

WHOLE GRAIN RICH REQUIREMENTS



The new CACFP meal pattern requires that at least one serving of grains per day must be whole grain rich. A whole grain rich item is a grain product that contains at least 50% whole grain, with the remaining grain ingredients (if any) being enriched. If it is found that a whole grain rich item was not served in a day, the reimbursement received for the meal with the least reimbursement that contained a grain component would be taken back.

There are two methods for determining whether a commercially prepared product is a whole grain rich item:

Method 1

Check the ingredient list of the product, if the answer to the following questions are yes, then the product qualifies as a whole grain rich item.

1. Is the first ingredient a whole grain? (See reverse for the list of whole grains)
2. If there are any other grain ingredients in the product, are they enriched?

Method 2

If the product has one of the following FDA approved whole-grain health claims on its packaging, it would count as a whole grain rich item.

"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."

Example

Ingredients: Stoneground whole wheat flour, enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin), water, salt, yeast, vinegar (as a natural preservative)

The first ingredient is a whole grain.

Additional grain ingredients are enriched. This would qualify as a whole grain rich item.

WHAT ABOUT HOMEMADE PRODUCTS?

If at least 50% of the grain included in a product is a whole grain, it would count as a whole grain rich item.

For example, a recipe calls for 2 cups of whole wheat flour and 2 cups of enriched white flour. As long as you don't put any other grain ingredients in the product, it qualifies as a whole grain rich item.



Whole Grain Ingredients	Ingredients <u>not</u> considered a whole grain (must be enriched)	Non-creditable grains
Whole wheat flour Cracked or crushed wheat Graham flour Wheat berries Oats and oatmeal Groats Brown rice Brown rice flour Wild rice Quinoa Millet Buckwheat Sorghum Triticale Teff Amaranth	White flour Wheat flour All-purpose flour Hominy Farina Semolina Corn meal Rice flour Stoneground white or wheat flour	Oat fiber Corn fiber Corn starch Food starch Wheat starch Modified starches Bran Germ