



ACTIVITY: Is it WGR using the Rule of Three? - ANSWERS

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 appropriate 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

		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 (2% or less)</u>					✗

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



ACTIVITY: Is it WGR using the Rule of Three? - ANSWERS

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: <u>Enriched Flour</u>		✗			
2 nd grain ingredient: <u>Whole Wheat Flour</u>	✗				
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: <u>8 whole grains mix</u>	✗				
2 nd grain ingredient: <u>Wheat bran</u>			✗		
3 rd grain ingredient: <u>Oat fiber</u>					✗
4 th grain ingredient:					

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