

Identifying Whole Grain-Rich

* * * Whole Grain-Rich criteria does not apply to the infant meal pattern.

Definition: Foods that contain 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Criteria:

- A whole grain is the first ingredient on the product's ingredient list (or second after water) All other grains listed must be whole grain or enriched.**
 - Whole wheat, whole corn and/or brown rice are whole grain-rich.

Additional Tips

- Enriched grains must include the word "enriched" (Ex: Enriched wheat flour)
- Ignore wheat gluten
- Ignore bran and germ
 - Unless one of these is the first ingredient, in which case the product is not creditable
 - Bran and germ are not whole grains
 - Ex: Oat bran cereal not creditable
- Ignore everything listed as less than 2% of the product

WHOLE GRAINS

- | | |
|------------------------------|--------------------|
| - Cracked wheat | - Oat groats |
| - Crushed wheat | - Rolled oats |
| - Whole-wheat flour | - Brown rice |
| - Graham flour | - Brown rice flour |
| - Entire-wheat flour | - Wild rice |
| - Bromated whole-wheat flour | - Whole rye |
| - Whole durum wheat flour | - Teff |
| - Wheat berries | - Buckwheat |
| - Whole barley | - Sorghum |
| - Dehulled barley | - Quinoa |
| - Whole grain barley | - Millet |
| - Oatmeal | - Triticale |
| - Amaranth | |

NON- WHOLE GRAINS

- | | |
|---------------------------|------------------------------|
| - Wheat | - Corn |
| - Rye | - Barley |
| - White rice | - Flour |
| - White flour | - Wheat flour |
| - All-purpose flour | - Stone ground wheat flour |
| - Unbleached flour | - Bromated flour |
| - Enriched bromated flour | - Enriched flour |
| - Instantized flour | - Phosphate flour |
| - Self-rising flour | - Self-rising wheat flour |
| - Bread Flour | - Enriched self-rising flour |
| - Bread flour | - Cake flour |
| - Durum flour | - Ground corn |
| - Corn grits | - Hominy grits |
| - Hominy | - Farina |
| - Semolina | - Degerminated corn meal |
| - Enriched rice | - Rice flour |
| - Couscous | - Pot barley |
| - Scotch barley | - Pearled barley |

BREADS/ TORTILLAS



Ingredients: Whole wheat flour, water, cracked wheat, brown sugar, wheat gluten, wheat bran, soybean oil, contains less than 2% of each of the following: salt, yeast molasses, raisin juice concentrate, dough conditioners (sodium stearoyl lactylate, enzymes, azodicarbonamide, ascorbic acid, calcium peroxide), honey, distilled vinegar, rolled wheat, calcium, propionate (preservatives), monocalcium phosphate, calcium sulfate, wheat flour, wheat germ, soy lecithin.

Is this Whole Grain-Rich? Yes.

Label says 100% whole wheat



Ingredients: Unbromated Unbleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Contains 2 Percent or Less of: Wheat Gluten, Salt, Honey, Nonfat Milk, Calcium Propionate, and Sorbic Acid to Retard Spoilage, Mono and Diglycerides, Lower Sodium Natural Sea Salt, Soy Lecithin, Malted Barley Flour, Enzymes.

Is this Whole Grain-Rich?

No.

The product is enriched but not a whole grain. (This is creditable, just does not count as a whole grain-rich product)



Ingredients: Enriched wheat flour (flour, malt barley flour, reduced iron, niacin, thiamin, riboflavin, folic acid), water, whole wheat flour, high fructose corn syrup, yeast, wheat bran, soybean oil, wheat gluten, salt, molasses, calcium propionate...

Is this Whole Grain-Rich? No

The first ingredient is enriched flour and not whole wheat. (This is creditable, just does not count as a whole grain-rich product)



Ingredients: Water, Oat Fiber, Whole Wheat Flour, Soy Flour, Vital Wheat Gluten, Expeller Pressed Canola Oil, Contains Less than 2% of Each of the Following: Non-Aluminum Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sea Salt, Guar Gum, Citric Acid, Yeast, Xanthan Gum, L-Cysteine, to Maintain Freshness (Sorbic Acid, Calcium Propionate).

Is this Whole Grain-Rich? No

First ingredient is Oat Fiber which is not a whole grain. (This item is not creditable on the CACFP)

Bottom Line on Breads/ Tortillas: Look for 100% whole wheat bread. The majority of whole grain-rich breads on the market are going to be marked as 100% whole wheat on the package. If it is not clearly marked on the front of the package, it is probably not whole grain-rich.

CEREALS



Ingredients: Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Yellow Corn Flour, Brown Sugar Syrup, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), B Vitamin (Niacinamide), Vitamin B1 (Thiamin Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Is this Whole Grain-Rich? No

Whole Grain Corn IS the first ingredient listed BUT the remaining grains are Corn Meal and Yellow Corn Flour which are NOT listed as whole grain OR enriched. This also can be verified by the WIC Cereal List. (This is creditable, just does not count as whole grain-rich product)



Ingredients: Whole Grain Rice, Rice, Sugar, Salt, Molasses, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Is this Whole Grain-Rich? No

Whole Grain Rice IS the first ingredient listed BUT the second ingredient is Rice which is not listed as a whole grain OR as enriched. This is also verified by the WIC Cereal List. (This is creditable, just does not count as whole grain-rich product)



Ingredients: Whole Grain Wheat, Sugar, Salt, Molasses, Baking Soda, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B12, Vitamin D3.

Is this Whole Grain-Rich? Yes

The first ingredient is Whole Grain Wheat. This is the only grain in this product so this product is whole grain-rich.

Bottom Line on Cereals: in most cases cereals look more complicated than they are because there are MANY Vitamins and Minerals also listed. Review the first ingredient and IF it is a whole grain, review all other grains in the product to determine if they are whole grains or enriched. The Providers Choice Cereal List or the WIC Cereal list are also very helpful.

CRACKERS



Ingredients: Whole Grain Wheat Flour, Soybean Oil, Sugar, 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.

Is this Whole Grain-Rich? Yes.

The package says 100% whole grain AND the only grain listed is the first ingredient, whole grain wheat flour.



Ingredients: Whole Wheat Flour, Soybean Oil and/or Palm Oil, Sugar, Cornstarch, Malted Barley, Molasses, Salt, Leavening (Monocalcium Phosphate, Baking Soda), Color (Annatto Extract, Turmeric Oleoresin).

Is this Whole Grain-Rich? No.

This one is tricky! The first ingredient IS a whole grain BUT one other grain is also listed. "Malted Barley" is not a whole grain or listed as enriched so this item is NOT a whole grain-rich product. (This is creditable, just does not count as a whole grain-rich product)



Ingredients: Whole Grain Wheat Flour, Vegetable Oil (Soybean or canola oil), Sea Salt.

Is this Whole Grain-Rich? Yes

The package says "Baked with 100% Whole Grain Wheat" and the first ingredient listed is a whole grain with no other grains listed.



Ingredients: Whole Wheat, Canola and/or Soybean and/or Palm Oil with TBHQ Added to Preserve Freshness, Salt.

Is this Whole Grain-Rich? Yes

The package says "made with 100% Whole Grain."

CRACKERS (CONTINUED)



Ingredients: Brown Rice Flour, Sesame Seeds, Potato Starch, Quinoa Seeds, Safflower Oil, Amaranth Seeds, Tamari Soy Sauce Powder (Tamari Soy Sauce [soybeans, salt], Maltodextrin, salt), Sea Salt.

Is this Whole Grain-Rich? Yes

Brown rice flour is a whole grain, quinoa seeds are also listed and are whole grains.



Ingredients: Brown Rice Flour, Almonds, Potato Starch, Brown Rice, Flax Seeds, Sea Salt, Safflower Oil, Natural Flavors (Contains Milk).

Is this Whole Grain-Rich? Yes

Brown rice flour is a whole grain, brown rice is also listed as the only other grain and is also a whole grain.

Bottom Line on Crackers: Most packages seem to say 100% whole wheat right on the front of the package. Most whole grain crackers appear to only have one or two grains listed on the ingredient label. Brown rice crackers do not look to be as clearly marked on the package and will require some label reading.

FLOUR



Is this Whole Grain-Rich? Yes

While the package says WHITE whole wheat flour, it also says 100% whole grain.

PANCAKES



Ingredients: 100% whole grain wheat flour, 100% whole grain oat flour, non-fat dried milk, dried honey (honey, wheat starch), baking powder (monocalcium phosphate, sodium bicarbonate), wheat protein isolate, whey protein concentrate, sea salt.

Is this Whole Grain-Rich? Yes

Whole grain whole wheat is the first ingredient listed. Oat flour is the next and only other grain listed and is also whole grain. (Note: wheat starch and wheat protein can be ignored because they aren't grains)



Ingredients: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour), whole wheat flour, sugar, dextrose, leavening (baking soda, sodium aluminum sulfate, monocalcium phosphate), soybean oil, soy flour, salt, honey powder, sodium stearoyl lactylate.

Is this Whole Grain-Rich? No

The first ingredient is enriched and not a whole grain. (This is creditable, just does not count as whole grain-rich product)

Bottom Line on Pancakes: There doesn't seem to be many pancakes that are whole grain-rich BUT the Twist and Sprout Cookbook has several very simple recipes that are whole grain-rich!

TORTILLA CHIPS



Ingredients: Whole yellow corn, vegetable oil (contains one or more of the following: canola oil, corn oil, sunflower oil), brown rice flour, sugar, salt.

Is this Whole Grain-Rich? Yes

The first ingredient is whole yellow corn which is a whole grain. The other grain listed is brown rice flour which is a whole grain.



Ingredients: Whole yellow corn flour, Vegetable oil (Canola oil and/or Sunflower oi, Ascorbyl Palmitate), Whole Oat Flour, Barley Flour, Oat Fibre, Whole Wheat Flour, Whole Cracked Flax, Salt, Calcium Hydroxide.

Is this Whole Grain-Rich? No

While the first ingredient is a whole grain, there are SEVERAL other grains in this product. Nearly all of the grains listed are whole grains except for two: Barley Flour and Oat Fibre are not enriched or whole grain.



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

Is this Whole Grain-Rich? No

The product does not list "whole corn."

Bottom Line on Tortilla Chips: There may only be one or two products that use "whole corn" on their ingredient label. Luckily Snyder's of Hanover is a National Brand and would hopefully be distributed in many stores.