

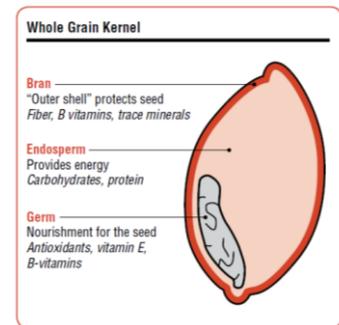
## IDENTIFYING WHOLE GRAIN-RICH PRODUCTS IN THE CACFP

Effective October 1, 2017, the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, requires at least one serving of whole grain-rich (WGR) foods per day. Foods that qualify as WGR in the CACFP contain at least 50 percent whole grains and any other grain ingredients are enriched. WGR foods are either 100 percent whole grain (every grain ingredient is whole grain) or contain a blend of whole and enriched grains, of which at least 50 percent is whole grain. To determine if foods comply with both WGR criteria, menu planners must review the product's ingredients statement and packaging and, if needed, obtain a product formulation statement (PFS) from the manufacturer.

### WGR CRITERION 1 – WHOLE GRAINS

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Table 1 lists examples of grain products and ingredients that are whole grains.

There are two methods for determining if a product meets WGR criterion 1. A product is at least 50 percent whole grain if a whole grain is the first ingredient or the product packaging contains the Food and Drug Administration's (FDA) whole grain health claim.



#### Whole Grain is First Ingredient

This method is different for products that contain only the grains component versus combination foods that contain grains and other food components such as meat/meat alternates and vegetables, e.g., pizza, burritos, and breaded chicken nuggets.

- A **grain-only product** (such as bread and cereals) contains at least 50 percent whole grains if a whole grain is the **first** ingredient, or water is listed first and a whole grain is listed second.
- A **combination food** contains at least 50 percent whole grains if a whole grain is the **first grain** ingredient in the list of grains.



If a whole grain is not listed first but the product contains multiple whole-grain ingredients, the menu planner must obtain a PFS to determine if the combined weight of all whole grains is the greatest ingredient by weight. To be WGR, the product must also meet WGR criterion 2.

#### FDA's Whole Grain Health Claim

A product contains at least 50 percent whole grain if the packaging includes the FDA's whole grain health claim. The FDA allows two health claims for whole-grain foods. These claims are not commonly found on most grain products.

- Low-fat claim: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fats, and cholesterol, may help reduce the risk of heart disease and certain cancers."
- Moderate-fat claim: "Diets rich in whole grain foods and other plant foods, and low in saturated fats and cholesterol, may help reduce the risk of heart disease."

# IDENTIFYING WHOLE GRAIN-RICH PRODUCTS IN THE CACFP, continued

The health claim on the package label must be identical to one of these statements. For consistency with the *Dietary Guidelines for Americans*, the USDA recommends choosing grain products with the FDA’s low-fat health claim. To be WGR, the product must also meet WGR criterion 2.

Table 1. Examples of Whole-grain Products and Ingredients					
<b>BARLEY</b> Dehulled barley or barley flour Hulled or hull-less barley Whole barley Whole-barley flakes Whole-barley flour Whole-grain barley Whole-grain barley flour	<b>CORN</b> Masa (whole corn treated with lime) Whole corn Whole-corn flour Whole cornmeal Whole-grain corn flour Whole-grain grits Whole-ground corn  <b>OATS</b> Oat groats Oatmeal, including old-fashioned, quick-cooking and instant	Rolled oats Whole oats Whole-oat flour  <b>RYE</b> Whole rye Rye berries Whole-rye flour Whole-rye flakes  <b>WHEAT (RED)</b> Bulgur (cracked wheat) Bromated whole-wheat flour	Cracked wheat Crushed wheat Entire-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 Whole-wheat flour Whole-wheat pastry flour Whole-wheat flakes  <b>WHEAT (WHITE)</b> Whole white wheat Whole white wheat flour  <b>WILD RICE</b> Wild rice Wild rice flour	<b>LESS COMMON GRAINS</b> Amaranth Buckwheat, buckwheat groats Einkorn Emmer (farro) Kamut® Millet Quinoa Sorghum (milo) Spelt Teff Triticale

## WGR CRITERION 2 – ENRICHED GRAINS

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients include:

- thiamin (vitamin B1, thiamin mononitrate, thiamin hydrochloride);
- riboflavin (vitamin B2);
- niacin (vitamin B3, niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate).

If the ingredients statement includes all five nutrients, the product is enriched and meets WGR criterion 2. To be WGR, the product must also meet WGR criterion 1.

*For school nutrition programs that work with CACFP child care centers, it is important to note that the CACFP WGR definition is different from the WGR definition for school meals. Foods that meet the WGR requirements for school meals comply with the CACFP WGR requirements. However, foods that meet the CACFP WGR requirements may or may not comply with the WGR requirements for school meals. For more information, see the Connecticut State Department of Education’s (CSDE) handout, [Criteria for Whole Grain-rich Foods in School Nutrition Programs](#).*

# IDENTIFYING WHOLE GRAIN-RICH PRODUCTS IN THE CACFP, continued

## SAMPLE PRODUCTS

Table 2 shows examples of how to evaluate products for compliance with the CACFP WGR criteria. Creditable grains (whole and enriched) are in bold and whole grains are capitalized. Menu planners must obtain a PFS for any products that require additional documentation to determine compliance.

Table 2. Determining if a Product is WGR	
<p><b>Whole-wheat Bagel</b>                      Ingredients: <b>WHOLE-WHEAT FLOUR</b>, water, sugar, vital wheat gluten, contains 2% or less of: salt, yeast, preservatives (sorbic acid, calcium propionate), mono and diglycerides, soybean oil, dough conditioners (calcium sulfate, l-cysteine), enzyme (wheat gluten) and xanthan gum</p> 	<p><input checked="" type="checkbox"/> WGR criterion 1: whole grain  <input checked="" type="checkbox"/> WGR criterion 2: enriched (or no other grains)</p> <p><b>WGR?</b> <input checked="" type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS needed</p> <p>This product is 100% whole grain. Whole-wheat flour is the first and only grain ingredient (criteria 1 and 2).</p>
<p><b>English Muffin</b>                      Ingredients: Water, <b>WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)</b>, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.</p> 	<p><input checked="" type="checkbox"/> WGR criterion 1: whole grain  <input checked="" type="checkbox"/> WGR criterion 2: enriched (or no other grains)</p> <p><b>WGR?</b> <input checked="" type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS needed</p> <p>Whole-wheat flour is the first ingredient after water (criterion 1). The only other grain ingredient is enriched flour (criterion 2).</p>
<p><b>Oat Bread</b>                      Ingredients: Water, <b>unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]</b>, water, <b>WHOLE-WHEAT FLOUR, WHOLE OATS</b>, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearoyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.</p> 	<p><input type="checkbox"/> WGR criterion 1: whole grain  <input checked="" type="checkbox"/> WGR criterion 2: enriched (or no other grains)</p> <p><b>WGR?</b> <input type="checkbox"/> Yes   <input type="checkbox"/> No   <input checked="" type="checkbox"/> PFS needed</p> <p>The menu planner must obtain a PFS to determine if this product meets criterion 1. If the combined weight of the two whole grains (whole-wheat flour and rolled oats) is more than the weight of the enriched flour, this product meets criterion 1. Enriched flour is the first and only other grain ingredient (criterion 2).</p>
<p><b>Blueberry Muffin</b>                      Ingredients: <b>WHOLE-WHEAT FLOUR</b>, sugar, eggs, water, blueberries, <b>enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)</b>, invert sugar, soybean oil, contains 2% or less of: palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, oat fiber, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, modified food starch, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, wheat starch, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes.</p> 	<p><input checked="" type="checkbox"/> WGR criterion 1: whole grain  <input checked="" type="checkbox"/> WGR criterion 2: enriched (or no other grains)</p> <p><b>WGR?</b> <input checked="" type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS needed</p> <p>Whole-wheat flour is the first ingredient (criterion 1). The only other grain ingredient is enriched flour (criterion 2).</p>
<p><b>Cheese Ravioli</b>                      Ingredients: <b>Filling:</b> Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], vinegar, xanthan gum, carrageenan), water, egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, romano cheese made from cow's milk (cultured milk, salt, enzymes), bleached wheat flour, garlic salt (salt, dehydrated garlic), salt, corn starch-modified, sugar, dehydrated garlic. <b>Pasta: WHOLE-WHEAT FLOUR, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)</b>, water, egg.</p> 	<p><input checked="" type="checkbox"/> WGR criterion 1: whole grain  <input checked="" type="checkbox"/> WGR criterion 2: enriched (or no other grains)</p> <p><b>WGR?</b> <input checked="" type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS needed</p> <p>Whole-wheat flour is the first ingredient of the grain component, pasta (criterion 1). The only other grain ingredient is enriched flour (criterion 2).</p> <p>Note: To credit the cheese as a meat/meat alternate, the manufacturer's PFS must document the amount of cheese per serving.</p>

## RESOURCES

Crediting Foods in CACFP Adult Day Care Centers (CSDE Web page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336524](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336524)

Crediting Foods in CACFP Child Care Programs (CSDE Web page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336518](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336518)

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE Web page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336526](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336526)

Meal Pattern Requirements for CACFP Child Care Programs (CSDE Web page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336512](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336512)

*Serving Sizes for Grains in the CACFP (October 1, 2017 through September 30, 2019):*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/grainscacfpoct1.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/grainscacfpoct1.pdf)

*Whole Grain-rich Ounce Equivalents (Oz Eq) for the CACFP (October 1, 2017 through September 30, 2019):*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/ozeqcacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/ozeqcacfp.pdf)

USDA Product Formulation Statement for Grains:

[www.fns.usda.gov/sites/default/files/pfsgains13-14.pdf](http://www.fns.usda.gov/sites/default/files/pfsgains13-14.pdf)

USDA Memo CACFP 02-2017: Grain Requirements in the CACFP: Q&As:

[www.fns.usda.gov/cacfp/grain-requirements-cacfp-qas](http://www.fns.usda.gov/cacfp/grain-requirements-cacfp-qas)

Using Product Formulation Statements in the CACFP (CSDE):

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/pfscacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/pfscacfp.pdf)



For information on the CACFP, visit the Connecticut State Department of Education's (CSDE) [CACFP](#) Web site or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

*This handout is available at*  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/idmrcacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/idmrcacfp.pdf).

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*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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