

Grains Requirements

All grains must be made with enriched or whole grain meal or flour.



A serving may contain whole grain or enriched bread, cornbread, biscuits, rolls, muffins, and other bread products; or whole grain, enriched, or fortified cereal grain, cooked pasta or noodle products, or breakfast cereal; or any combination of these foods.

Whole Grains. At least one serving per day, across all eating occasions of bread, cereals, and grains, must be 100% whole grain. This must be denoted on your menu (see *Documentation* below).

- *Breakfast cereals (including ready-to-eat cold and instant/regular hot cereals).* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

- *Desserts.* Grain-based desserts such as cookies, brownies, granola bars, etc. do not count towards meeting the grains requirement.

- *Documentation.* The grain item on the menu must be documented when the item is whole grain. A *WG* may be used in front of grain items to indicate the item is whole grain.

- *Serving Size.* Serving sizes for grains have not changed with the new meal pattern. Serving sizes will change slightly in 2019 with the implementation of ounce equivalents.

Easy Whole Grain Swaps

White rice → Brown rice

White bread → 100% Whole wheat bread

Sugary cereal → 100% Whole grain cereal topped with fruit

Grits → Oatmeal

Pasta (refined/not whole grain) → 100% Whole wheat pasta

Cookies → 100% Whole grain crackers



Resources:

Nutrition and Wellness Tips: Build a Healthy Plate with Whole Grains:

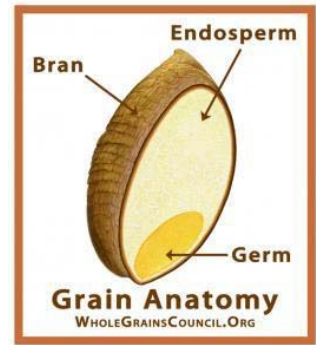
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

The Whole Grains Council: Search for 100% Whole Grain Stamped Products:

<https://wholegrainscouncil.org/find-whole-grains/stamped-products>

Whole Grains Adapted from the Institute of Child Nutrition

Whole grains consist of the entire grain seed or kernel. The kernel has three parts – the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.



Identifying whole grain ingredients:

- The word “whole” listed before a grain, such as “whole wheat” or “whole corn;”
- The words “berries” and “groats” are used to designate a whole grain, such as “wheat berries” or “oat groats;”
- Rolled oats and oatmeal (including old fashioned, quick cooking, and instant oatmeal); and
- Other whole-grain foods that do not use the word “whole” in their description, such as brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

Whole Grains*	Not Whole Grains
<ul style="list-style-type: none"> • Amaranth • Barley (whole, hulled, or hull-less) • Bromated Whole-Wheat Flour • Bulgur • Buckwheat • Cracked Wheat • Crushed Wheat • Einkorn • Freekeh • Graham Flour • Millet • Quinoa • Rice (Brown, Black, Red, Wild) • Rye Berries (or whole rye) • Sorghum • Teff • Triticale • Wheat Berries • Whole Corn • Whole Durum Wheat Flour • Whole Farro • Whole Grain Barley • Whole Spelt • Whole Wheat Flour • Whole Wheat Pasta (Macaroni, Spaghetti, or other Whole Grains Noodles) 	<ul style="list-style-type: none"> • All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn • Corn Grits • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Instantized Flour • Long-Grain White Rice • Pearled Barley • Phosphated Flour • Rice Flour • Rice (White) • Rye • Self-Rising Flour • Self-Rising Wheat Flour • Unbleached Flour • Wheat Flour • White Flour

*Bran and/or germ may also contribute to the whole grain requirements

How to Identify a 100% Whole Grain Food

Step 1: Is this a creditable grain (made with whole grain or enriched flour)? Check the Creditable and Non-Creditable Grain Foods List. Note: If cereal – it must meet the sugar limit.

If yes, you can serve this grain, but continue to step 2 to see if it will meet the 100% whole grain per day requirement.

If no, find another grain product. A grain must be creditable to meet the 100% whole grain requirement.

Step 2: Is this a naturally occurring whole grain like brown rice, wild rice, or oatmeal? Check the whole grains list on the previous page.



If yes, you found a 100% whole grain and it will meet your 1 whole grain for the day requirement! You don't need to do steps 3 or 4.

If no, continue to step 3.

Step 3: Does the front of the package state "100% Whole Grain", "100% Whole Wheat", or have a 100% Whole Grain stamp?



If yes, you found a 100% whole grain and it will meet your 1 whole grain for the day requirement! You don't need to do step 4.

If no, continue to step 4.

Step 4: There is still a chance this is a 100% whole grain product. You must check the ingredients label. All of the grain ingredients must be whole grain.

Which items are 100% whole grain based on the ingredients?

A) Bread

Ingredients: Wheat Flour, Malted Barley Flour, Soybean Oil, Salt, Honey, Wheat Starch, Thiamin, Niacin, Iron, Riboflavin, Folic Acid

B) Tortilla

Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Whole Corn, Starch, Wheat Starch

C) Dry Cereal

Ingredients: Whole Corn Meal, Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar

D) Cracker

Ingredients: Whole Grain Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt

E) Roll

Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt

Answer: b, c, and d are 100% whole grains because all grain ingredients are whole grain.