


**Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children**

**Module 7: Grains Component**  
*Part B – Whole Grain-rich Requirement*




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School Health, Nutrition and Family Services

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**Module 7 Topics**

Requirements for Grains Component	Covered in
1. Crediting	Part A
2. Whole grain-rich (WGR)	Part B
3. Ounce equivalents	Part C



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**Bite Size Training Modules**

- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting  
Part B: Grains Component – Whole Grain-rich  
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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**Key Points About WGR Requirements for Grains**


- At least 1 serving of WGR grains per day
- Different WGR criteria for different categories of grain foods
- Six methods to determine if foods are WGR
- Rule of Three is most common method to determine if commercial foods are WGR

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**WGR Requirement**


- At least 1 serving of WGR grains per day
- May serve WGR food at *any* meal or snack
- If different groups of children at each meal, *only 1 meal* requires WGR food
- Vary meals and snacks with WGR foods



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**USDA CACFP Best Practices**



**Provide at least 2 servings of WGR grains per day**

[https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)

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### Menu Planning Considerations

If CACFP facility serves	Requirement
More than 1 meal per day (breakfast, lunch, or supper)	At least 1 grain must be WGR
Only 1 meal per day (breakfast, lunch, or supper)	Grain must be WGR
Only breakfast and substitutes MMA for grains component	WGR grain not required
Only snack and offers a grain as 1 of 2 snack components	Grain must be WGR

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### Menu Documentation

- CACFP menus must *document* WGR grains
- Whole-wheat bread
- Whole grain-rich English muffin
- Pasta (WGR)

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### Different WGR Criteria

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch

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### WGR Criteria: RTE Breakfast Cereals

1. First ingredient must be *whole grain*
2. Must be *fortified*
3. *Sugar limit:* Cannot exceed 6 grams of sugars per ounce

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### How to Identify Fortified Breakfast Cereals

- Contain the 5 enrichment nutrients plus additional vitamins and minerals

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color and annatto extract), Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin C (sodium ascorbate), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B<sub>12</sub>, Vitamin D<sub>2</sub>.

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### How to Identify Fortified Breakfast Cereals

- “Fortified” is listed on the product label **OR**
- Ingredients statement includes names of added vitamins and minerals


Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color and annatto extract), Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin C (sodium ascorbate), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B<sub>12</sub>, Vitamin D<sub>2</sub>.

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**WGR Criteria: Cooked Breakfast Cereals**



1. Must meet USDA's *Rule of Three* WGR criteria
2. *Sugar limit:* Cannot exceed 6 grams of sugars per ounce

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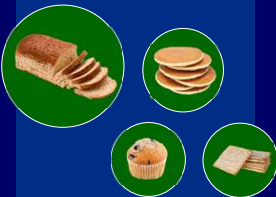
**Different WGR Criteria**

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch

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**WGR Criteria: Commercial Grain Products**




1. At least *half* of grains must be whole grains
2. Any other grain ingredients must be *enriched, bran, or germ*

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**WGR Criteria: Combination Foods**


Apply only to *grain portion*



1. At least half of grains in *grain portion* must be whole grains
2. Any other grain ingredients in *grain portion* must be enriched, bran, or germ

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**Different WGR Criteria**

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch

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**WGR Criteria: Grain Foods Made from Scratch**



- Amount of whole grains must be *equal to or more* than combined amount of enriched grains, bran, and germ

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Methods to Identify WGR Foods	Applies to	
	Commercial products	Foods made from scratch
1. Rule of Three	X	
2. WIC Whole-Grain Foods List	X	
3. Documentation	X	X
4. WGR criteria for National School Lunch Program (NSLP) and School Breakfast Program (SBP)	X	X
5. Food and Drug Administration (FDA) Whole Grain Health Claim	X	
6. Labels for whole-wheat foods with FDA Standard of Identity	X	

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### Methods to Identify WGR Foods

1. First ingredient is *whole grain* (excluding water)
2. Second grain ingredient (if any) is *creditable*
3. Third grain ingredient (if any) is *creditable*

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**Rule of Three**

Most common

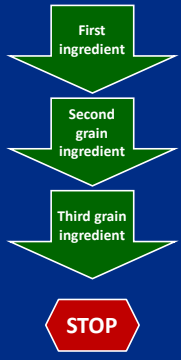


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### Considerations for Rule of Three

- Do not need to look at any other grains *after* first three grain ingredients
- Noncreditable grains cannot be one of *first three* grain ingredients



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### Examples of Noncreditable Grains

Barley malt	Grits, e.g., barley grits, corn grits, and durum grits	Soluble corn fiber
Bleached flour	Malted barley flour	Soy products, e.g., soy fiber, soy flakes and soy grits
Bromated flour	Milled corn	Stone-ground corn
Coconut flour	Nut/seed flour, e.g., almond flour, flaxseed meal, hazelnut meal, and sunflower seed flour	Stone-ground corn flour
Corn	Oat fiber	Vegetable and legume flours, e.g., chickpea flour, fava bean flour, pea flour, potato flour, and soy flour
Corn fiber	Oat hull fiber	Wheat flakes
Corn flour	Potato flour	Wheat flour
Cornmeal	Rice flour	White flour
Degermed corn	Rye flour	Yellow corn flour
Degerminated corn meal	Semolina	Yellow corn meal
Durum flour	Semolina flour	
Farina		
Fermented wheat		
Fermented wheat flour		

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

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### Ignore Noncreditable Grains When Listed

after "contains 2% or less"

in dough conditioner

in non-grain portion of combination food

in non-grain ingredient

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Ignore noncreditable grains after "contains 2% or less"

Ingredients: 1 Whole wheat flour, sugar, eggs, water, 2 enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, contains 2% or less of: 3 oat fiber, 4 cornmeal, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt

Noncreditable grains

WGR

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1 2 Ignore noncreditable grains in dough conditioners

Ingredients: 1 Whole wheat flour, 2 enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid), water, brown sugar, corn oil, dough conditioner, 3 (wheat flour, salt, soybean oil, ascorbic acid), yeast, salt, enzyme

Noncreditable grain

WGR

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1 2 Ignore noncreditable grains in non-grain portion of combination food

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Noncreditable grain

Ingredients: Chicken, water, salt, wheat flour, and natural flavor. Breaded with: 1 whole wheat flour, water, 2 enriched flour, salt, and spices

WGR

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1 2 Ignore noncreditable grains in non-grain ingredient

3 4

Ingredients: 1 Whole wheat flour, sugar, corn oil, filling: corn syrup, evaporated apples, cinnamon, lemon juice, wheat flour, salt.

Non-grain ingredient

Noncreditable grain

WGR

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Other Ingredients to Ignore for Rule of Three

- Cellulose fiber
- Corn dextrin
- Corn starch
- Maltodextrin
- Modified food starch
- Rice starch
- Tapioca starch
- Wheat starch
- Wheat starch
- Any ingredients listed after "Contains 2% or less of..."

Ingredients: Whole-wheat flour, enriched flour, cornstarch, wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, wheat gluten


More examples: Meeting the Whole Grain-rich Requirement for the CACFP  
[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

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Evaluating Flour Blends for Rule of Three

- Treat flour blends as 1 grain ingredient



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Evaluating Flour Blends for Rule of Three

- First grain ingredient: Must contain *only whole grains*

Ingredients: 1 Flour blend (whole wheat flour, whole grain oat flour), water, 2 enriched flour, yeast, salt

100% whole grain

WGR

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### Evaluating Flour Blends for Rule of Three

- Second or third grain ingredient: May contain *any* **creditable grains**

Ingredients: 1 Whole wheat flour, water, 2 Whole grain flour blend (whole wheat flour, whole grain oat flour), yeast, salt

100% whole grain

WGR



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### Evaluating Flour Blends for Rule of Three

- Second or third grain ingredient: May contain *any* **creditable grains**

Ingredients: 1 Whole wheat flour, 2 flour blend (whole wheat flour, enriched flour), water, yeast, salt

WGR



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### Evaluating Flour Blends for Rule of Three

- Not creditable if contain any **noncreditable grains**

Ingredients: 1 Flour blend (durum flour, bromated flour, brown rice flour), water, salt.

Noncreditable grains

Not WGR




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### Methods to Identify WGR Foods

- Listed on any state's **WIC-approved** foods list
  - Includes tortillas, pasta, rice, and bread
  - Not all WIC-approved breakfast cereals are WGR (must be marked as whole grain)

2 WIC Lists



<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>


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### USDA Webpage

#### Using the WIC Food Lists to Identify Grains for the CACFP

Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

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### Methods to Identify WGR Foods

- Whole grains are **primary grain ingredient**

3 Documentation

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### Methods to Identify WGR Foods

**3**  
Documentation

- Commercial products
  - Child Nutrition (CN) label
  - Product formulation statement (PFS)
- Foods made from scratch
  - Recipe indicates whole grains  $\geq$  other creditable grains

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### Methods to Identify WGR Foods

**3**  
Documentation

- Other Consideration
  - Whole grain is *not* first ingredient but more than one whole grain

Ingredients: Water, **1** unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], **2** whole wheat flour, **3** whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

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### CSDE Resource

#### Using Product Formulation Statements in the CACFP

Required information and how to review PFS

[http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_Product\\_Formulation\\_Statements\\_CACFP.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

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### Documentation for WGR Foods Made from Scratch

- Must have recipes on file
- Review *weight or volume* of each grain ingredient
- If different units of measure, must convert to *same* unit of measure

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

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### Example of Recipe Documentation

Blueberry Oatmeal Muffins

- 2 cups whole-wheat flour
- 2 cups enriched flour
- 2½ cups oatmeal

**WGR**

1. Add amount of whole grains	4½ cups
2. Add amount of other creditable grains	2 cups
3. Are whole grains $\geq$ other creditable grains?	Yes

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### USDA Resource

#### Is My Recipe Whole Grain-Rich in the CACFP?

How to evaluate recipe for WGR compliance (English and Spanish)

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

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**Methods to Identify WGR Foods**

**4**

Meets WGR Criteria for Schools

- WGR criteria for National School Lunch Program (NSLP) and School Breakfast Program (SBP)
- Excludes WGR grain-based desserts



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**Methods to Identify WGR Foods**

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FDA Whole Grain Health Claim

- Package has FDA whole-grain health claim

*"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."*

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**Methods to Identify WGR Foods**

**6**

FDA Standard of Identity

- Labeled as "whole wheat," "entire wheat," or "graham" (FDA Standard of Identity)
- Only certain breads and pasta products



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**Methods to Identify WGR Foods**

**6**

FDA Standard of Identity

- Whole wheat bread, rolls, and buns
- Entire wheat bread, rolls, and buns
- Graham bread, rolls, and buns (not graham crackers)
- Whole wheat spaghetti, vermicelli, macaroni, and macaroni products



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**Does Not Indicate Food is WGR**

- Products labeled "whole grain" or "whole wheat" (without FDA Standard of Identity)
- Whole Grain Stamp
- Certain labeling terms (without FDA Standard of Identity)



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**Does Not Indicate Food is WGR**

Products labeled "whole grain" or "whole wheat" (without FDA Standard of Identity)

Must use different method to evaluate if product is WGR



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**Does Not Indicate Food is WGR**

**Whole Grain Stamp**

**Must use different method to evaluate if product is WGR**

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**Does Not Indicate Food is WGR**

- Whole grain
- Made with whole grains
- Made with whole wheat
- Contains whole grains
- Multi-grain or specifies number of grains, e.g., "7-grain bread"

**Certain labeling terms (without FDA Standard of Identity)**

**Must use different method to evaluate if product is WGR**

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**More Resources**

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**CSDE Resource**

**Meeting the Whole Grain-rich Requirement for the CACFP**

- Explains WGR criteria and required documentation
- Menu planning considerations
- How to evaluate foods
- How to evaluate PFS for commercial products

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

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**USDA Webpage**

**Adding Whole Grains to Your CACFP Menu**

Handouts, training slides, and webinars in English and Spanish

<https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu>

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**USDA Webpage**

**Identifying Whole Grain-rich Foods for the CACFP**

Handouts and webinars in English and Spanish

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

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### Test it Out! Using the Rule of Three for Commercial Products

1. First ingredient is a *whole grain* (excluding water)
2. Second grain ingredient (if any) is *creditable*
3. Third grain ingredient (if any) is *creditable*

**Creditable Grains**

- Whole
- Enriched
- Bran
- Germ

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### Test it Out! Using the Rule of Three for Commercial Products

1. First ingredient is a *whole grain* (excluding water)
2. Second grain ingredient (if any) is *creditable*
3. Third grain ingredient (if any) is *creditable*


**Green = Creditable**  
**Red = Noncreditable**  
**Blue = Grain ingredients to ignore**

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### Example 1: Whole-wheat Bagel

Ingredients: 1 Whole wheat flour, sugar, wheat gluten.  
 Contains 2% or less of each of the following: honey, salt, yellow-corn-flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes




Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Whole wheat flour	Yes
Second grain ingredient must be <i>creditable</i>	None	<b>WGR</b>
Third grain ingredient must be <i>creditable</i>	None	

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### Example 2: Bread Sticks




Ingredients: Water, 1 whole wheat flour, 2 unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), honey, yeast, salt, dough conditioners (mono & diglycerides, DATEM, l-cysteine, ascorbic acid, enzymes), modified-food-starch, 3 fava bean flour, malted barley flour, dextrose, rye flour

Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Whole wheat flour	Yes
Second grain ingredient must be <i>creditable</i>	Unbleached unbromated enriched flour	Yes
Third grain ingredient must be <i>creditable</i>	Fava bean flour (noncreditable)	<b>Not WGR</b> No

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### Example 3: Oat Bread




Ingredients: Water, 1 unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole wheat flour, whole oats, sugar, yeast, soybean oil, salt, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Unbleached enriched flour	No
Second grain ingredient must be <i>creditable</i>		<b>Not WGR</b>
Third grain ingredient must be <i>creditable</i>		

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### Example 3: Oat Bread



Ingredients: Water, 1 unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, 2 whole wheat flour, 3 whole oats, sugar, yeast, soybean oil, salt, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Unbleached enriched flour	No
Second grain ingredient must be <i>creditable</i>	Whole wheat flour	Yes
Third grain ingredient must be <i>creditable</i>	Whole oats	Yes

Might be WGR using Method 3: Documentation

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### Example 4: Cheese Ravioli

Ingredients: **Filling:** Fat free ricotta cheese (whey, skim milk, vinegar, carrageenan), water, egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, bleached wheat flour, salt, sugar, dehydrated garlic. **Pasta:** 1 Whole wheat flour, 2 enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg

Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Whole wheat flour	Yes
Second grain ingredient must be <i>creditable</i>	Enriched durum wheat flour	Yes
Third grain ingredient must be <i>creditable</i>	None <span style="border: 1px solid green; padding: 2px;">WGR</span>	

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### Example 5: Wheat roll

Ingredients: Water, 1 Flour blend [whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme

Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Flour blend (whole-wheat flour and enriched flour)	No
Second grain ingredient must be <i>creditable</i>		
Third grain ingredient must be <i>creditable</i>		<span style="border: 1px solid red; padding: 2px;">Not WGR</span>

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### Example 5: Wheat roll

Ingredients: Water, 1 Flour blend [whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme

Rule of Three criteria	Ingredient	Complies?
First ingredient must be <i>whole grain</i>	Flour blend (whole-wheat flour and enriched flour)	No
Second grain ingredient must be <i>creditable</i>		<ul style="list-style-type: none"> <li>• ≥ 8 grams per ounce equivalent</li> </ul>
Third grain ingredient must be <i>creditable</i>	Might be WGR using Method 3: Documentation	<ul style="list-style-type: none"> <li>• &gt; first ingredient after flour blend</li> </ul>

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## Thank you for participating in Bite Size!



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<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
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Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).

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