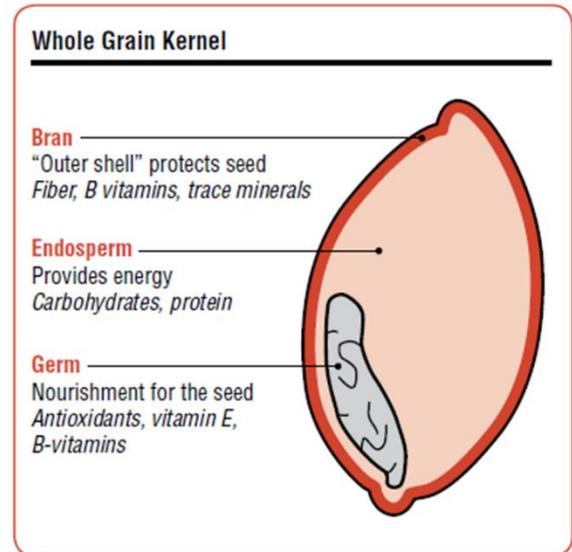


# Whole Grains

## What is a whole grain?

A whole grain consists of the entire grain seed of a plant. This seed, also known as the kernel, is made up of three key parts: the bran, the germ, and the endosperm. Refining typically removes the bran and the germ, leaving only the endosperm. Without the bran and germ, about 25% of the grain's protein is lost, along with at least seventeen key nutrients. Refined products still contribute valuable nutrients because processors add back some vitamins and minerals to enrich refined grains. But whole grains still provide more protein, more fiber, and many other important vitamins and minerals.

Whole grains can be eaten whole, cracked, split, flaked, or ground. Most often they are milled into flour and used to make breads, cereals, pasta, crackers, and other grain-based foods.



## CACFP WHOLE GRAIN REQUIREMENTS:

At least one serving per day, across all eating occasions, must be whole grain-rich

## What counts as WHOLE GRAIN-RICH?

A. The item must meet at least one of the following requirements:

- Product ingredient list must indicate whole grain as the first ingredient, with the exception of water (by law, ingredients must be listed in order by weight, starting with the heaviest ingredient).

OR

- Whole grains per serving must be  $\geq 8$  grams.

OR

- Product includes FDA's whole grain health claim on its packaging.

*"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."*

# List of Common Whole Grains

While this list is extensive, it is **NOT** comprehensive and therefore may not contain all possible representations of whole-grain ingredient names on food labels.

## Barley

- dehulled barley
- dehulled-barley flour
- whole barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley
- whole-grain barley flour

## Brown Rice

- brown rice
- brown-rice flour

## Corn

- whole corn
- whole-corn flour
- whole cornmeal
- whole-grain corn flour
- whole-grain grits

## Oats

- oat groats
- oatmeal or rolled oats
- whole oats
- whole-oat flour

## Rye

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

## Wild Rice

- wild rice
- wild-rice flour

## Wheat (red)

*The most common kind of wheat in the U.S.*

- bulgur (cracked wheat)
- bromated whole-wheat flour
- cracked wheat or crushed wheat
- whole wheat flour
  - graham flour
  - sprouted wheat
  - sprouted wheat berries
  - stone ground whole-wheat flour
  - toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour
- whole-grain bulgur
- whole-grain wheat
- whole-wheat flour
- whole-wheat pastry flour
- whole-wheat flakes

## Wheat (white)

- whole white wheat
- whole white wheat flour

## Less Common Grains

*To be whole grains, "whole" must be listed before the grain name.*

- amaranth
- buckwheat
- emmer (farro)
- millet
- quinoa
- sorghum (milo)
- spelt
- teff
- triticale