ingredients in the parentheses make up the enriched wheat flour, they are not separate ingredients.

When applying the Rule of 3, treat flour blends as one ingredient; i.e., the enriched wheat flour in the example is the grain ingredient, not the flour and malted barley in the parentheses.

Flour Blends and the Rule of 3

When a Flour Blend is the 1st Ingredient (or second after water): all ingredients in the parentheses must be whole grains/flours. There cannot be any enriched grains/flours, bran, germ, or non-creditable grains. Here is an example of a whole grain flour blend:

Whole grain flour (whole wheat flour, brown rice flour, whole grain oat flour)

When a Flour Blend is the 2nd and/or 3rd grain ingredient: all ingredients in the parentheses must be creditable, meaning they are a whole grain/flour, enriched grain/flour, bran or germ; vitamins and minerals also allowed. Here is an example of a creditable flour blend:

Flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran)

If there are any non-creditable grains/flours, the entire flour blend is a non-creditable grain. Here is an example of a non-creditable flour blend (soy flour and potato flour are non-creditable grains):

Flour blend (graham flour, soy flour, potato flour)

Nixtamalized Corn Ingredients

Corn products, such as tortillas and tortilla chips, with corn ingredients that are nixtamalized are considered whole grain. These ingredients may be identified in the ingredients list as:

- Cooked with lime
- Cooked with lime water
- Hydrated lime
- Lime
- Lime/Calcium Hydroxide
- Trace of lime
- Treated with hydrated lime
- Treated with lime



Ingredients

Organic Masa (Organic Corn, Water, Lime), Organic Sunflower Oil, Organic Corn Oil, Salt