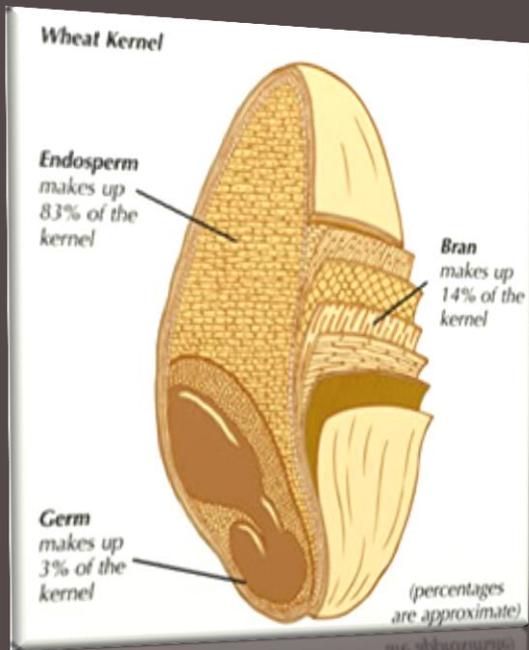


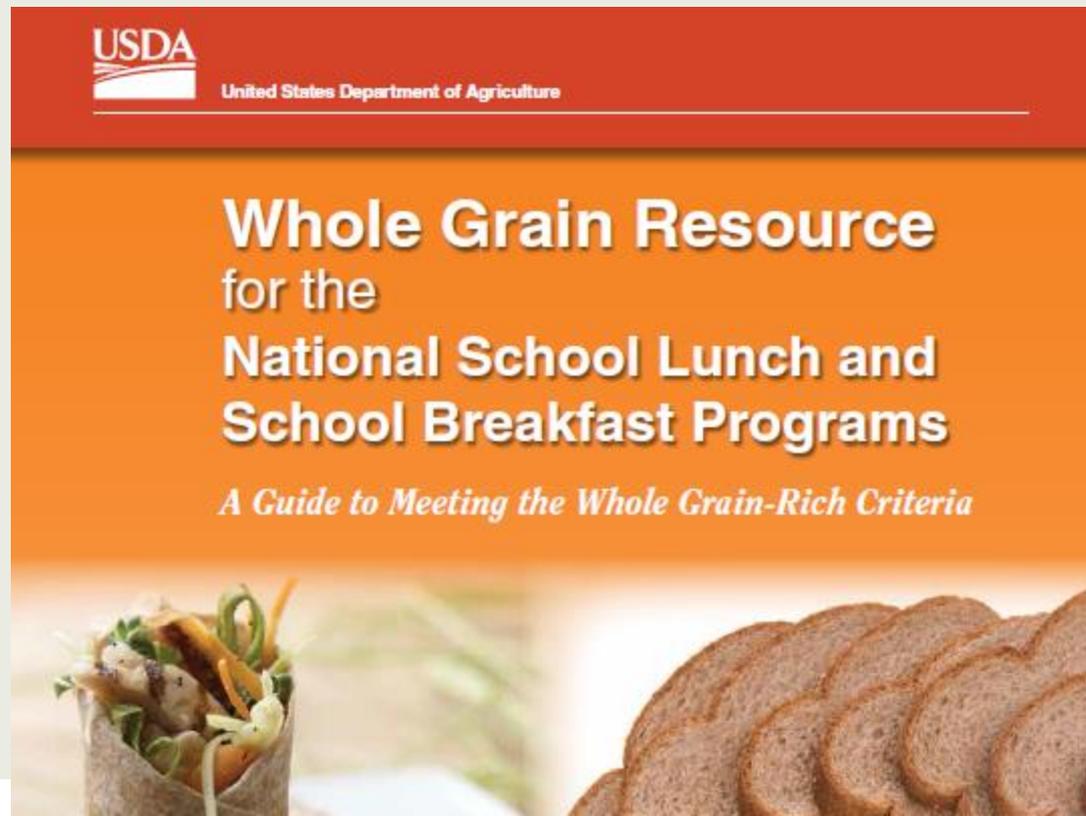
Whole Grain-Rich Requirements



SD Child and Adult Nutrition Services

USDA WHOLE GRAIN RESOURCE

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



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)



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.

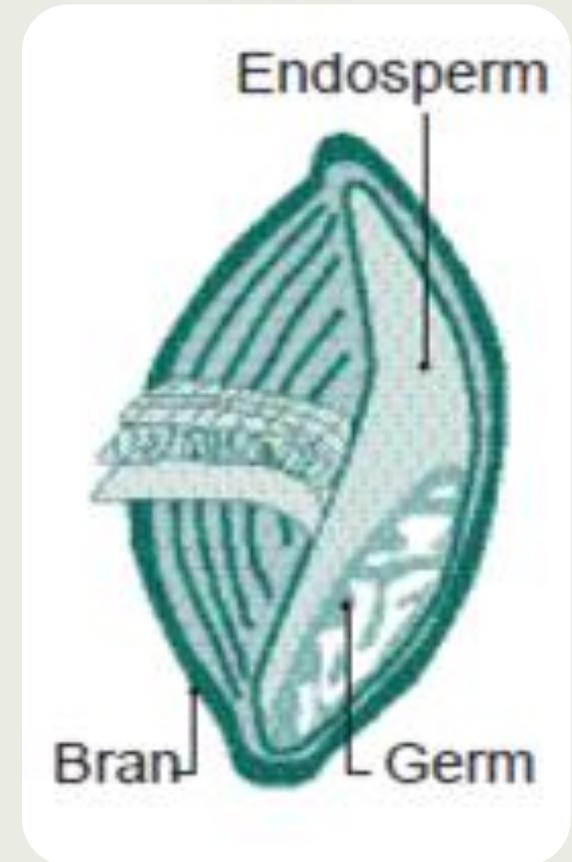


WHAT IS WHOLE GRAIN

- **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



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



WHOLE GRAIN-RICH

- To be considered Whole Grain-Rich
 - Read the Ingredient list
 - CN label
 - Product Formulation Statement (PFS) from the manufacturer

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 Amount³			2.00

- Recipe that includes ingredients and weights/measurements

GRAIN INGREDIENTS NOT CONSIDERED WHOLE GRAINS

- Grain ingredients that should not be considered whole grains:

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		

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.

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



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

CALCULATING OUNCE EQUIVALENTS BASED ON CREDITABLE GRAIN USING PFS

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

Calculation:

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

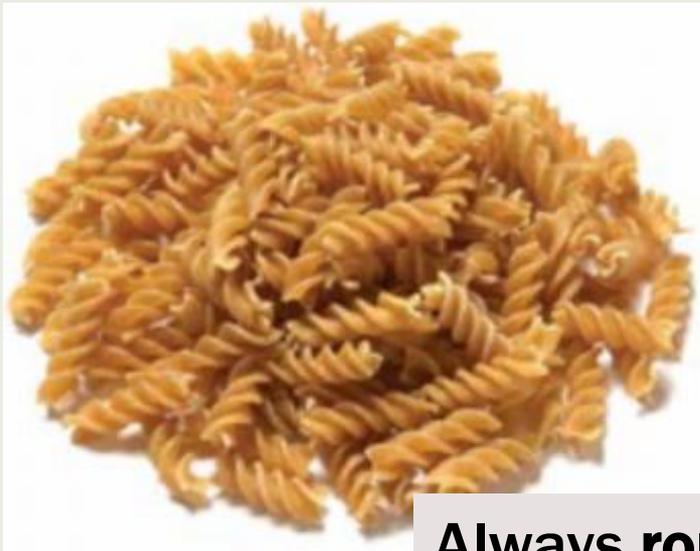
1.06 rounds down to 1.0 oz
equivalents per slice of this bread



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

CALCULATING OUNCE EQUIVALENTS BASED ON EXHIBIT A VOLUME GB CHART

- Cooked Whole-Grain Rotini Pasta
- 1/2 Cup serving
- Group H 1/2 cup of cooked pasta = 1 oz eq



Calculation

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

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

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.



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

READING LABELS & CALCULATING EQUIVALENTS

All Natural Whole-Wheat Pasta

Ingredients:

Whole grain wheat flour, wheat flour, oat fiber.



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

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, sodium phosphate, potassium chloride, flavorings, sodium nitrite

Contains: Wheat

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

READING LABELS & CALCULATING EQUIVALENTS

White Whole-Wheat Breadsticks



Group B
1 oz eq = 28g or 1.0 oz

Nutrition Facts

Serving Size: 2 Breadsticks (48g)

Amount Per Serving

Calories 130

Calories from Fat 15

Calculation

$$48\text{g}/28\text{g} = 1.71$$

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.

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



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

READING LABELS & CALCULATING EQUIVALENTS

Nutrition Facts

Serving Size: 1 Tortillia (41g)

Servings Per Container: 8

Amount Per Serving

Calories 90

Ca

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

White Corn Tortillas

Group B

1 oz eq = 28g or 1 oz

Calculation

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

Round down to 1.25 oz eq grains

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.

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, sulfite), SOY LECITHIN, contains 1% or less of the following: cornstarch, distilled monoglycerides



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

Nutrition Facts

Serving Size: 1 Tortillia (102g)
Servings Per Package: 12

Amount Per Serving

Calories 280

Calories from Fat 70

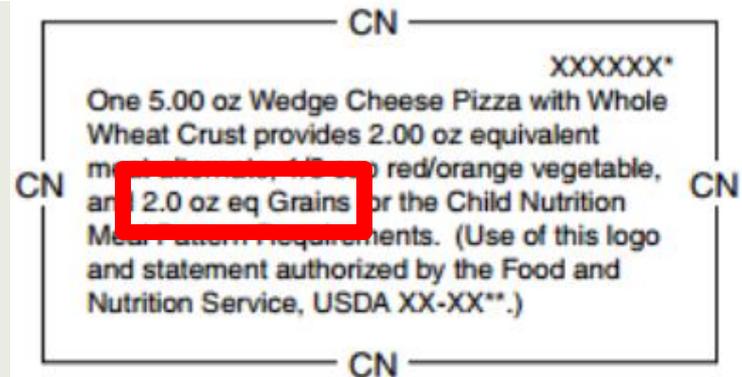
READING LABELS & CALCULATING EQUIVALENTS



Whole-Grain Cheese Pizza

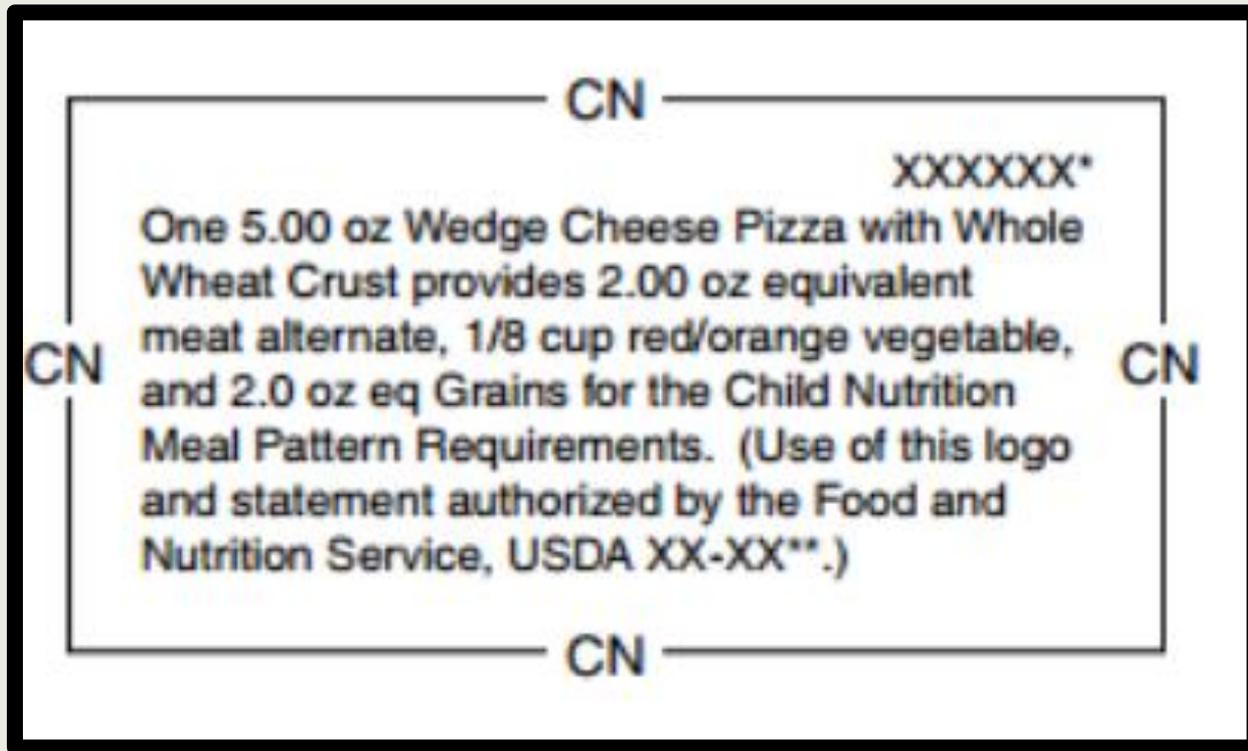
Ingredients:

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.



READING CN LABELS

Whole-Grain Cheese Pizza



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.

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	½ 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

SCHOOL RECIPE CALCULATIONS

Cornbread

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

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

FLEXIBILITY – PASTA WAIVER

- **USDA memo SP47-2014**
- **Must be approved by the State Agency**
- **Valid school years 14-15 and 15-16**
- **Only until acceptable products are available**
- **SFAs will be considered compliant**
 - **serving whole grain pasta or whole grain-rich pasta**
 - **approved exemption on file at the SFA**

WHOLE-GRAIN RICH PASTA FLEXIBILITY

- USDA memo SP 47-2014
- SFA must submit and receive approval
- Valid for SY14-15 & SY15-16

Product #1	Reasons for requesting flexibility (check all that apply)	CANS USE
Product Name:	<input type="checkbox"/> Students did not eat the product	<input type="checkbox"/> Approved <input type="checkbox"/> Denied
Manufacturer:	<input type="checkbox"/> Students did not select the product	
	<input type="checkbox"/> When cooked, product's texture, appearance, or taste was not accepted by students	
Product code:	<input type="checkbox"/> When held, product's texture, appearance, or taste was not accepted by students	
	<input type="checkbox"/> SFA received negative parent and/or student feedback about product	
Is it	<input type="checkbox"/> SFA has been unable to find an acceptable replacement product	
<input type="radio"/> Whole Grain <input type="radio"/> Whole Grain-Rich	<input type="checkbox"/> Other:	

WHOLE-GRAIN RICH PASTA FLEXIBILITY

- How do you plan to identify and try whole grain – rich pasta products?
- What technical assistance or information would be helpful to you as you continue to work on incorporating whole grain-rich pasta?
- I affirm that the product exemption request is based on our unsuccessful attempts to incorporate whole grain or whole grain-rich pasta in the menus. We will continue to work to find acceptable products.

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>

Crediting grains

2 Activities

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		

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: _____