

Wheat Kernel

Endosperm makes up 83% of the kernel

Bran makes up 14% of the kernel

Germ makes up 3% of the kernel

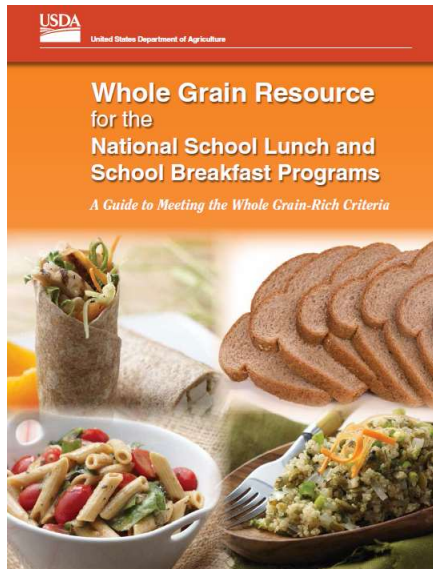
(percentages are approximate)

WHOLE GRAIN-RICH REQUIREMENTS

SD Child & Adult Nutrition Services

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Welcome to the SD Child and Adult Nutrition Services webinar on Whole Grain-Rich Requirements.



USDA Whole Grain Resource

- **Download a copy of the USDA Resource for NSLP & SBP**
- <http://www.fns.usda.gov/tn/whole-grain-resource>

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The USDA Whole Grain Resource is available for you to use on this website as linked here. Applicable pages in this resource will be referenced throughout this presentation in case you would like to find out more information.

Grains (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Grains(oz eq)	8-9 (1)	8-10 (1)	10-12 (2)



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Reminder for daily requirements and weekly requirements for each grade group at **Lunch**.

Daily minimum of grains for the K-5 and 6-8 grade groups is 1 oz equivalent per day and for grades 9-12 it is a 2 oz equivalent minimum per day. The weekly requirements are 8-9 oz eq for grades K-5, 8-10 oz eq for grades 6-8, and 10-12 oz eq per week for grades 9-12.

Grains (Breakfast)

Age-Grade Group	K-5	6-8	9-12
Minimum Daily	1 oz. eq.	1 oz. eq.	1 oz. eq.
Minimum Weekly	7 oz. eq.	8 oz. eq.	9 oz. eq.



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These are the grain requirements for each grade group for **breakfast**.

Reminder: There is a minimum DAILY grain requirement of 1 oz eq. for all grade groups (K-12)

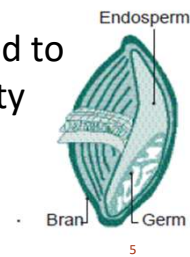
There is a minimum WEEKLY grain requirement: K-5 – 7 oz eq, 6-8 – 8 oz eq, and 9-12 9 oz eq.

What is Whole Grain?



- **Whole** is listed before a grain
- **Berries** and **groats** used to designate whole grains
- Rolled oats and oatmeal

Reconstituted is allowed ONLY if returned to natural proportions by original milling facility



WGR Pg 6

What does the term “whole grain” mean?

- Whole grains consist of the entire cereal 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.
- The terms “berries” and “groats” are used to designate whole grains.

Note that Reconstituted is allowed ONLY if returned to natural proportions by original milling facility

Reference Whole Grain Resource Page 6 for more information.

100% Whole Grain or 100% Whole Grain-Rich

- Not all grains have to be 100% whole grain
- They have to meet the whole grain-rich requirements
 - 50% whole grain
 - 50% enriched grain
- All grains served must be Whole Grain-Rich not 100% Whole Grain



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Is the requirement for 100% whole grain or for 100% whole grain-rich?

They have to meet the whole grain-rich requirements, which means 50% whole grain and 50% enriched grain

All grains served must be Whole Grain-Rich not 100% Whole Grain

Whole Grain-Rich

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount
	A	B	A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enrich flour (22%)	11	16	.6875
			2.15
Total Creditable Amount¹			2.00

- To be considered Whole Grain-Rich
 - Read the Ingredient list
 - CN label
 - Product Formulation Statement (PFS) from the manufacturer
- Recipe that includes ingredients and weights/measurements

WGR Pg 10 & 25

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Acceptable Forms of Documentation for Items That Meet Whole Grain-Rich Criteria

In order to document that the grain items served meet whole grain-rich criteria, program operators should maintain one or more of the following types of documentation on file:

- An ingredient declaration from a product carton that shows a whole grain as the first ingredient by weight.
- A copy of a food label showing the amount of whole grain in grams for the appropriate NSLP/SBP serving size or copy of a food label displaying one of the FDA whole-grain health claims.
- CN Labels for entree items that include grains.
- A customized product formulation statement on manufacturer letterhead.
- Sample product formulation templates for grain products can be seen on page 25 of the Whole Grain Resource
- A recipe that includes the ingredients and ingredient amounts by weight and volume.
- Be AWARE if you do not have the above information and rely on the supplier, sales information and/or an ad none of those sources of information can be taken at face value!

Reference Whole Grain Resource Page 10 and 25 for more information on labels.

Grain Ingredients Not Considered Whole Grains

- Grain ingredients that should not be considered whole grains:

WGR Pg 7

flour	enriched flour	cake flour
white flour	instantized flour	durum flour
Wheat flour	phosphated flour	corn grits
all-purpose flour	self-rising flour	hominy grits
unbleached flour	self-rising wheat flour	hominy
Bromated flour	enriched self-rising flour	farina
enriched bromated flour	bread flour	semolina
degerminated corn meal	enriched rice	rice flour
couscous		

Before purchasing new products containing whole grains, look carefully at the whole product. When soliciting bids from manufacturers, specify that products must be made from 50 percent or more whole grains with all remaining grains being enriched. Prior to purchasing, double check the ingredient statement and any accompanying manufacturer documentation

to ensure that the product meets whole grain-rich criteria. In addition, to be consistent with the 2010 Dietary Guidelines for Americans (DGAs), program operators are encouraged to purchase and serve grain items that meet the whole grain-rich criteria that are also low in sugars and/or fat.

Be aware of Non-creditable grains:

There are some grain ingredients such as oat fiber, corn fiber, bran, germ, modified food starch, corn starch, and wheat starch (including potato, legume, and other vegetable flours) that do not contribute toward meal pattern components. If purchased grain products include these ingredients they must be present at a level of less than 2 percent of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch or breakfast beginning SY 2013-2014.

Whole Grain Resource Page 7

Exhibit A: School Lunch & Breakfast

Whole Grain-Rich Ounce Equivalency (Oz eQ) Requirements for School Meal Programs

GROUP A		OZ EQ FOR GROUP A
Bread type coating	Pretzels (hard)	1 oz eq = 22 g or 0.8 oz
Bread sticks (hard)	Stuffing (dry) Note: Weights apply to bread in stuffing.	3/4 oz eq = 17 g or 0.6 oz
Chow mein noodles	Savory crackers (saltines and snack crackers)	1/2 oz eq = 11 g or 0.4 oz
Croutons		1/4 oz eq = 6 g or 0.2 oz

Please reference the Whole-Grain Resource on page 23.

This is taken from the Grain/Bread chart, and can also be found on Page 23 of the Whole-Grain Resource.

This is group A. On the Grain/bread chart, each group of different grain products has a different ounce equivalent.

You might be wondering what an ounce equivalent is. We will discuss ounce equivalents on the coming slides.

IF time: Use the scale

Brownies vs Bread vs pasta vs Crackers

Calculating Ounce Equivalents Based on Total Weight using GB Chart

- Whole grain-rich bread
- Each slice weighs 0.9oz
- Group B 1 oz = 1 oz eq



WGR Pg 21 & 23

Calculation:

$$0.9 \text{ oz} \div 1.0 \text{ oz} = 0.9 \text{ oz}$$

0.9 oz rounds down to 0.75 oz equivalents per slice of this bread

Always **round down** to the nearest 0.25 oz eq for Grains and Meat/Meat Alternates

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We will walk through all the different ways that can be used to calculate ounce equivalents. Here, we are using the grain/bread chart based on total weight to convert ounces to ounce equivalents

We will use Whole-Grain Bread as an example

Ingredient statement lists whole-wheat flour first. All other grains are enriched. This product meets the requirements, so we can move on to calculate the oz eq.

One slice weighs 0.9 oz

Find bread on the grain/bread chart – it is in Group B. The right column gives us the oz eq for Group B. The column says that 1 oz equals 1 oz equivalent.

Our Calculation is 0.9 oz divided by 1.0 oz, which equals 0.9 oz

Remember to Always **round down** to the nearest 0.25 oz eq for Grains and Meat/Meat Alternates

0.9 oz rounds down to 0.75 oz eq grains per slice.

Whole Grain Resource Page 21 & 23

Calculating Ounce Equivalents based on creditable grain using PFS

- Whole grain-rich bread
- Each slice equals 17 grams
- Group B 16g = 1oz eq

Calculation:

$$17 \text{ g} \div 16 \text{ g} = 1.06$$

1.06 rounds down to 1.0 oz equivalents per slice of this bread



WGR Pg 21 & 23

Always **round down** to the nearest 0.25 oz eq for Grains and Meat/Meat Alternates

Now let's try calculating ounce equivalents based on creditable grain using Product Formulation Statements.

We can use the GB chart to convert grams to ounce equivalents

The same slice of whole grain rich bread may be credited using the amount of creditable grain. Manufacturers must provide documentation on company letterhead (or schools may retain a copy of their standardized recipe). Sample product formulation statements (PFS) are provided starting on page 25 of the whole grain resource.

For this calculation, divide the grams of creditable grain by the standard of 16 grams per oz equivalent.

Calculation: $17 \text{ g} \div 16 \text{ g} = 1.06$

1.06 rounds down to 1.0 oz eq grains per slice

Always round down to the nearest $\frac{1}{4}$ ounces

Calculating Ounce Equivalents based on Exhibit A volume GB Chart

- Cooked Whole-Grain Rotini Pasta
- ½ Cup serving
- Group H ½ cup of cooked pasta = 1 oz eq



Calculation
 $\frac{1}{2}$ cup served \div $\frac{1}{2}$ cup per oz
eq =
1.0 oz eq grains

WGR Pg 22

Always **round down** to the nearest 0.25 oz eq for Grains and Meat/Meat Alternates

Now we are going to find the ounce equivalents based on volume.

We will use Whole-Grain Pasta as an example. The Ingredient statement lists whole-wheat flour first and All other grains are enriched, so we know we can use this product

The Manufacturer documentation states that each ½ cup serving of cooked pasta contains 29 grams of creditable grain.

Group H of the GB chart states that ½ cup of cooked pasta (made from creditable ingredients) provides 1.0 ounce equivalent grains. Product label and manufacturer documentation should be maintained on file.

To calculate, divide ½ cup served by ½ cup per oz eq. This equals 1 oz eq of grains. We do not need to round down, as 1 is divisible by .25.

Calculating Ounce Equivalents based on grams of creditable grain ingredient per portion using GB Chart

- Whole-Grain Rotini Pasta
- 1 c of Pasta Recipe Example = 29g pasta
- Group H 28g dry = 1oz eq

Calculation
 $29 \text{ g} \div 28 \text{ g} = 1.03$
1.03 rounds down to 1.0 oz eq
grains per $\frac{1}{2}$ cup cooked pasta.



WGR Pg 22

Always **round down** to the nearest 0.25 oz eq for Grains and Meat/Meat Alternates

Now we will calculate ounce equivalents based on the grams of creditable grain ingredient per portion. This is how most schools would do this.

Let's say we are making Goulash. The recipe calls for dry pasta.

Our equation is grams in Recipe divided by the number of servings = the weight of the dry pasta per serving size.

The serving size of Goulash that we will serve is one cup, which contains 29 g of pasta.

From the GB chart, we find pasta in group H. In the Oz Eq for Group H column, we can see that 1 oz eq of dry pasta is 28 grams.

Now we divide the number of grams per serving (29) by the number of grams in a 1 oz eq (28). This equals 1.03 oz eq of grains, but we need to round down to 1.0 oz equivalent because we always round down to the nearest quarter oz eq for grains and M/MA.

Reading Labels & Calculating Equivalents

All Natural Whole-Wheat Pasta

Ingredients:

Whole grain wheat flour,
wheat flour, oat fiber.



WGR Pg 11

Nutrition Facts

Serving Size 2 oz

Amount Per Serving

Calories 200

Calories from Fat 15

Group H

1oz eq = 1/2 C cooked or 1oz dry

Calculation

2 oz ÷ 1 oz eq = 2.0 oz eq grains

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Now we will discuss some things to keep in mind when reading product labels to determine if the product meets whole grain rich requirements.

This product ingredient statement for this example of an all natural whole wheat pasta lists a whole grain as the primary ingredient by weight (whole grain wheat flour). However, it also contains unenriched wheat flour, oat fiber, and the pasta itself is not enriched. Many pastas contain a blend of whole-wheat flour and unenriched flour. Products containing more than 0.24 ounce equivalents of non-creditable grains may not contribute toward the reimbursable meal. The program operator should request a product formulation statement to ensure the grams of non-creditable grain do not exceed a 0.24 ounce equivalency (6.99 grams for items in Group H of Exhibit A) prior to purchasing. If the product contains more than the allowable amount of non-creditable grains, it is not creditable toward meal pattern requirements.

Reading Labels & Calculating Equivalents

Whole-Grain Chicken Corn Dog



Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Case: 72

Amount Per Serving

Calories 240 Calories from Fat 70

Batter Ingredients:

Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening, salt, ascorbic acid, egg white, dried honey, artificial flavor.

Chicken Frank Ingredients:

Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite.

Contains: Wheat

WGR Pg 12

Not enough information to calculate ounce equivalency – Need a CN label or Product Formulation Statement

Here we have a whole grain chicken corn dog.

Corn dogs are mixed dishes as they contribute to both the grain and meat/meat alternate components.

This corn dog lists a whole grain as the primary grain ingredient because it's the first ingredient listed in the batter and all other grains are whole, so the product meets whole grain-rich requirements.

Maintain a copy of the label or product formulation statement on file with WG and total creditable grain weight to show that whole grain-rich criteria for reimbursable meals are being met.

From the information on the package shown on this slide, we do not have enough information to calculate ounce equivalency. We would Need either a CN label or a Product Formulation Statement to do that.

Reading Labels & Calculating Equivalents

White Whole-Wheat Breadsticks



Nutrition Facts	
Serving Size: 2 Breadsticks (48g)	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value	

Group B

1 oz eq = 28g or 1.0 oz

Calculation

$48g/28g = 1.71$
Round down to 1.5
oz eq grains

Ingredients for U.S. Market:

Whole wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten. Contains less than 2% of the following: soybean oil, salt, oat fiber, honey sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.

WGR Pg 13

The ingredient statement for this product of White Whole Wheat Breadsticks lists a whole grain first (whole-wheat flour). Additionally, the remaining grain in the product is enriched, so this product meets the whole grain-rich criteria. Because there is only one non-creditable grain (oat fiber) and it is listed as being 2 percent or less of the product formula, there is no need to request additional information from the manufacturer. Maintain a copy of the label on file for documenting that this product meets whole grain-rich requirements.

REMEMBER – Color doesn't matter!

White Whole Grain is Whole Grain

And Caramel Color doesn't mean Whole grain

Reading Labels & Calculating Equivalents

Whole-Grain Cereal Bar



Ingredients:

Whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodium bicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.

Nutrition Facts	
Serving Size 1 bar (28g)	
Amount Per Serving	
Calories 105	Calories from Fat 30

WGR Pg 14

Group E

1oz eq = 69 g or 2.4 oz

Calculation

$28 \text{ g} \div 69 \text{ g} = 0.41 \text{ oz eq grains}$
Round down to .25 oz eq

This cereal bar contains a whole grain as the first ingredient (whole-grain oats), and all other grains (crisp brown rice, whole-grain rolled wheat, whole-wheat flour, and whole corn flour) listed are also whole. Maintain a copy of the product label on file.

**Expensive

Reading Labels & Calculating Equivalents

CORN TREATED
WITH LIME
IS NOT A WHOLE
GRAIN!
DOES NOT MEET
REQUIREMENTS

White Corn Tortillas

Nutrition Facts

Serving Size: 1 Tortilla (41g)
Servings Per Container: 8

Amount Per Serving

Calories 90

Calories from Fat 10

Calculation

$41\text{g}/28\text{g} = 1.46$ oz eq

Round down to 1.25

oz eq grains

Group B

1 oz eq = 28g or 1 oz

Ingredients:

Whole corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative) dextrose, guar gum, amylase.

WGR Pg 17

Here we have White Corn Tortillas.

Don't record the size of inches in your Production Records – record the weight!

The first ingredient on these tortillas is “whole corn treated with lime”. This is also known as corn masa.

Note that corn masa processed in the traditional manner using wet corn milling removes a significant amount of the corn pericarp and dissolves part of the corn kernel. Some of the whole-grain content is removed in the washing/rinsing of the corn during this process. If the product bears one of the FDA whole grain health claims on its packaging, it meets the whole grain-rich criteria (see page 7 of Whole grain resource for more information).

Manufacturers may also provide documentation showing that their product meets the requirements for these claims to demonstrate that the whole grain-rich criteria are met.

Without the FDA whole-grain health claim or acceptable manufacturer documentation, this product does not meet whole grain-rich criteria.

Enrichment of corn masa is not required for School Meal Programs when the finished corn product bears the FDA whole-grain health claim. If the corn product includes other grain ingredients, those ingredients should be whole or enriched. Non-creditable grains should be limited to less than 2 percent of product formula (or less than 0.24 oz eq grains).

Reading Labels & Calculating Equivalents

Reduced Carb Wheat Tortilla

Ingredients:

Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated vegetable oil, caramel color, wheat gluten, lactic acid, contains 1%, cornstarch, glycerides



MODIFIED FOOD STARCH IS NOT A CREDITABLE GRAIN. DOES NOT MEET REQUIREMENTS

WGR Pg 15

Nutrition Facts	
Serving Size: 1 Tortilla (102g)	
Servings Per Package: 12	
Amount Per Serving	
Calories 280	Calories from Fat 70

Reduced Carb Wheat Tortilla. This product is a non-mixed dish that does not list a whole grain as the primary ingredient by weight. Modified food starch is considered a non-creditable grain and should not be present in grain items at more than 2 percent of the product formula (or 0.24 oz eq). Therefore, this product will not meet whole grain-rich criteria.

Reading Labels & Calculating Equivalents



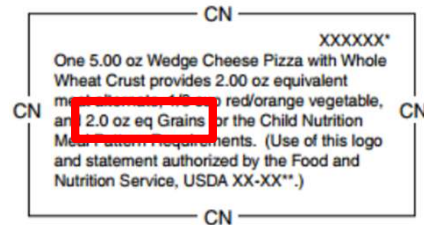
Whole-Grain Cheese Pizza

Ingredients:

Crust (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). Shredded Mozzarella Cheese, Shredded Mozzarella Cheese Substitute, Sauce.

CONTAINS: WHEAT, MILK, AND SOY.

WGR Pg 16



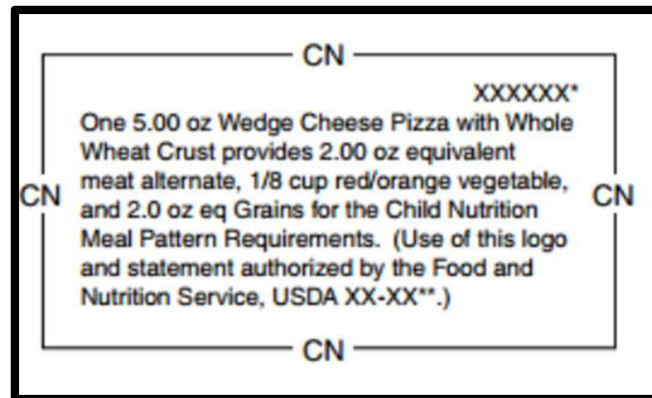
This whole grain cheese pizza is CN-Labeled and credits “oz eq Grains” in the CN Label Statement. This means that the crust meets whole grain-rich criteria and the crediting on the CN Label can be used. You can check to make sure that the CN number is valid on the CN Labeling website (www.fns.usda.gov/cnlabeling/authorized-manufacturers-and-labels) and maintain a copy of the product label on file.

Without the CN Label, the manufacturer would need to provide the weight of the crust per slice or the grams of creditable grain per slice, and the amount of unenriched wheat flour that is being used as a dough conditioner.

CN Labels are a guarantee for crediting since the USDA has evaluated the product.

Reading CN Labels

Whole-Grain Cheese Pizza



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How do I identify a CN label?

In addition to required labeling features, a CN label will always contain the following:

- The CN logo (which is a distinct border)
- The meal pattern contribution statement
- ***(top right)*** A 6-digit product identification number
- USDA/FNS authorization statement
- The month and year of approval. (bottom – after USDA)
- HANDY TIP – if it has veg sub groups it is from after 2012

Not a CN Label

Whole-Grain Cheese Pizza Bagel

Statement of child nutrition food based meal pattern equivalency: Each 4.85 oz Whole Grain Jumbo Pizza Bagel provides 2.00 oz equivalent meat alternate, 2.0 oz-eq grains, and 1/8 cup red-orange vegetable.



Statement of child nutrition food based meal pattern equivalency: Each 4.85 oz Whole Grain Jumbo Pizza Bagel provides 2.00 oz equivalent meat alternate, 2.0 oz-eq grains, and 1/8 cup red-orange vegetable.

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This statement is not a CN label, since it has none of the CN label requirements. This statement is NOT a guarantee that components were properly credited for the Child Nutrition Program.

Either obtain a CN label or a signed and dated Product Formulation Statement (PFS).

School Recipes

Cornbread

YIELD:		VOLUME:	
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	50 Servings:	about 2 quarts 2 cups (batter) 50 pieces
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	100 Servings:	1 gallon 1 quart (batter) 100 pieces

Ingredients	Weight	Measure
Flour, enriched bleached	1 lb	3 ³ / ₄ cups
Flour, whole-wheat	¹ / ₂ lb	2 cups
Cornmeal, whole-grain	1 lb	3 ³ / ₄ cups
Salt		1 ¹ / ₄ tsp
Eggs, whole	5 ¹ / ₄ oz	² / ₃ cup
Baking powder		2 Tbsp 2 tsp

WGR Pg 19

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From this Corn Bread recipe we can tell whether or not it is a creditable whole grain.
Is it whole grain? YES it is!

Whole wheat flour PLUS the whole-grain corn added together = 1.5 lbs which is more (greater) than the 1 lb of enriched bleached flour.

Remember that Whole Grain Rich means that at least 50% of the grain is WHOLE GRAIN and the other 50% is enriched.

We will take a closer look on the next slide.

School Recipe Calculations

Cornbread

Ingredients	Weights	Measure	% of WG
Flour Enriched Bleached	1 lb	3 ³ / ₄ C	Not WG
Flour Whole Wheat	½ lb	2 C	20%
Cornmeal Whole Grain	1 lb	3 ³ / ₄ C	40%
Total Whole Grains must be more than 50%			60%

WGR Pg 19

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We have listed all the ingredients here along with the weights that are used in the recipe. Also, we have the % whole grain in the right column, so we can see how each ingredient contributes to the whole grain of the entire product.

We need whole grain rich product in order to be creditable, and a whole grain rich product is where at least half of the grain is whole grain, and the remaining % of grain is enriched. Half a pound of whole wheat flour plus a pound of whole grain cornmeal equals 1.5 pounds of whole grains. The only other grain component in this recipe is 1 pound of enriched bleached flour. The 1.5 pounds of whole grain is greater than the 1 pound of enriched grain, meeting the requirements for Whole Grain Rich.

Remember to always:

- Look Carefully at the whole product
- 50% or more whole grains
- All other grains need to be **enriched**
- Double check the ingredient statement
- Manufacturer documentation
- Low in sugar and fat content

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Before purchasing new products containing whole grains, look carefully at the whole product.

When soliciting bids from manufacturers, specify that products must be made from 50 percent or more whole grains with all remaining grains being enriched.

Prior to purchasing, double check the ingredient statement and any accompanying manufacturer documentation to ensure that the product meets whole grain-rich criteria.

In addition, to be consistent with the 2010 Dietary Guidelines for Americans (DGAs), program operators are encouraged to purchase and serve grain items that meet the whole grain-rich criteria that are also low in sugars and/or fat.

Resources

- **USDA Just the Facts**
http://www.fns.usda.gov/sites/default/files/jtf_grains.pdf
- **USDA Whole Grain Resource**
<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>
- **USDA CN Labeling Guidance**
<http://www.fns.usda.gov/cnlabeling/fns-meal-programs>
- **NFSMI** <http://www.nfsmi.org/ResourceOverview.aspx?ID=390>
- **CANS NSLP** <http://doe.sd.gov/cans/nslp.aspx>
- **USDA Product Formulation Statement:**
<http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

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Here are some additional resources about whole grains if you are interested.



Activity 1

Let's take a few minutes to practice crediting grains using products and label weights provided on the next slide.

5 minutes to get into groups.

5-10 minutes to practice.

5 minutes to run over difficult answers and handout answer sheet

Activity 2

Crediting grains using labels:

Same groups, using the grain bread chart (Gold) and the activity handout in yellow.

Determine are grain items listed whole grain rich? Identify group. And calculate grain oz eq crediting.

Alternate idea: Using large pad of paper & markers. Ahead of class instructor records each type of food listed on activity on large pad of paper.

In class: Assign 1 or two items to each group, when group is done group member record oz eq on pad of paper.

10-20 minutes, including answer discussion

GRAIN/BREAD CHART ACTIVITY

Using Exhibit A (Grain/Bread Chart) identify the group in which the product may be found and determine the number of grain/bread servings the food item contributes based on the weight of the serving.

Food Product	Weight of Serving	Group	Creditable G/B Servings
1. Saltine Crackers	22g or 0.8 oz	A	1 oz. eq.
2. Graham Crackers	21g or .75 oz		
3. Chocolate Chip Granola Bar	69g or 2.4 oz		
4. Tortilla Chips	21g or 0.75 oz		
5. Pancakes	34g or 1.2 oz		
6. Taco Shells	28g or 1.0 oz		
7. Combread	102g or 3.6 oz		
8. Blueberry Muffin	55g or 2.0 oz		
9. Granola Bar (plain)	56g or 2.0 oz		
10. Whole Wheat Pasta	½ cup cooked		
11. Ready-to-Eat Granola	¼ cup dry		
12. Sliced whole wheat bread	42g or 1.5 oz		
13. Pizza Crust	56g or 2.0 oz		
14. Whole Wheat Hamburger Bun	42g or 1.5 oz		
15. Vanilla Wafer Cookie	17g or .6 oz		
16. Brown Rice	½ cup cooked		

Activity Handout pg 1 Gold Handout

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Using the grain bread chart we just looked at (**on gold cardstock**)
Find your grain/bread chart activity – **yellow paper page 1**

Take a few minutes to use the grain/bread chart and determine the creditable serving for each item

Split class into groups and assign 2-3 to each group OR
give about 3-5 minutes then go over answers

Answers in **PINK**

Grain Activity:

- ⇒ Is it Whole Grain Rich?
- ⇒ Identify the grain/bread group.
- ⇒ Credit 1 serving into oz eq.

1. Whole Wheat Bread Sliced: WGR: _____, Group: _____, Grain/bread credit: _____

Nutritional Information

Nutrition Facts	
Portion Size	2.2 oz
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat	2 g 3%
Saturated Fat	0 g 0%
Trans Fat	0 g
Cholesterol	0 mg 0%
Sodium	110 mg 4%
Total Carbohydrate	29 g 9%
Dietary Fiber	4 g 16%
Protein	8 g 16%
Vitamin A	0% * Vitamin C 0%
Calcium	10% * Iron 10%
* Percent Daily Values are based on a 2,000 Calorie diet.	

Ingredients

Whole Wheat Flour, Water, Bleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folate), Wheat Gluten, Yeast, Soybean Oil, Granulated Sugar, Dough Improver (Wheat Flour, Calcium Stearoyl Lactylate, Salt, Calcium Sulfate, DATEM, Soy Oil, Contains 2% or Less of : Potassium Iodate, Ascorbic Acid, Enzyme, L-Cysteine, Azodicarbonamide), Calcium Propionate (to retard spoilage), Salt, Calcium Sulfate, Enzymes.

Allergy Information

Wheat, Gluten

2. White Bread: WGR: _____, Group: _____, Grain/bread credit: _____

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Activity Handout pg 2-7 Gold Handout

Using the grain bread chart we just looked at (on gold cardstock)
Find your Grain label Activity – yellow paper page 2-7

Take a few minutes to use the grain/bread chart and determine is it each item

1. Whole Grain Rich? Yes or no
2. Identify and record the grain/bread chart group the item falls under.
3. Determine and record the proper crediting in ounce equivalents for each item.

Handout answers in PINK



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Thank you for attending this webinar on Whole Grain Requirements. If you have any questions on this training, please feel free to contact our office. You can email us at DOE.SchoolLunch@state.sd.us or give us a call at 605-773-3413, or you can visit our website.

Whole Grain Requirements

Professional Standards Training Credit print, sign, and date this certificate for your records

This training credits for 30 minutes of training in
Key Area – I Nutrition
I 110 USDA Nutrition Requirements

Your Name:

Date of Training:



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