

Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.



#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at cacfp.org.

#2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.



#3 FDA STATEMENT



One of the following FDA statements is included on the labeling:

"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."

#4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.



Whole Grain #1 2nd Grain Ingredient

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.
CONTAINS: WHEAT, MILK

#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

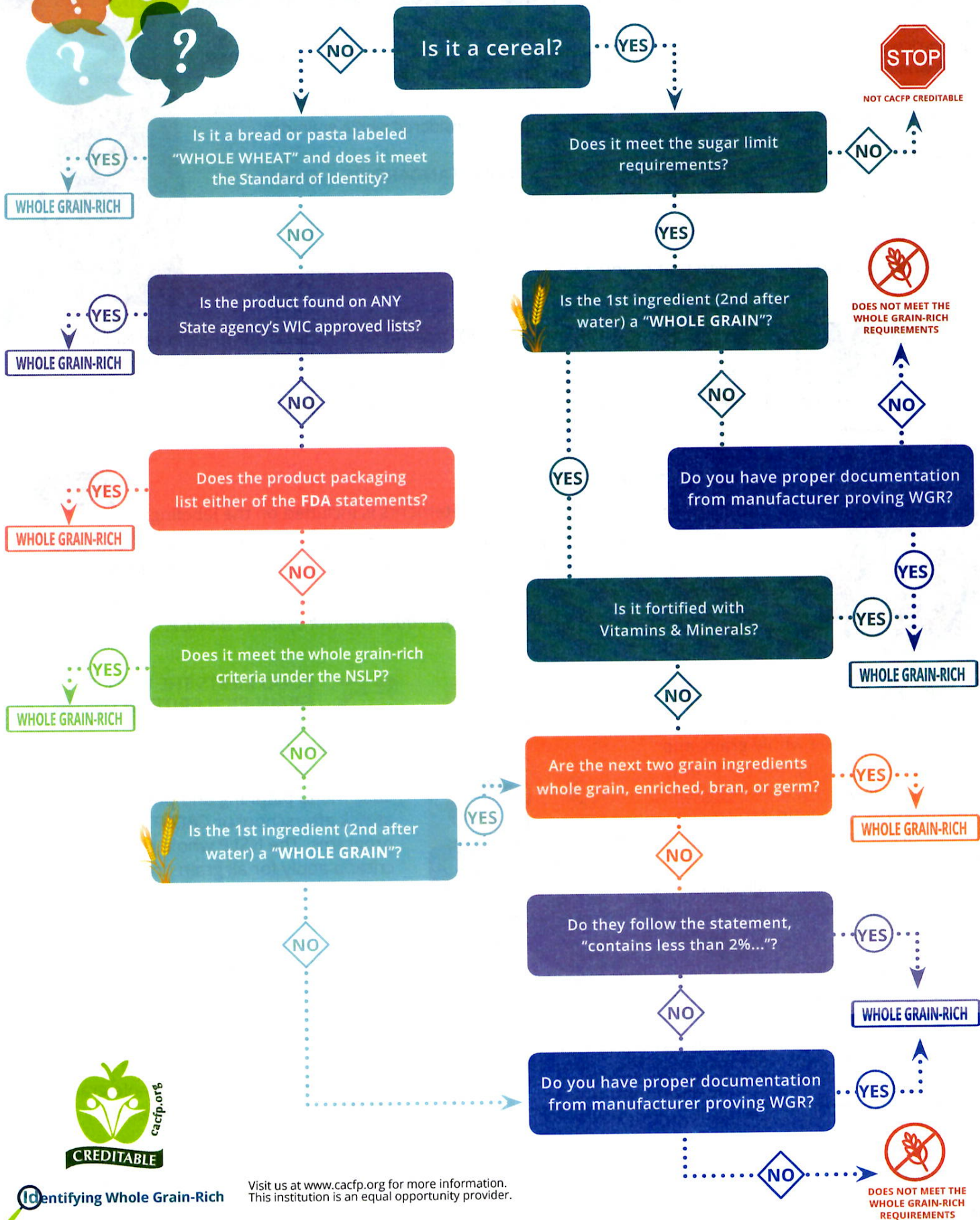
Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.



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This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products. Reference *NCA's Identifying Grain Ingredients* for list of creditable grains.

Wondering if your food is **WHOLE GRAIN-RICH?**



TIPS for HEALTHY Family Meal Planning



ONE

Take 15 minutes over the weekend to **plan ahead** the week's meals.

TWO

Keep it simple when you're deciding meals. **You don't have to** have elaborate dinners every night. Who has time for that?

THREE

The USDA Meal **Patterns** are very helpful to knowing how much, of each **food group**, based on age, each family member should have, ensuring **every bite** is healthy.

FOUR

Double up your meals. Less meals to make during the week is great when there are **leftovers**.

FIVE

Be flexible, don't assign meals to a certain day of the week. **Rotate meals** throughout the week based on what time you have or what you're craving. **Let the kids choose** from the meal menu.



SIX

Prepare as many meal **elements** as possible in advance over the weekend (for example, chop and bag veggies). **You will be thankful** when it's six o'clock and you have no energy to chop peppers.

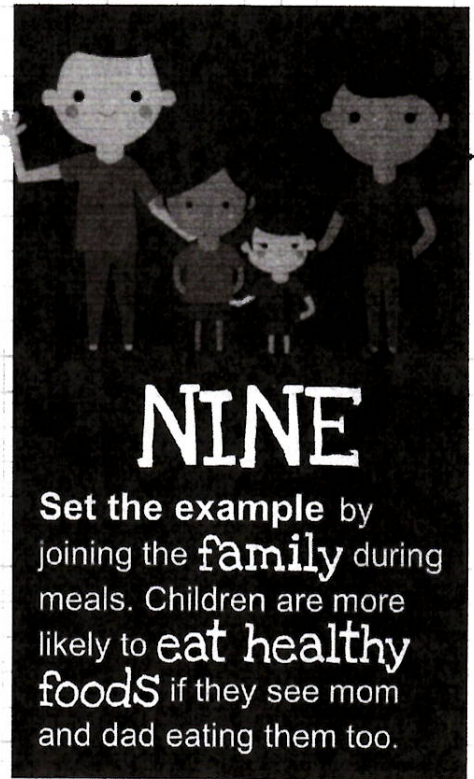
SEVEN

Ask your kids to help in the **kitchen**. They are more likely to try new, healthy foods if they **helped make it**.



EIGHT

Organize your grocery shopping so you do it all at once, saving you a lot of time and money. **Plus**, there's always something healthy to eat in the house.



NINE

Set the example by joining the **family** during meals. Children are more likely to **eat healthy foods** if they see mom and dad eating them too.

TEN

Try to **stick to a schedule**, try to eat meals at the same time each day. When **schedules conflict**, adjust.

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