

## VIBRANT FUTURES CACFP IDENTIFYING WHOLE GRAIN RICH FOODS

Foods that meet the whole grain-rich criteria are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains and the remaining grains in the food are enriched. This whole grain-rich requirement only applies to meals served to children and adults one year and older and **does not** apply to infant meals.

There are **four** simple ways to determine if a grain product meets the whole grain-rich criteria.

1. **The food is labeled as “whole or Entire wheat”**. Grain products that are specifically labeled as “whole wheat bread”, “entire wheat bread”, “whole wheat rolls”, “entire wheat rolls”, “whole wheat buns”, and “entire wheat buns” are 100 percent whole wheat and meet the whole grain-rich criteria.
2. A **whole grain is listed as the first ingredient** on the food’s ingredient list (or second after water), and the next two grain ingredients are creditable whole or enriched grains, bran, or germ.

Some **examples of whole grains** are whole wheat, brown rice or wild rice, oatmeal, bulgur, whole-grain corn, and quinoa.

3. The **product includes one** of the following Food and Drug Administration approved whole-grain health claims 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.” **OR** “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.”

4. When a whole grain is not listed as the first ingredient, the **primary ingredient by weight may be whole grain** if there are multiple whole-grain ingredients and the combined weight of those whole grains is more than the weight of the other ingredients. Proper documentation (from a manufacturer or a standardized recipe) **MUST** show that whole grains are the primary grain ingredient by weight.

\*INDICATE WHOLE GRAINS AS INSTRUCTED ON PAPER MENUS.

\*IN KIDKARE CLICK FOOD ITEMS THAT ARE WG OR WGR