



CACFP
TRAINING
Child and Adult Care Food Program

Identifying Whole Grain-Rich



WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent

Whole Grain-Rich (WGR)



“At least 50% of the grains are whole grain and the remaining grain ingredients are enriched, bran, or germ.”

- ✓ One grain per day must be WGR.
- × Does not apply to infants.

Menu Documentation

Monday	Tuesday	Wednesday	Thursday	Friday
Banana WG Cheerios Milk	Avocado Baked scrambled eggs Milk	Mixed fruit Biscuit Ham slice Milk	Strawberries Oatmeal Milk	Fresh apple slices Yogurt Milk
HM cheese pizza Cucumbers Apple slices Milk	Turkey breast sandwich on WG bread Steamed broccoli Watermelon Milk	Oven baked chicken Brown rice Cauliflower Zucchini Milk	Meatloaf Roasted beets Kiwi Corn bread Milk	Baked fish Quinoa Tomatoes Pineapple Milk

A close-up photograph of the spines of several books on a wooden shelf. The books are arranged in a row, with their spines facing the viewer. The colors of the spines are vibrant: orange, blue, green, maroon, and dark blue. Overlaid on the blue, green, and maroon spines are semi-transparent white rectangular boxes containing text. The text is oriented vertically, reading from bottom to top. The background is a warm, light-colored wooden surface.

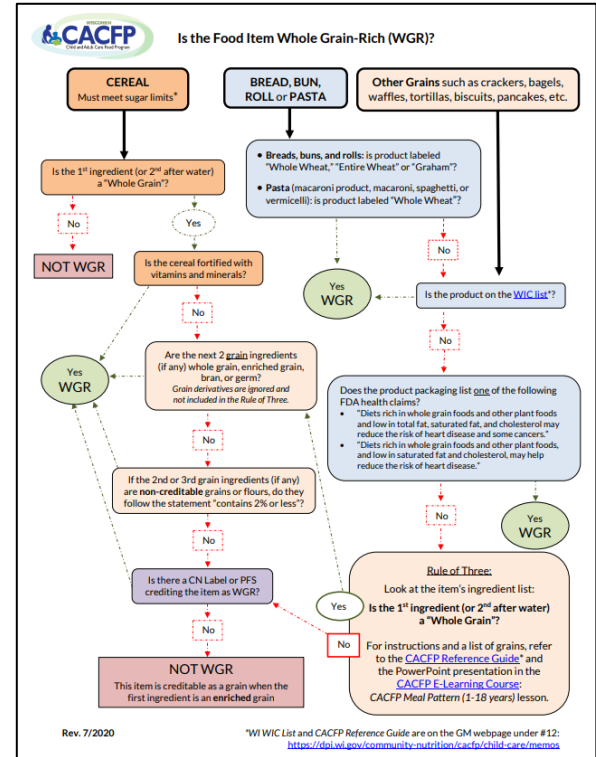
Bagels, Crackers, Rice

Bread, Buns, Rolls, Pasta

Breakfast Cereals

Determining WGR Items

WGR Flowchart → Use this to determine if an item meets WGR criteria.



Method 1: FDA Standard of Identity

Breads, Buns and Rolls labeled as:

- Whole Wheat
- Entire Wheat
- Graham

on the front of the package are whole grain-rich.



FDA Standard of Identity: Pasta

Pasta labeled as:

- Whole Wheat Macaroni Product
- Whole Wheat Macaroni
- Whole Wheat Spaghetti
- Whole Wheat Vermicelli

on the front of the package are whole grain-rich.



Other Statements on Product Packages

A product labeled as:

- Whole Grain
- Contains Whole Grains
- Made with Whole Grains
- Made with Whole Wheat
- Wheat

is **not** WGR based on the package.



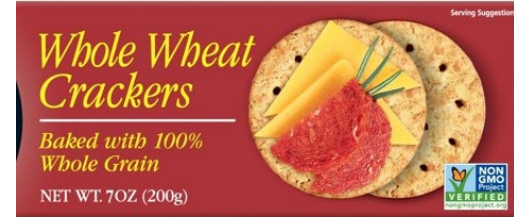
Must use another method!

Other Products Labeled “Whole Wheat”

Other products labeled “whole wheat” such as:

- Crackers
- Bagels
- Waffles
- Muffins
- Pancakes
- English Muffins

DO NOT HAVE AN FDA STANDARD OF IDENTITY.



Must use another method!

Product Documentation

Product documentation supports menus and claims, and may include:

- Product package with ingredient list, or
- Child Nutrition (CN) Label or Product Formulation Statement (PFS)

Use the [CACFP Training Spotlight: Documentation of WGR Foods](#) for specific requirements.

CACFP TRAINING Spotlight
DPI COMMUNITY NUTRITION TEAM

IN THIS HANDOUT:
DOCUMENTATION FOR WHOLE GRAIN RICH (WGR) FOODS

One serving of grains per day must be whole grain rich (WGR). This handout provides information on documentation to keep on file to show that a grain item meets CACFP WGR criteria. The type of documentation required depends on the item and/or method used to determine the item as WGR. This handout is applicable to all programs except for School Food Authorities operating the At-Risk Afterschool Program using the NSLP meal pattern.

When the item is:

- Bread, Buns, and Rolls labeled "Whole Wheat," "Entire Wheat," or "Graham"
- Pasta labeled "Whole Wheat" (macaroni product, macaroni, spaghetti, or vermicelli)

Keep the Following On File

Product label or picture/copy of label (front of the package) that includes the name and brand of product and shows:

- Bread, buns or rolls are labeled "Whole Wheat," "Entire Wheat," or "Graham"
- Pasta is labeled "Whole Wheat"



Bread, buns, rolls, and pasta labeled "Whole Grain," "Contains whole grains," "Made with whole grains," "Made with whole wheat," or "Wheat" are not WGR based on the front of the package. These items must be verified as WGR with other documentation.

When the item is on a WIC Approved Whole Grains list
See [Wisconsin WIC Approved Whole Grains](#)

Keep the Following On File

Product label or picture/copy of label (front of the package) that includes the name and brand of product



Resources mentioned in this document are posted under Guidance Memorandum 2.2 (Guidance Memorandum L for FOCH Sponsors) on the [Guidance Memorandum webpage](#) (<http://dhs.wisconsin.gov/nutrition/foch/guidancemems>)

Product Labels: FDA Standard of Identity Method

When the item is:

- Bread, Buns, and Rolls labeled “Whole Wheat,” “Entire Wheat,” or “Graham”
- Pasta labeled “Whole Wheat” (macaroni product, macaroni, spaghetti, or vermicelli)

Keep the Following On File

Product label or picture/copy of label (front of the package) that includes the name and brand of product and shows:

- Bread, buns or rolls are labeled “Whole Wheat,” “Entire Wheat,” or “Graham”
- Pasta is labeled “Whole Wheat”



Bread, buns, rolls, and pasta labeled “Whole Grain,” “Contains whole grains,” “Made with whole grains,” “Made with whole wheat,” or “Wheat” are **not WGR** based on the front of the package. These items must be verified as WGR with other documentation.

Method 2: WIC-Approved Whole Grains

A product listed on [Wisconsin's WIC-Approved Whole Grains List](#) is whole grain-rich.

Includes specific brands of bread, buns, rolls and pasta, as well as:

- Tortillas (Wheat and Corn)
- Oats/Oatmeal
- Brown Rice

 **Wisconsin WIC Approved Whole Grains**
Foods listed below meet CACFP whole grain rich (WGR) criteria.

BREADS, BUNS, ROLLS Any brand labeled "100% Whole Wheat" and lists whole wheat flour as the first ingredient. Allowed brands: <ul style="list-style-type: none">• Aunt Millie's bread• Beigel's Windmill Farms bread• Best Choice bread• Bimbo bread• Brownberry bread and buns• Butternut bread• Country Hearth bread• Food Club bread• Great Value bread and buns• Hy-Vee bread• IGA whole wheat bread• Kroger bread and buns• Lewis Bake Shop bread• Our Family bread• Pepperidge Farm bread and buns• Private Selection bread• S. Rosen bread• Sara Lee bread• Schnuck's bread• SunnyBrook bread• Village Hearth bread and buns 	TORTILLAS / WRAPS WHOLE WHEAT Only the following brands labeled "Whole Wheat" or "100% Whole Wheat": <ul style="list-style-type: none">• Best Choice• Bucky Badger• Chi-Chi's• Don Pancho• Essential Everyday• Food Club• Frescados• Great Value• Hy-Vee• IGA• Kroger• La Bandertia• Market Pantry• Mission• Ortego• Our Family• Tio Santi 	OATS/OATMEAL <ul style="list-style-type: none">• Plain, any brand• Quick• Old fashioned• Gluten free 
WHOLE WHEAT PASTA Any shape pasta Only the following brands labeled "Whole Wheat" or "100% Whole Wheat": <ul style="list-style-type: none">• Barilla (Whole Grain)• Essential Everyday• Food Club• Gia Russa• Good and Gather• Great Value• Heartland• Hy-Vee• Kroger• Our Family• Racconto• Ronzoni 100% Whole Grain 	TORTILLAS / WRAPS WHITE OR YELLOW SOFT CORN Only the following brands labeled "White Corn" or "Yellow Corn": <ul style="list-style-type: none">• Best Choice• Bucky Badger• Chi-Chi's• El Ray• Essential Everyday• Food Club• Frescados• Hy-Vee• IGA• La Bandertia• La Burrita• Mission• Our Family 	BROWN RICE <ul style="list-style-type: none">• Any brand, dry• Plain brown rice without added herbs, seasonings, or beans• Regular, instant, and boil-in-bag type 



Rev. 12/2022 (WIC approved foods 11/1/22-10/31/25)

Product Labels: WIC-Approved Whole Grains List Method

When the item is on a WIC Approved Whole Grains list

See [Wisconsin WIC Approved Whole Grains](#)

Keep the Following On File

Product label or picture/copy of label (front of the package) that includes the name and brand of product



Activity: Which Method?

FDA Statement: The statement on the front of the package credits the item as WGR.









WIC List: The item is on the WIC list.

Other method: A different method must be used to determine if the item is WGR.

CACFP Activity: Which Method?

Directions: Look at the front of the product package. Check one of the boxes:

- FDA Statement: Statement on front of package credits item as WGR
- WIC List: Item is on the WI WIC list which credits item as WGR
- Other Method: A different method must be used to determine if WGR

<input type="checkbox"/> FDA Statement <input type="checkbox"/> WIC List <input type="checkbox"/> Other Method		<input type="checkbox"/> FDA Statement <input type="checkbox"/> WIC List <input type="checkbox"/> Other Method	
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Activity: Which Method?

Directions: Look at the front of the product package. Check one of the boxes:

- **FDA Statement:** Statement on front of package credits item as WGR
- **WIC List:** Item is on the WI WIC list which credits item as WGR
- **Other Method:** A different method must be used to determine if WGR

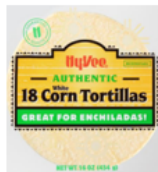
- FDA Statement
 WIC List
 Other Method



- FDA Statement
 WIC List
 Other Method



- FDA Statement
 WIC List
 Other Method



- FDA Statement
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- FDA Statement
 WIC List
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- FDA Statement
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- FDA Statement
 WIC List
 Other Method



- FDA Statement
 WIC List
 Other Method



- FDA Statement
 WIC List
 Other Method



- FDA Statement
 WIC List
 Other Method



Method 3: FDA Health Claim on Product Package



“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.”

“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.”

Product Labels: FDA Health Claim Method

When the item 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.”

“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.”

Keep the Following On File

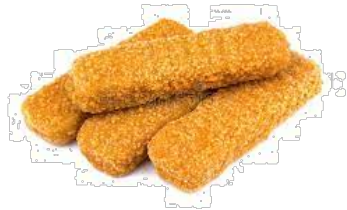
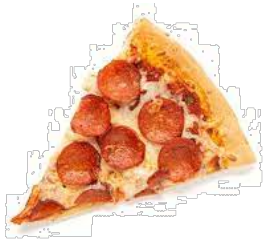
Product label or picture/copy of label (front of the package) that includes the name and brand of product and the FDA Health Claim



Method 4: Child Nutrition (CN) Label

When the grain ingredient is whole grain-rich, the CN Label will state the following:

X.XX oz. equivalent grains



CN

Four 1.00 oz. fish nuggets provide 2.00 oz. equivalent meat/meat alternate and **1.00 oz. equivalent grains** for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the FNS, USDA 02/21).

CN

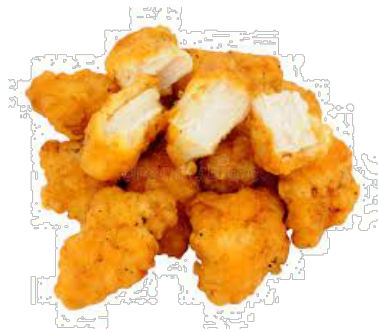
CN

XXXXXX

CN

Product Formulation Statement (PFS)

The PFS will indicate if the item is whole grain-rich by the selection of 'Yes' or 'No.'



Product Formulation Statement for Grains Products

(Contracting entities must retain a copy of the label from the product package in addition to the following information on the manufacturer's letterhead that is signed by an official company representative.)

Product Name: Fully Cooked "Buffalo Style" Chicken Breast Bites

Code No. 40030 WG

Manufacturer: John Soules Foods Acquisitions dba ProView Foods

Serving Size: 4 oz. (4 PC)


I. Does the product meet the Whole Grain-Rich Criteria: Yes No

II. Does the product contain non-creditable grains: Yes No If yes, how many grams: _____

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program:

Product Formulation Statement (PFS): Grain Items

The PFS will indicate if the item is whole grain-rich by the selection of 'Yes' or 'No.'



Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2014-2015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: AJ Whole Grain Pancakes Code No. 1960043582

Manufacturer: Conagra Brands Serving Size: 3 Pancakes (97g)
(raw dough weight may be used to calculate creditable grain amount)

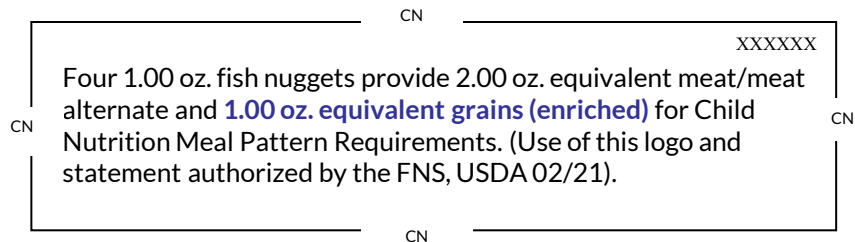
I. Does the product meet the Whole Grain-Rich Criteria: Yes No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

Non-WGR Items: The CN Label or PFS

CN Label:

X.XX oz. equivalent grains (enriched)

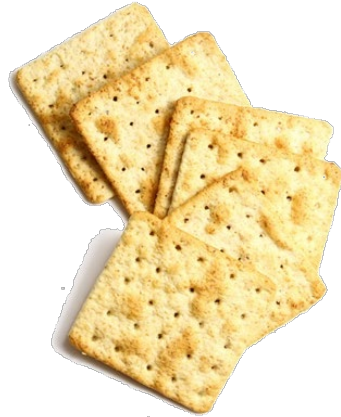
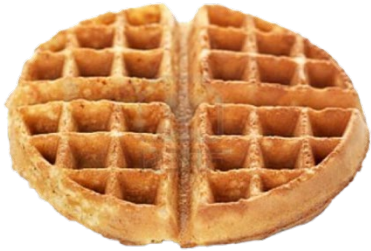


Product Formulation Statement:

I. Does the product meet the Whole Grain-Rich Criteria: Yes No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

Method 5: Rule of Three



Ingredient List

Nutrition Facts

About 11 servings per container
Serving size 5 crackers (16g)

Amount per serving
Calories 70

% Daily Value*

Total Fat 3g 4%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 1g
Includes 1g Added Sugars 2%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 10mg 0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC UNBLEACHED ENRICHED WHEAT FLOUR (ORGANIC WHEAT FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), ORGANIC SAFFLOWER OIL, ORGANIC WHOLE WHEAT FLOUR, ORGANIC WHOLE WHEAT FLAKES, ORGANIC WHOLE BROWN FLAXSEED, ORGANIC CANE SUGAR, ORGANIC BROWN RICE SYRUP, SEA SALT, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, MONOCALCIUM PHOSPHATE), ORGANIC BARLEY MALT EXTRACT, ORGANIC SOY LECITHIN, ENZYMES.

CONTAINS WHEAT, SOY
MADE ON THE SAME EQUIPMENT THAT PROCESSES MILK.

	3,500mg	3,500mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, SUGAR, SOYBEAN OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, INVERT SUGAR, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (ANNATTO EXTRACT, TURMERIC OLEORESIN).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS

CONTAINS: WHEAT.

Nutrition Facts

Serv. Size 1 slice (43g)

Servings Per Container 16

Calories 120

Calories from Fat 15

Amount Per Serving % Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Vitamin A 0% • Vitamin C 0%

Thiamin 10% • Riboflavin 6%

Amount Per Serving % Daily Value*

Sodium 150mg 8%

Total Carbohydrate 22g 7%

Dietary Fiber 1g 4%

Sugars 3g

Protein 3g 6%

• Calcium 2% • Iron 8%

• Niacin 6% • Folic Acid 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

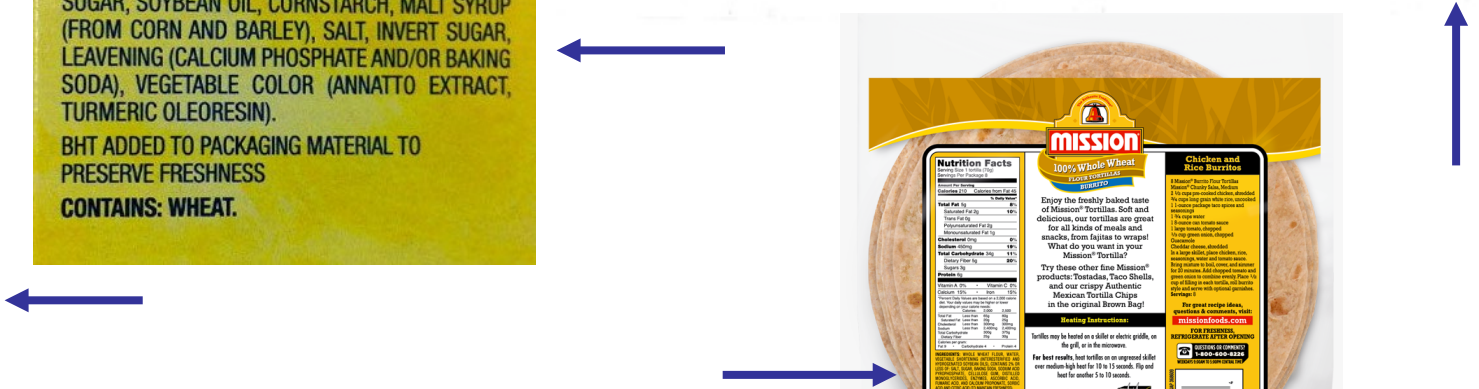
Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, SUGAR, YEAST, SOYBEAN OIL, SALT, CULTURED DEXTROSE AND MALTODEXTRIN, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, CITRIC ACID, GRAIN VINEGAR, SOY LECITHIN, DATEM, WHEAT GLUTEN, WHEY, NONFAT MILK.



Rule of Three: First Three Grain Ingredients



✓ Whole Grain

✓ Whole Grain

✓ Whole Grain

✓ Enriched Grain

✓ Enriched Grain

✓ Bran or Germ

✓ Bran or Germ

Rule of Three Flowchart



DPI COMMUNITY NUTRITION TEAM

IN THIS HANDOUT:

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

- Rule of 3 Flowchart
- Examples of Products that are WGR and are not WGR by the Rule of 3
- Flour Blend Ingredients and Nixtamalized Corn Ingredients

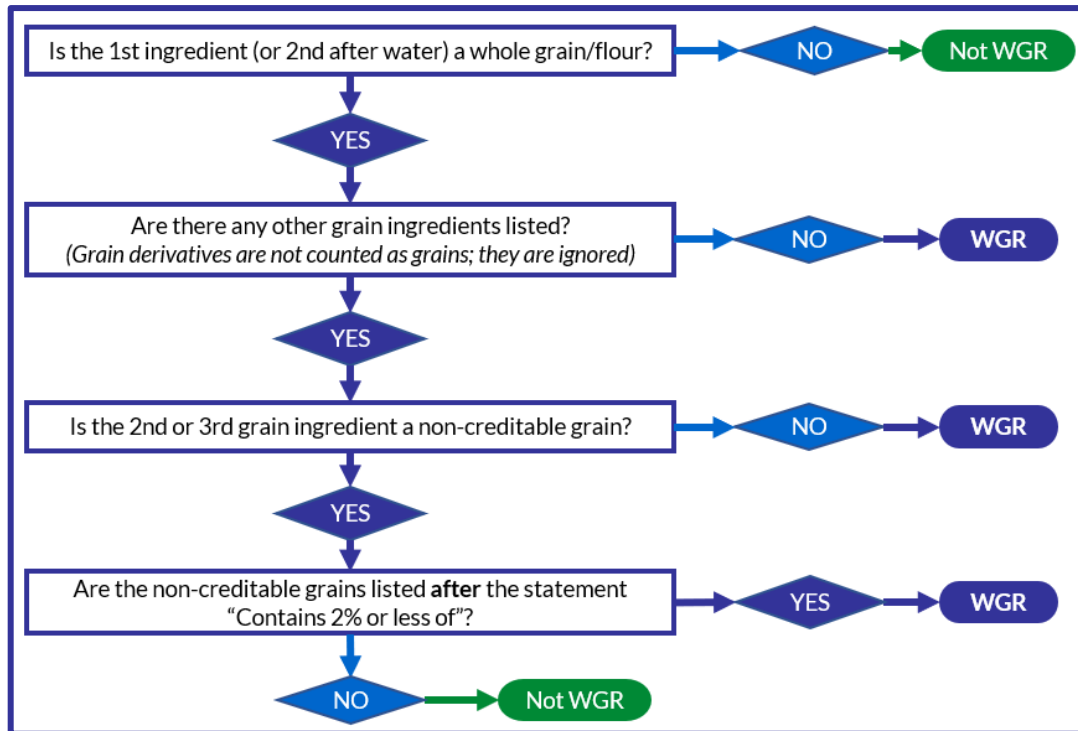
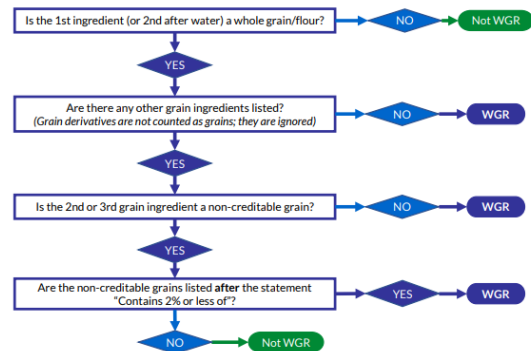
The Rule of 3 requires looking at a grain product's ingredient list. A grain is WGR when the:

- 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](#).



CACFP Training Spotlight: Rule of 3 for Determining WGR

Grain Ingredients List



Grain Ingredients List

Use this list when determining if a grain item is whole grain-rich by the Rule of Three. To meet the Rule of Three, the first ingredient (or second after water) must be a whole grain, and the next two grain ingredients, if any, must be a whole grain, enriched grain, bran, or germ. The first three grain ingredients cannot be a non-creditable grain/flour. Grain derivatives and ingredients listed after the "contains 2% or less" statement are to be ignored.

Whole Grain Ingredients

Must be the first ingredient, or second after water. May be the second and/or third grain ingredient.

- Amaranth
- Amaranth flour
- Bromated whole wheat flour
- Brown basmati rice
- Brown jasmine rice
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Bulgar wheat
- Corn masa
- Corn masa flour
- Corn treated with lime
- Cracked buckwheat
- Cracked wheat
- Crushed wheat
- Dehulled barley
- Dehulled-barley flour
- Emmer (whole farro)
- Entire wheat flour
- Flaked rye
- Flaked wheat
- Graham flour
- Ground corn with trace of lime
- Ground corn treated with lime
- Hominy
- Hominy grits
- Instant oatmeal
- Masa harina
- Millet
- Millet flour
- Nixtamalized corn
- Nixtamalized corn flour/meal
- Oats
- Oatmeal (old-fashioned, quick cooking, steel cut and instant)
- Oat groats
- Oat flour
- Popcorn
- Quick cooking oats
- Quinoa
- Rolled oats
- Rye berries
- Rye flakes
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted wheat
- Sprouted wheat berries
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole barley
- Whole barley flakes
- Whole buckwheat flour
- Whole corn
- Whole corn flour
- Whole corn meal
- Whole durum flour
- Whole durum wheat flour
- Whole einkorn
- Whole einkorn berries
- Whole grain barley
- Whole grain brown rice
- Whole grain corn
- Whole grain corn flour
- Whole grain corn meal
- Whole grain einkorn flour
- Whole grain grits
- Whole grain Khorasan wheat
- Whole Khorasan wheat
- Whole grain oat flour
- Whole grain soft white wheat
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole oat flour
- Whole oats
- Whole rye
- Whole rye flour
- Whole rye flakes
- Whole spelt
- Whole wheat flakes
- Whole wheat flour
- Whole white wheat
- Whole white wheat flour
- Wild rice
- Wild rice flour

Nixtamalized Corn Ingredients

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

In addition to the ingredients listed above, if an ingredient has "whole" in front of it, then it is a whole-grain ingredient.

Enriched Grain Ingredients

May be the second and/or third grain ingredient.

- Enriched bromated flour
- Enriched corn flour
- Enriched corn meal
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched grits
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word "enriched" in front of it

In addition to the ingredients listed to the left, if the ingredient list states or includes the nutrients used to enrich the flour then the product has enriched grains. For example, an ingredient list might read: "Durum flour (niacin, iron, riboflavin, folic acid, thiamin)." The nutrients listed in the parentheses indicate that the durum flour is enriched.

Bran or Germ Ingredients

May be the second and/or third grain ingredient.

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

Non-Creditable Grains and Flours

Cannot be one of the first three grain ingredients.

- Barley
- Barley flakes
- Barley flour
- Barley grits
- Barley malt
- Basmati rice
- Bean/legume flour (such as chickpea, lentil, etc.)
- Bread flour
- Bromated flour
- Corn
- Corn fiber
- Corn flour
- Corn grits
- Corn meal
- Cultured wheat flour
- Degermed corn
- Degerminated corn meal
- Durum flour
- Durum grits
- Durum wheat flour
- Farina
- Flour
- Grits
- Ground corn
- Jasmine rice
- Malted barley
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Pearl(ed) barley
- Phosphate flour
- Pot flour
- Potato flour
- Rice flour
- Rye
- Rye flour
- Scotch barley
- Self-rising flour
- Self-rising wheat flour
- Semolina
- Soy flour
- Stone ground corn
- Stone ground wheat flour
- Tapioca flour
- Unbleached flour
- Vegetable flour (any kind)
- Wheat
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

Grain Derivatives

Do not count as ingredients; they are ignored. Cross them out when doing the Rule of Three.

- Cellulose fiber
- Corn dextrin
- Corn starch
- Modified food starch
- Potato starch
- Rice starch
- Tapioca starch
- Wheat dextrin
- Wheat gluten
- Wheat starch

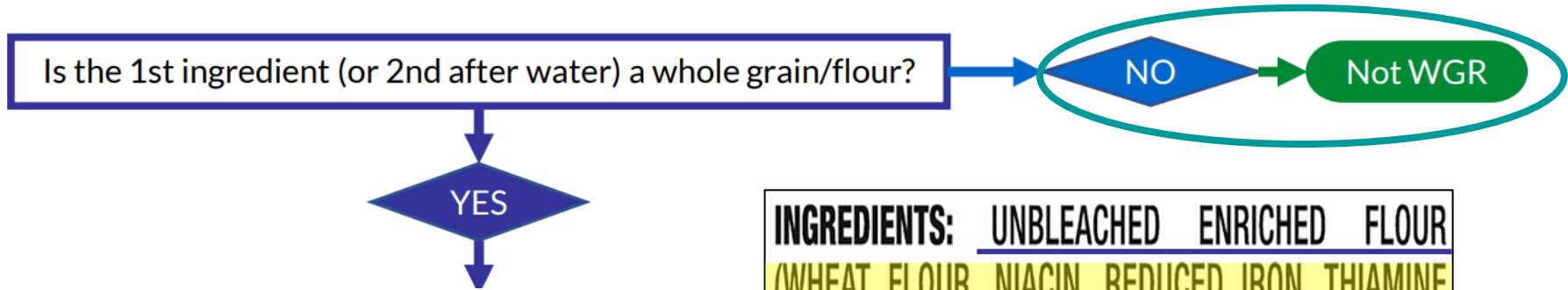
What about Flour Blends Ingredients?

Treat flour blends as one ingredient. A flour blend is when a grain/flour ingredient is listed with a parenthesis next to it and in the parentheses is a list of multiple ingredients.

- ✓ If a flour blend is the first grain ingredient, all ingredients in the blend must be whole grains/flours.
- ✓ If a flour blend is the second or third grain ingredient, all grain ingredients in the blend must be whole grains/flours, enriched grains/flours, bran, and/or germ; vitamins and minerals are allowed.
- ✓ If a flour blend includes any non-creditable grains/flours, the flour blend is a non-creditable grain.

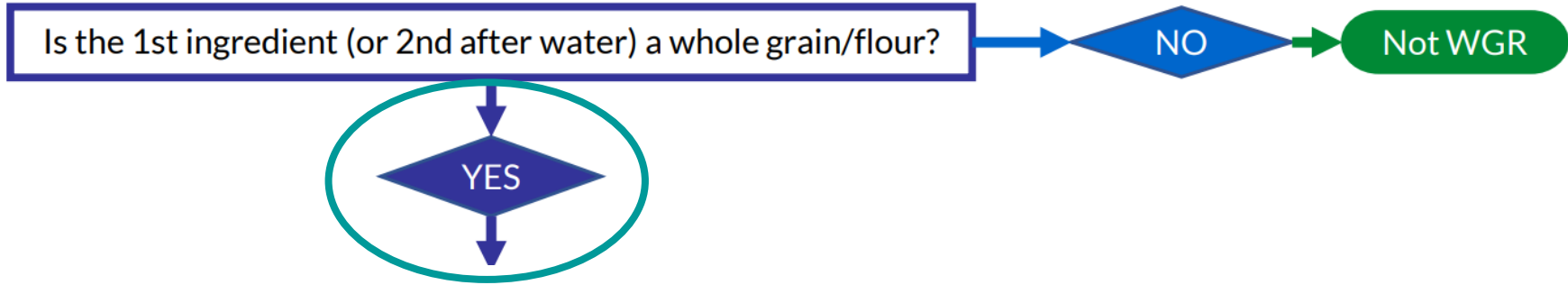
Do not count grain derivatives as a grain ingredient.

Rule of Three: First Ingredient



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.

Rule of Three: First Ingredient



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

CONTAINS: SESAME SEED.

Rule of Three: Second or Third Grain Ingredients

Is the 1st ingredient (or 2nd after water) a whole grain/flour?

NO

Not WGR

YES

Are there any other grain ingredients listed?
(Grain derivatives are not counted as grains; they are ignored)

NO

WGR

YES

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

CONTAINS: SESAME SEED.

Rule of Three: Second or Third Grain Ingredients

Is the 1st ingredient (or 2nd after water) a whole grain/flour?

NO

Not WGR

YES

Are there any other grain ingredients listed?
(Grain derivatives are not counted as grains; they are ignored)

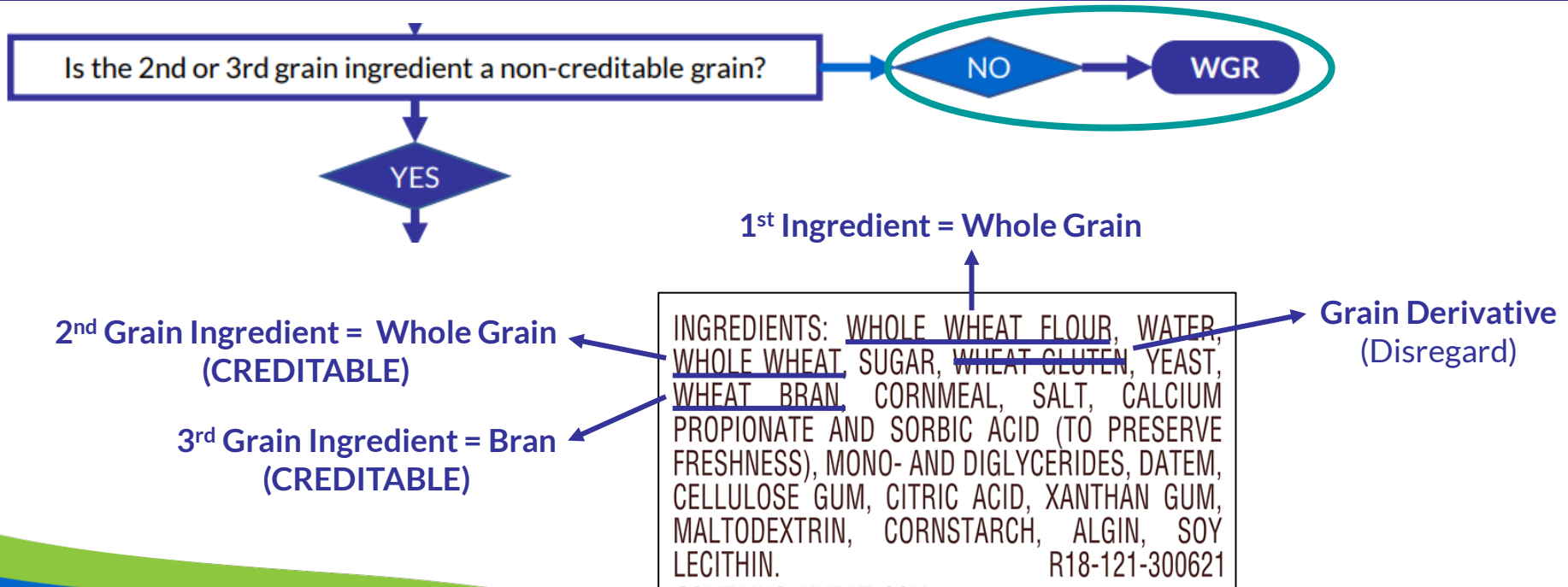
NO

WGR

YES

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

Rule of Three: Second or Third Grain Ingredients



Rule of Three: Second or Third Grain Ingredients

1st Ingredient = Whole Grain

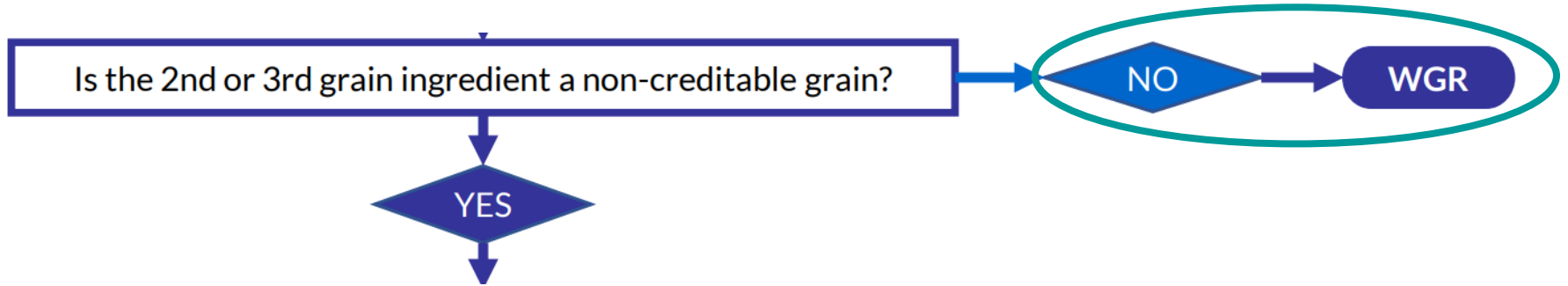
Grain Derivative (Disregard)

Ingredients: water, graham flour, ~~corn starch~~, yeast, enriched wheat flour (Flour, Niacin, Reduced Iron, Thiamin, Riboflavin, Folic Acid), sugar, vegetable oil, baking soda, and salt

2nd Grain Ingredient = Enriched Grain
(CREDITABLE)

There is no third grain ingredient.

Rule of Three: Second or Third Grain Ingredients



Rule of Three: Second or Third Grain Ingredients

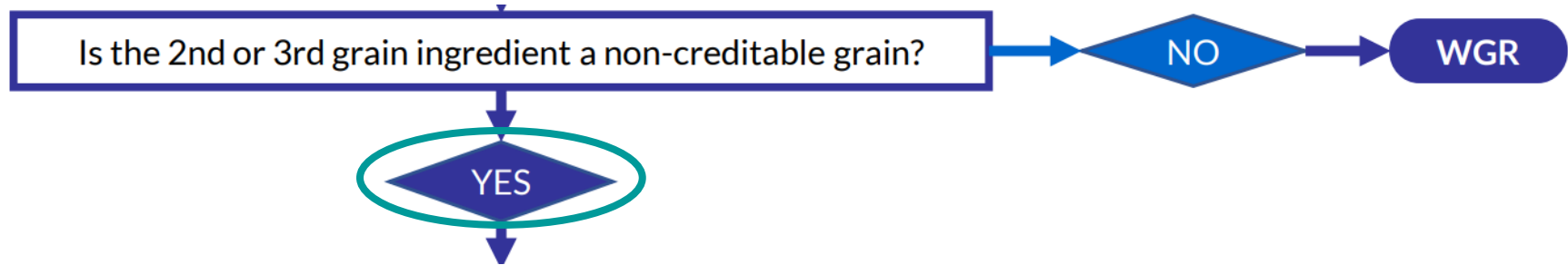
1st Ingredient = Whole Grain

2nd Grain Ingredient = Enriched Grain

Ingredients: Cracked wheat, salt, enriched wheat flour, canola oil, farina, sesame seeds, baking soda, yeast, sea salt, paprika, spices

3rd Grain Ingredient = NON-CREDITABLE GRAIN

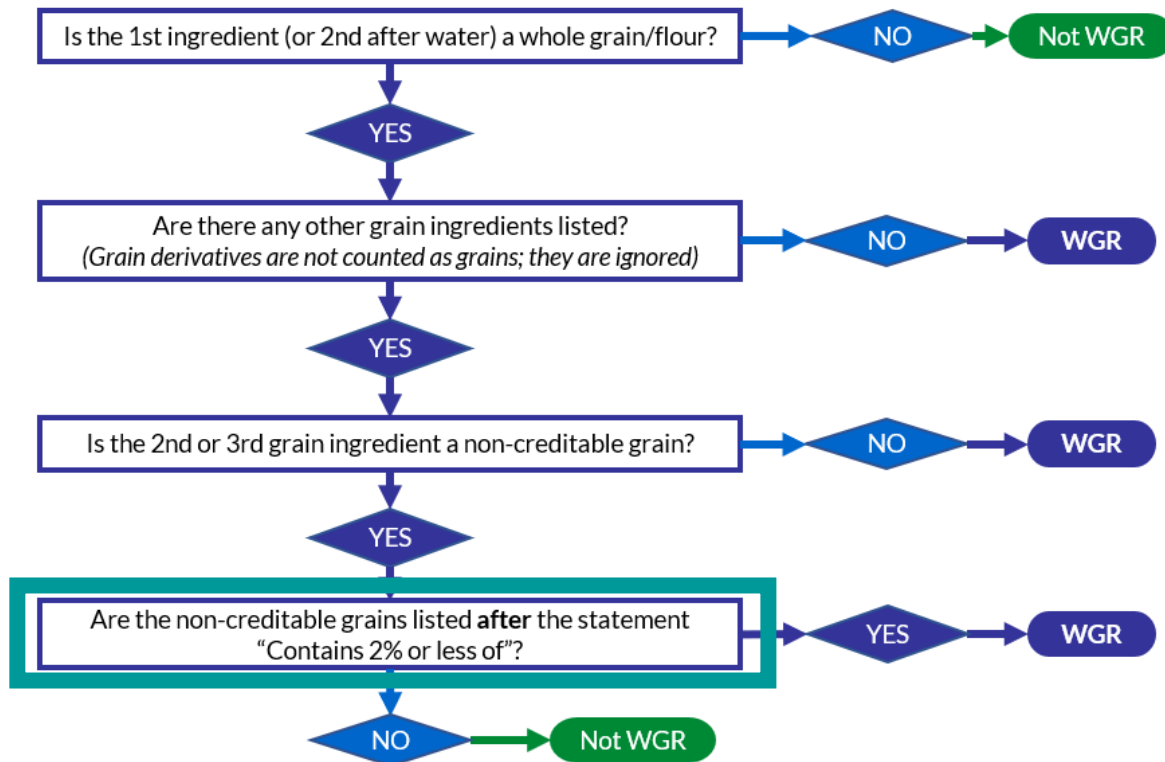
Rule of Three: Second or Third Grain Ingredients



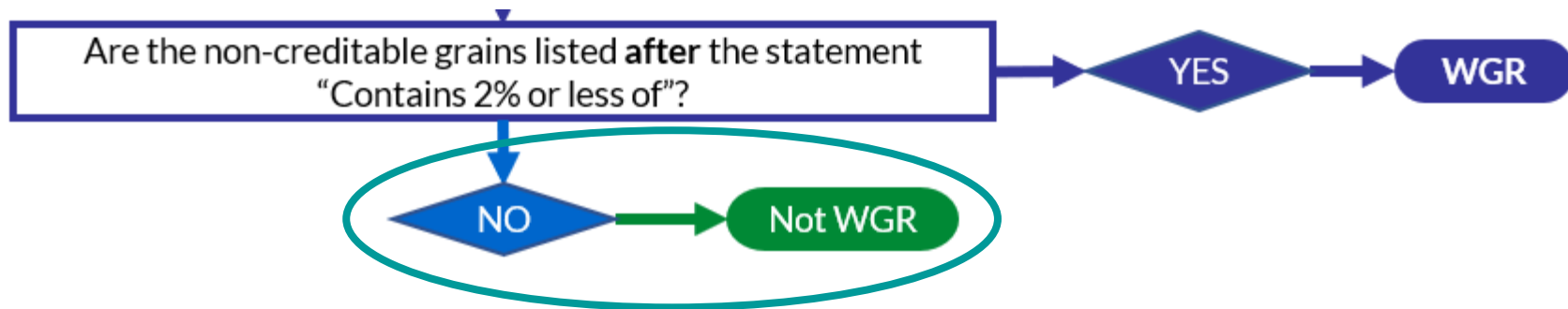
Ingredients: Cracked wheat, salt, enriched wheat flour, canola oil, farina, sesame seeds, baking soda, yeast, sea salt, paprika, spices

3rd Grain Ingredient = Non-Creditable Grain

Rule of Three: “Contains 2% or Less of”



Rule of Three: “Contains 2% or Less of”



Ingredients: Cracked wheat, salt, enriched wheat flour, canola oil, farina, sesame seeds, baking soda, yeast, sea salt, paprika, spices

3rd Grain Ingredient = Non-Creditable Grain

Flour Blends

Definition: When a grain/flour ingredient is followed by parenthesis that include a list of ingredients.

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

Whole Grain Flour (Whole Wheat Flour, Brown Rice Flour, Whole Grain Oat Flour)

Flour Blends: First Grain Ingredient

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)

Ingredients: Flour blend (**whole wheat flour, brown rice flour, whole grain oat flour**), Water, Flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), Yeast, Salt

Flour Blends: Second and/or Third Grain Ingredient

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)

Ingredients: Flour blend (whole wheat flour, brown rice flour, whole grain oat flour), Water, Flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), Yeast, Salt



Non-Creditable Flour Blends

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)

Ingredients: Flour blend (whole wheat flour, brown rice flour, whole grain oat flour), Water, Flour blend (durum flour, bromated flour, brown rice flour), Salt, Yeast

Non-Creditable Grains

X NOT WGR

Non-Whole Grain-Rich Items

Most grains that are not WGR can still be served as the grain item.

- First ingredient (or second after water) must be a whole grain, enriched grain, bran, or germ; or
- Ingredient list includes nutrients to enrich or fortify the grain ingredient; or
- Product is labeled 'enriched,' 'fortified,' or 'whole grain'



Grains with other first ingredients (ex. sugar or a non-creditable grain) cannot be served unless documentation from the manufacturer includes grams of creditable grain per serving.

Activity: Is it WGR using the Rule of Three?



ACTIVITY: Is it WGR using the Rule of Three?

1. Read each ingredient list to determine if the item is whole grain-rich (WGR) using the **Rule of Three**
2. Write down the grain ingredients on the lines (there may be more than 3 grain ingredients to look at)
3. For each grain ingredient, check the type of grain it is
4. In the box below, check the correct answer

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

- 1st Ingredient: _____
 2nd grain ingredient: _____
 3rd grain ingredient: _____
 4th grain ingredient: _____

WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Ultragrain Tortilla

Ingredients: Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Glycerine, Cornstarch, Dextrose, Cultured Wheat Flour, Wheat Gluten, Salt, Honey, Sodium Bicarbonate

- 1st Ingredient: _____
 2nd grain ingredient: _____
 3rd grain ingredient: _____
 4th grain ingredient: _____

WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Wheat Breadsticks

Ingredients: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine, Riboflavin, Folic Acid), Wheat Starch, Yeast, Sugar, Contains Less Than 2% Of: Soybean Oil, Salt, Oat Fiber, Honey

- 1st Ingredient: _____
 2nd grain ingredient: _____
 3rd grain ingredient: _____
 4th grain ingredient: _____

WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

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

		WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient:	<u>Whole Wheat Flour</u>	✗				
2 nd grain ingredient:	<u>Wheat Gluten</u>				✗	
3 rd grain ingredient:						
4 th grain ingredient:						

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Ultragrain Tortilla

Ingredients: Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Glycerine, Cornstarch, Dextrose, Cultured Wheat Flour, Wheat Gluten, Salt, Honey, Sodium Bicarbonate

		WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient:	<u>Whole Wheat Flour</u>	✗				
2 nd grain ingredient:	<u>Enriched Flour</u>		✗			
3 rd grain ingredient:	<u>Cornstarch</u>				✗	
4 th grain ingredient:	<u>Cultured Wheat Flour</u>					✗

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Wheat Breadsticks

Ingredients: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine, Riboflavin, Folic Acid), Wheat Starch, Yeast, Sugar. Contains Less Than 2% Of: Soybean Oil, Salt, Oat Fiber, Honey

		WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient:	<u>Whole Wheat Flour</u>	✗				
2 nd grain ingredient:	<u>Enriched Wheat Flour</u>		✗			
3 rd grain ingredient:	<u>Wheat Starch</u>				✗	
4 th grain ingredient:	<u>Oat Fiber</u>					✗

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Crackers Made with Whole Grain

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), whole wheat flour, vegetable oil, cheese made with skim milk (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color). Contains 2% or less of salt, paprika, yeast, paprika extract color, soy lecithin

		WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient:	Enriched Flour		✗			
2 nd grain ingredient:	Whole Wheat Flour	✗				
3 rd grain ingredient:						
4 th grain ingredient:						

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Multigrain Waffles 8 Whole Grains

Ingredients: Water, 8 whole grains mix (whole wheat, oat, barley, brown rice, dark rye, quinoa, amaranth and millet flours), canola oil, wheat bran, oat fiber, cane sugar, baking powder, malt extract, sea salt, organic honey, cinnamon, soy lecithin

		WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient:	8 Whole Grains Mix	✗				
2 nd grain ingredient:	Wheat Bran			✗		
3 rd grain ingredient:	Oat Fiber					✗
4 th grain ingredient:						

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Product Labels: Rule of Three

Keep One of the Following On File

- Product label or picture/copy of label that includes:
 - Name and brand of product (front of the package)
 - Ingredients list (ingredients must meet the Rule of 3)
- Product specification sheet that includes the name and brand of item and the Ingredients list (ingredients must meet the Rule of 3)



INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, SUGAR, SOYBEAN OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, INVERT SUGAR, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (ANNATTO EXTRACT, TURMERIC OLEORESIN).
BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS
CONTAINS: WHEAT.

Homemade Items

WGR = At least half of the grain ingredients are whole grains, and the remaining grain ingredients are enriched grain, bran, or germ.



Documentation for Homemade Items

Keep the Following On File

Recipe that identifies all ingredients and grain ingredient amounts by weight or volume. The recipe must show at least 50% of grains are whole grains and the remaining grains are enriched.

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

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)



Box Mixes



Ingredients & Allergens

INGREDIENTS: WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.

Ready-to-Eat Breakfast Cereals

Whole Grain-Rich when:

- ✓ The first ingredient is a whole grain/flour and
- ✓ The cereal is fortified.



Ingredients → **Whole Grain**

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) **Added to Preserve Freshness.**

GLUTEN FREE

→ **Fortified**

Vitamins and Minerals

Calcium Carbonate, Iron and Zinc (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B₆** (pyridoxine hydrochloride), **Vitamin A** (palmitate), **Vitamin B₁** (thiamin mononitrate), **A B Vitamin** (folic acid), **Vitamin B₁₂, Vitamin D₃.**

Non-Fortified Cereals

The Rule of Three must be completed to determine if WGR criteria is met.

Organic Cereals →

INGREDIENTS: ORGANIC WHOLE GRAIN OAT FLOUR, ORGANIC WHEAT STARCH, ORGANIC CANE SUGAR, SEA SALT, CALCIUM CARBONATE, TOCOPHEROLS (ANTIOXIDANTS TO MAINTAIN FRESHNESS).

CONTAINS WHEAT.



Wisconsin WIC-Approved Cereals

CACFP Reference Guide

([Spanish CACFP Reference Guide](#))

- All cereals meet sugar limits, and
- Cereals with an asterisk (*) after the name are WGR.

WI WIC Approved Cereals

Cereals on any state's WIC list meet the CACFP sugar limit. Cereals are whole grain rich (WGR) if the first grain ingredient is a whole grain, and the cereal is fortified.

Cold Cereal

General Mills

Cheerios (Plain*, Multi Grain*, Multi Grain with Strawberries*)
Chex (Blueberry, Cinnamon, Corn, Rice, Wheat*)
Kix (Berry Berry*, Honey*, Plain*)
Total*
Wheaties (Plain*)

Kellogg's

Corn Flakes (Plain)
Crispix (Plain)
Frosted Mini Wheats (Little-Bites*, Original*, Filled Mixed Berry*)
Rice Krispies (Plain)
Special K (Plain)

Malt-O-Meal

Crispy Rice
Frosted Mini Spooners*

Post

Grape Nuts (Flakes*, Plain*)
Great Grains (Banana Nut*, Crunchy Pecan*)
Honey Bunches of Oats (Almond, Cinnamon, Honey Roasted, Vanilla, Pecan & Maple Brown Sugar)

Quaker

Life (Original*)
Oatmeal Squares (Brown Sugar*, Cinnamon*)

Store Brands: Bran Flakes Plain*, Corn Flakes Plain, Crisp or Crispy Rice Plain, Frosted Shredded Wheat (original & bite size) Plain frosting only*, Tasteeo's or Toasted Oats Plain*

Only the following: Always Save, Best Choice, Essential Everyday, Food Club, Great Value, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Shoppers Value, That's Smart

*Whole grain rich (WGR)

Hot Cereal

Quaker (in packets only)

Instant Grits Original (Original and All Flavors)
Instant Oatmeal Original (Plain)*

Malt-O-Meal

Chocolate
Original (Plain)
Farina Original
CoCo Wheats

Cream of Wheat

Instant Original
Instant Whole Grain*
1 Minute (Original)
2 ½ Half Minutes (Original)

Cream of Rice

Instant (Gluten Free)

Store Brands Instant

Oatmeal Regular Flavor (Plain, in packets only)*
Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kroger, Meijer, Our Family

*Whole grain rich (WGR)

Product Labels: WGR Cereal

WGR cereal on the WIC list does not require product documentation be kept on file.

WGR cereal NOT on the WIC list requires the product label be kept on file, including the name, brand and ingredient list.

Cereals

Cereals noted as WGR on a state's WIC cereal list

See [CACFP Reference Guide](#) for the list of Wisconsin WIC Approved Cereals.



Documentation To Keep On File

No label is required; however, it is best practice to keep labels for all cereals served

When buying store/generic brands, verify that the brand and type of cereal is on the WIC list. If it is not on the WIC list the label must be kept on file (see below)

Cereals not noted as WGR on a WIC cereal list or not on a WIC cereal list

Documentation To Keep On File

Product label or picture/copy of label that includes:

- Name and brand of cereal
- Ingredients list (see 'Requirements' below for more info on determining cereal as WGR)

Other acceptable documentation includes a product specification sheet that includes the name and brand of cereal and the Ingredients list (see 'Requirements' below for more info on determining cereal as WGR)

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₁ (thiamin mononitrate), A B Vitamin (acid), Vitamin B₁₂, Vitamin D₂.

Requirements: Ready-to-eat breakfast cereals are WGR when the first ingredient is a whole grain, and the cereal is fortified (vitamins and minerals are listed at the end of the Ingredients list).

Ready-to-eat breakfast cereals that do not meet the above criteria and instant and hot cereals: The ingredients must meet the Rule of 3. The [CACFP Reference Guide](#) includes the Rule of 3 flowchart.

Cereal Types

Cereal Types Handout (Spanish Version)

(Cereal Types Handout: Adult Daycare Centers)
(Spanish Version: Adult Daycare Centers)

Minimum serving sizes vary depending on the type of cereal: Flakes, Rounds, Puffed and Granola.



Cereal Types

Flakes, Rounds, Puffed, or Granola

The Child and Adult Food Program (CACFP) meal pattern categorizes ready-to-eat breakfast cereals (dry, cold) as flakes, rounds, puffed, and granola. The minimum serving sizes in the CACFP Meal Pattern are different depending on the category of cereal.

The following is a list of cereals categorized as flakes, rounds, puffed, or granola, and the amounts that must be served. See the [CACFP Reference Guide](#) for the list of WI WIC approved cereals, including additional flavors of cereals listed below and those that are whole grain rich.

	Cereals	1-5 year olds	6-18 year olds
		Serve at least 1/2 oz eq which is about...	Serve at least 1 oz eq which is about...
Flakes	<ul style="list-style-type: none"> • Bran Flakes • Corn Flakes • Fiber One • Grape Nuts Flakes • Great Grains Banana Nut • Honey Bunches of Oats • Mini Spooners • Mini Wheats • Oatmeal Squares • Shredded Wheat • Special K • Total • Wheaties 	1/2 cup	1 cup
Rounds	<ul style="list-style-type: none"> • Cheerios • Crispy Oats • Tasteeos • Toasted Oats 	1/2 cup	1 cup
Puffed Cereal	<ul style="list-style-type: none"> • Chex Cereal (Corn, Rice, Wheat) • Crispix • Crispy Rice • Kix • Life • Rice Krispies 	3/4 cup	1 1/4 cup
Granola	<ul style="list-style-type: none"> • Granola • Grape Nuts Original 	1/8 cup	1/4 cup



CACFP
TRAINING
Child and Adult Care Food Program

Thank you!