

Rule of Three Examples

Example 1: English Muffin

Ingredients: **whole wheat flour**, water, **enriched wheat flour**, **wheat starch**, yeast, **millet**, sugar, salt, grain vinegar, soy lecithin, soy, whey (milk)

This product is **WGR** using the Rule of Three:

- First ingredient: **whole wheat flour** is a whole grain
- Second grain ingredient: **enriched wheat flour** is an enriched grain
- The **wheat starch** is a grain derivative which does not count as a grain ingredient in CACFP
- Third grain ingredient: **millet** is a whole grain



Example 2: Bagel

Ingredients: **whole wheat flour**, water, sugar, **wheat bran**, **cornmeal**, vegetable oil, salt

This product is **NOT WGR** using the Rule of Three:

- First ingredient: **whole wheat flour** is a whole grain
- Second grain ingredient: **wheat bran** is a bran
- Third grain ingredient: **cornmeal** is a non-creditable grain

Still a creditable grain,
but not WGR

Example 3: Crackers

Ingredients: **brown rice flour**, sesame seeds, **potato flour**, canola oil, amaranth seeds, sea salt

This product is **NOT WGR** using the Rule of Three:

- First ingredient: **brown rice flour** is a whole grain
- Second grain ingredient: **potato flour** is a non-creditable grain

Still a creditable grain,
but not WGR

Example 4: Tortillas

Ingredients: water, **whole wheat flour**, **wheat gluten**, vegetable oil, salt, cellulose, **soy flour**, ground flaxseed, oat fiber

This product is **NOT WGR** using the Rule of Three:

- First ingredient (after water): **whole wheat flour** is a whole grain
- The **wheat gluten** is a grain derivative which does not count as a grain ingredient in CACFP
- Second grain ingredient: **soy flour** is a non-creditable grain

Still a creditable grain,
but not WGR

Example 5: Muffin

Ingredients: **rolled oats**, water, **wheat germ**, yeast. *Contains 2% or less of the following:* **oat fiber**, salt, sugar

This product is **WGR** using the Rule of Three:

- First ingredient: **rolled oats** is a whole grain
- Second grain ingredient: **wheat germ** is an germ
- Third grain ingredient: **oat fiber** is a non-creditable grain, but follows the statement, "Contains 2% or less," so it is disregarded

