

## ACTIVITY: Grain Products ~ Is it WGR using the Rule of Three?

**Instructions:** Read each ingredient's list to determine if the item is whole grain-rich applying the Rule of Three method.

### 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, Preservatives (Calcium Propionate, Sorbic Acid), Molasses, Fumaric Acid, Food Starch-Modified, Sodium Phosphate, Whey, Monoglycerides, Lactic Acid, Natural Flavor, Garlic, Artificial Color

Is this product whole grain-rich?

Yes  No

### 100% Whole Grain Wheat Thins

**Ingredients:** Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (from Corn, and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and Baking Soda)

Is this product whole grain-rich?

Yes  No

### Wheat Breadsticks

**Ingredients:** Whole Wheat Flour, Water, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron As Ferrous Sulfate, Thiamine Mononitrite, Enzyme, Riboflavin, Folic Acid), Wheat Starch, Yeast, Sugar, Wheat Gluten. Contains Less Than 2% Of The Following: Soybean Oil, Salt, Oat Fiber, Honey, Sodium Stearoyl Lactylate, Datem, Acesulfame Potassium, Ascorbic Acid, Enzyme. May Contain Milk, Soy, Egg And Sesame

Is this product whole grain-rich?

Yes  No

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### English Muffin

**Ingredients:** Whole Wheat Flour, Water, Enriched Wheat Flour, Wheat Starch, Yeast, Sugar, and Salt

Is this product whole grain-rich?

Yes

No

### 100% Whole Wheat Bagel

**Ingredients:** Whole Wheat Flour, Water, High Fructose Corn Syrup, Vital Wheat Gluten, Yeast, Contains 2% Or Less Of: Salt, Preservatives (Sorbic Acid, Calcium Propionate), Mono- And Diglycerides, Soybean Oil, Caramel Color, Dough Conditioners (Calcium Sulfate, L-Cysteine), Wheat Flour, Enzymes, Yellow Corn Meal

Is this product whole grain-rich?

Yes

No

### Ultragrain Tortilla

**Ingredients:** Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Glycerine, Dextrose, Cultured Wheat Flour, Wheat Gluten, Salt, Honey, Sodium Bicarbonate, Malic Acid, Mono- and Diglycerides, Hydrogenated Vegetable Oil, Enzymes, Dough Conditioner (Sodium Metabisulfite)

Is this product whole grain-rich?

Yes

No