

Commonly Used Whole Grains

How to Tell if a Food is Whole Grain

-  The food is listed as “whole wheat,” “entire wheat,” or “graham”
-  The food is found on any state agency’s WIC-approved whole grain food list
-  The food has an FDA-approved whole grain health claim
 -  The food meets criteria listed in the Rule of Three

The Rule of Three

Look at the ingredients on the product’s label. The first ingredient (or the second after water) must be a whole grain. The next two ingredients after that (if there are any) must be whole grains, enriched grains, bran, or germ. If this is all true, then the product is whole grain.

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ((CULTURED MILK, SALT, ENZYMES), ANNATTO), CANOLA AND/OR SUNFLOWER OIL, SALT, CONTAINS 2% OR LESS OF: YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER.
CONTAINS: WHEAT, MILK.



100% Whole Grains
Kodiak Frontier
Flapjack and
Waffle Mix



100% Whole Wheat
Bread



General Mills
Cheerios (plain)



Great Value Whole
Wheat Spaghetti



Quaker
Lightly Salted
Rice Cakes



Triscuit Original
Crackers



Harvest Cheddar
Sun Chips



Keebler Whole Grain
Animal Crackers



Paw Patrol Graham
Snacks



Popcorn



Scooby Doo Baked
Graham Cracker
Sticks



Goldfish (Baked with
12g of Whole Grain
per Serving)

Beware of deceptive packaging!

Both of these popular snacks look like whole grain products, but they do not meet USDA requirements to credit as whole grains.



What about breakfast cereals?

Before serving a breakfast cereal, make sure that it meets the CACFP sugar limit. Any breakfast cereal served in the CACFP must contain no more than 6 grams of total sugar per dry ounce. If the cereal meets the sugar limit, check to see if the first ingredient in the cereal is a whole grain. You do not need to use the Rule of Three for breakfast cereals. Finally, check to see if the cereal is fortified. Fortified cereals pack in more vitamins and nutrients in each bite than competitors do.



The Rule of Three: Is It Whole Grain?



CACFP Reminder: at least (1) serving of grains per day must be whole grain-rich. Before serving a grain, use the Rule of Three and look for these ingredients on the product's nutrition label:

Whole Grains: Must be the first grain ingredient on the label; may be the second or third grain ingredient

- Amaranth
- Amaranth flour
- Brown rice
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- Whole corn
- Whole durum flour
- Whole einkorn berries
- Whole grain corn
- Whole grain corn flour
- Whole grain einkorn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat flakes
- Whole rye flour
- Whole wheat flour
- Wild rice

Brans and Germs: May be the second or third grain ingredient on the label

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

Enriched Grains: May be the second or third grain ingredient on the label

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour

NON-CREDITABLE GRAINS: If any of these grains are listed as the first three grain ingredients, the product is not whole grain-rich

- Any bean flour
- Any nut flour
- Barley malt
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Malted barley flour
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal