

ACTIVITY: Whole Grain-Rich Products ~ Is it Creditable?

Instructions: Read each ingredient's list to determine if the food item is whole grain-rich. Some items may need additional information to determine if they are whole grain-rich. For example, a CN Label or a product formulation statement from a manufacturer may be necessary for determining if a food item is whole grain-rich. If you need additional information, list what you might need to determine if the food item is whole grain-rich.

Whole Wheat Bread

Ingredients: Whole Wheat Flour, Water, Honey Flakes (Sugar, Palm Oil, Cornstarch, Natural Flavor, Honey, Salt, Soy Lecithin), Vital Wheat Gluten, Yeast, Honey, Molasses, Contains 2% Or Less Of Each Of The Following: Vegetable Oil (Canola and/or Soy), Salt, Sugar, Raisin Juice Concentrate, Wheat Bran, Distilled Vinegar, Xanthan Gum, Ascorbic Acid, Cultured Wheat Flour (Mold Inhibitor), Calcium Sulfate (A Source Of Calcium), Enzymes, Nonfat Dry Milk, Soy Flour.

Is this product whole grain-rich?

Honey Oat Bread

Ingredients: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Water, Whole Grain Oats, Yeast, Honey, Nut Blend (Hazelnuts, Cashews, Almonds, Brazilnuts, Walnuts), Brown Sugar, Sugar, Vegetable Oil (Canola and/or Soy). Contains 2% Or Less Of Each Of The Following: Vital Wheat Gluten, Sea Salt, Distilled Vinegar, Xanthan Gum, Ascorbic Acid, Cultured Wheat Flour, Organic Acids (Acetic, Propionic, Lactic), Calcium Sulfate, Enzymes, Nonfat Dry Milk, Soy Flour.

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Multi Grain Bread

Ingredients: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Water, Whole Wheat, Oats, Triticale, Amaranth, Rye, Wheat Germ, Flax Seeds, Sunflower Seeds, Cornmeal, Yeast, Sugar, Vital Wheat Gluten, Brown Sugar, Contains 2% Or Less Of Each Of The Following: Vegetable Oil (Canola and/or Soy), Raisin Paste, Sunflower Seeds, Cultured Wheat Flour, Distilled Vinegar, Xanthan Gum, Salt, Dough Conditioner (Ascorbic Acid), Calcium Sulfate, Enzymes, Nonfat Dry Milk, Soy Flour.

Is this product whole grain-rich?

ACTIVITY: Homemade Whole Grain-Rich Items ~ Is it Creditable?

Instructions: Read each recipe to determine if the food item is whole grain-rich.

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 (firmly packed, or white 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)

Is this recipe whole grain-rich?

Banana Muffins

Ingredients

- 2 cup flour (all purpose)
- 2 ripe bananas
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 cup brown sugar (firmly packed, or white 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)

Is this recipe whole grain-rich?