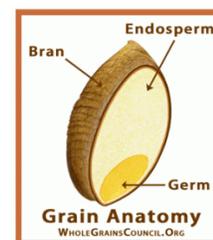


IDENTIFYING WHOLE GRAINS

Grains must be whole grain-rich (WGR) to meet the meal pattern requirements for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched, and the combined weight of any noncreditable grains (such as modified food starch and bran) is less than two percent of the product formula. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Criteria for Whole Grain-rich Foods*.

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. Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A grain product is whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain. Whole grains contain a wide variety of nutrients and compounds that help reduce the risk of chronic diseases.



CRITERIA THAT DO NOT INDICATE WHOLE GRAIN CONTENT

There are several criteria that cannot be used to determine if a grain product contains at least 50 percent whole grains. These include color, fiber content, the Whole Grain Stamp, and misleading terms.

Color

A grain product's color does not indicate whether it contains whole grains. While whole-grain products are usually browner than products made with refined white flour, sometimes the brown color comes from coloring (e.g., "caramel coloring") or molasses, not from whole-grain ingredients. Read the ingredients statement to determine if the product contains any whole grains.

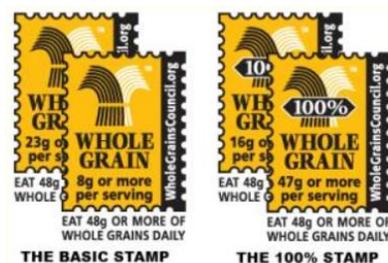
Fiber Content

Fiber content does not indicate whether a product contains whole grains. Whole grains and fiber both provide health benefits but they are not the same thing. The nutrition facts panel lists total fiber, which includes naturally occurring and added sources. Grain-based foods that are good sources of fiber, such as bran cereal, may contain bran or other added fiber without much or any whole grains. Manufacturers sometimes add fiber such as cellulose, inulin, and chicory root to processed foods that would otherwise contain little or no fiber.

Whole Grain Stamp

The [Whole Grains Council](http://WholeGrainsCouncil.org) provides two stamps that manufacturers can use on product packaging for foods that contain whole grains.

- Basic Whole Grain Stamp: Products that display this stamp contain at least 8 grams of whole grain, but may not meet the USDA criteria for enriched grains and noncreditable grains. They may contain unenriched refined flour and noncreditable grains.
- 100% Whole Grain Stamp: Products that display this stamp contain at least 16 grams of whole grain, but may not meet the limit for noncreditable grains.



IDENTIFYING WHOLE GRAINS, continued

The whole grain stamps cannot be used to determine if a grain-based product meets the three WGR criteria for school nutrition programs. The whole grain stamps indicate that a product is made with whole grains or contains 100 percent whole grain, but they do not indicate that all other grains are enriched or that any noncreditable grains comply with the limit. To determine compliance with the WGR criteria, menu planners must review the product’s ingredients statement and product formulation statement (PFS).

Misleading Terms

Careful label reading is important because the packaging for grain products can be misleading. When a grain name such as “corn” or “rice” is listed in the ingredients statement without a descriptor such as “whole” corn or “brown” rice, the product might not be whole grain. Menu planners cannot credit these ingredients as whole grains unless the manufacturer provides a PFS to document that they are whole grains.

Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not. The chart below includes some common misleading terms found on product packages. Products with these terms are generally not 100 percent whole grain and do not contain much whole grain. They often contain refined flour (or other ingredients that are not whole grain) as the first or second ingredient.



Common Misleading Terms for Grains	
“Made with whole grains”	These products must have some whole grains but may contain mostly refined flour. The amount of whole grains can vary greatly among different products.
“Made with whole wheat”	These products must have some whole wheat but may contain mostly refined flour. The amount of whole wheat can vary greatly among different products.
“Contains whole grain”	These products may contain a small amount of whole grain but usually are mostly refined grains. The amount of whole grains can vary greatly among different products.
“100% wheat”	All breads made from any part of the wheat kernel are 100 percent wheat, which is different than 100 percent whole wheat. “100% wheat” products may contain some whole-wheat flour or may contain only refined flour. Look for “100% whole wheat” or “100% whole grain” to indicate that the product is made from only whole grains.
“Multigrain” or specifies number of grains, e.g., “seven-grain bread”	These products must contain more than one type of grain, which can include refined grains, whole grains or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.
“Cracked wheat bread”	While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.
“Stone ground” flour or meal	“Stone ground” describes the process used for making the flour or meal. It does not necessarily mean that the product is whole grain. Look for “whole” in combination with “stone ground” in the ingredients statement.

NAMES FOR WHOLE GRAINS

The chart below lists examples of grain products and ingredients that are whole grains. If one of these terms is listed first on the ingredients statement, the product contains at least 50 percent whole grains and meets the first WGR criterion. To be WGR, the product must also meet the other two criteria (any other grain ingredients are enriched and the combined weight of any noncreditable grains does not exceed the limit). For more information, see the CSDE’s handout, *Criteria for Whole Grain-rich Foods*.



Whole-Grain Products and Ingredients ¹

<p>Barley</p> <ul style="list-style-type: none"> Dehulled barley Dehulled-barley flour Whole barley Whole-barley flakes Whole-barley flour Whole-grain barley Whole-grain barley flour <p>Brown rice</p> <ul style="list-style-type: none"> Brown rice Brown rice flour <p>Corn</p> <ul style="list-style-type: none"> Masa (whole corn treated with lime) ¹ Whole corn Whole-corn flour Whole cornmeal Whole-grain corn flour Whole-grain grits Whole-ground corn <p>Oats</p> <ul style="list-style-type: none"> Oat groats Oatmeal, including old-fashioned, quick-cooking, and instant Rolled oats Whole oats Whole-oat flour 	<p>Rye</p> <ul style="list-style-type: none"> Whole rye Rye berries Whole-rye flour Whole-rye flakes <p>Wheat (red) ²</p> <ul style="list-style-type: none"> 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 ³ 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 	<p>Wheat (white) ⁴</p> <ul style="list-style-type: none"> Whole white wheat Whole white wheat flour <p>Wild rice</p> <ul style="list-style-type: none"> Wild rice Wild rice flour <p>Less common grains</p> <ul style="list-style-type: none"> Amaranth Buckwheat, buckwheat groats Einkorn Emmer (farro) Kamut® Millet Quinoa Sorghum (milo) Spelt Teff Triticale
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¹ Masa (often used in tortilla products) is a whole grain only if the manufacturer provides documentation that the manufacturing process used to prepare the corn with lime retains the pericarp (bran layer).

² Red wheat is the most common kind of wheat in the United States.

³ “Stone ground” describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Look for “whole” in combination with “stone ground” in the ingredients statement.

⁴ White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are “white whole wheat” and not “white wheat,” which is not a whole grain.

RESOURCES

Calculation Methods for Crediting Grains:
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf

Crediting Enriched Grains:
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf

Crediting Foods (CSDE Web Page):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Criteria for Whole Grain-rich Foods:
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf

Food Buying Guide for School Meal Programs:
www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Meal Patterns (CSDE Web Page):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Menu Planning Guide for School Meals:
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

Product Formulation Statements:
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf

USDA Product Formulation Statement for Documenting Grains in School Meals:
www.fns.usda.gov/sites/default/files/pfs/grains13-14.pdf

Whole Grain Resource for the National School Lunch and School Breakfast Programs:
www.fns.usda.gov/sites/default/files/wholegrainresource.pdf

Whole Grain-rich Ounce Equivalents for School Nutrition Programs:
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/grainsozeq.pdf



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) 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/nslp/crediting/identifyingwg.pdf.

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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;
- (2) *fax:* (202) 690-7442; or
- (3) *email:* program.intake@usda.gov.

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