

SD Department of Education  
Child and Adult Nutrition Services

## Understanding Grains and Whole Grains in the CACFP

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### Grains and Breads (in general)

- Required Component
  - Breakfast
    - may be replaced with a meat/meat alternate up to three times per week
  - Lunch
  - Supper
- One option for Snack

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### Grains and Breads (Continued)

- Criteria to be Creditable as a Grain (more is required for the one whole grain item each day – *more information to follow*)
  - Labeled as:
    - Whole-Grain, Enriched, Made from Enriched or Whole-Grain
  - Cereals:
    - Labeled as Whole-Grain, Enriched, or Fortified
  - Bran, Cornmeal, and Germ Credited Same Way as Flours

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## Grains and Breads (in general)

- Use the Grains and Breads chart (**handout**)
  - Sometimes referred to as 'Exhibit A'
    - Food Buying Guide
    - USDA memo: CACFP 09-2018 (**handout**)
  - For Serving Sizes
  - For Grains not allowed (i.e. grain based desserts)

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## Grains and Breads (in general)

- Grain Based Desserts are **not** allowed in the CACFP
  - See items with a 3 or a 4 behind them on the Grains and Breads Chart
    - These items are allowed in other nutrition programs, but not the CACFP!

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## Grains and Breads (in general)

- Grain Based Desserts
  - Commercially Prepared or Made from a Recipe
    - Toaster Pastries
    - Coffee Cakes
    - Doughnuts
    - Sweet Rolls
    - Fruit-Grain/**Cereal**/Granola Bars
    - Cookies (**includes Vanilla Wafers**)
    - Dessert Pies
    - Cakes
    - Brownies

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## Grains and Breads (in general)

- Ready to Eat Breakfast Cereals
  - May not contain more than 6 grams of sugar per dry ounce (see cereal worksheet handout)

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## Whole Grain Requirement

- At least one whole grain or whole grain rich item per day
  - Across all menus
  - **One Exception** –
    - If just serve snacks or just serve breakfast and snack
    - If grain not on menu – no whole grain is needed that day
      - Grain may be replaced with a meat/meat alternate at breakfast up to three times per week
      - Grain is not a required item for snack

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## Whole Grain Requirement

- Whole grain / Whole grain-rich = foods that contain at least 50% whole grains and the rest of the grains are either enriched or whole grains

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## Whole Grain Requirement

- Wheat does not mean whole grain.
  - just refers to the type of grain that was used to make the flour
- Multigrain does not mean whole grain.
  - just tells you that more than one grain was used when making the product

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## 6 Options to Determine Whole Grain/Whole Grain Rich

- Option 1 – WIC Approved Whole Grain
- Option 2 – Exact Product Name Match
- Option 3 – Approved Specific Health Claims
- Option 4 – Approved for NSLP
- Option 5 – Rule of Three
- Option 6 – Proper Documentation
  - from manufacturer
  - standardized recipe

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## Option 1 – WIC Approved

Product is found on any State Agency's WIC-approved whole grain food list.

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**Option 2 – Exact Product Name Match**

**Breads with the following exact product names:**

- 'Whole Wheat Bread'
- 'Entire Wheat Bread'
- 'Graham Bread'
- 'Whole Wheat Rolls'
- 'Entire Wheat Rolls'
- 'Graham Rolls'
- 'Whole Wheat Buns'
- 'Entire Wheat Buns'
- 'Graham Buns'

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**Option 2 – Exact Product Name Match**

**Pastas with the following exact product names:**

- 'Whole Wheat Macaroni Product'
- 'Whole Wheat Macaroni'
- 'Whole Wheat Spaghetti'
- 'Whole Wheat Vermicelli'

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**Option 3 – Approved Specific Health Claims**

**The product includes one of the following Food and Drug Administration approved whole-grain health claims on its packaging.**

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

**OR**

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

Notes: 1) These statements are only allowed in the CACFP (not NSLP or SBP) and 2) the whole grain stamps are not enough!

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### Option 4 – Approved for NSLP

The product meets the whole grain rich criteria under the NSLP.

HOWEVER – the grain-based desserts that are allowed in the NSLP are **NOT allowed** in the CACFP (even if they meet the whole grain rich requirements for the NSLP).

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### Option 5 – Rule of Three

The product meets FNS' Rule of Three

This is a three step process for identifying whole grain rich products in the CACFP.

The next 12 slides give more information about how to use the Rule of Three.

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### Option 5 – Rule of Three

- The first ingredient on the food's ingredient list **must be a whole grain**
  - or the whole grain may be second after water only
  - look for the word "whole" or a natural whole grain item
- The next two grain ingredients in the ingredient list must be creditable
  - whole or enriched grains, brans, or germs

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## Natural Whole Grains

- Amaranth and/or Amaranth Flour
- Buckwheat, Buckwheat Flour, Buckwheat Groats, and/or Sprouted Buckwheat
- Bulgur
- Corn Grits, Whole Corn, Whole Grain Corn, and/or Whole Grain Corn Flour
- Whole Durum Flour

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## Natural Whole Grains (continued)

- Sprouted Einkorn, Whole Grain Einkorn Flour, and/or Whole Einkorn Berries
- Graham Flour
- Millet and/or Millet Flour
- Oat Groats, Instant Oatmeal, Oats (Old Fashioned, Quick Cooking, and/or Steel Cut), and/or Whole Grain Oat Flour

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## Natural Whole Grains (continued)

- Quinoa
- Brown Rice, Sprouted Brown Rice, and/or Wild Rice
- Rye Groats, Sprouted Whole Rye, and/or Whole Rye Flour
- Sorghum and/or Sorghum Flour
- Spelt Berries, Sprouted Spelt, and/or Whole Grain Spelt Flour

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## Natural Whole Grains (continued)

- Teff and/or Teff Flour
- Triticale and/or Triticale Flour
- Wheat Berries, Cracked Wheat, Sprouted Wheat Flour, Wheat Groats, Whole Grain Wheat Flakes, and/or Whole Wheat Flour

See Natural Whole Grains handout for more information about these natural whole grains

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## Allowable Second and Third Grains on Ingredient List

### Brans and Germs

- Wheat Bran
- Oat Bran
- Corn Bran
- Rice Bran
- Rye Bran
- Wheat Germ

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## Allowable Second and Third Grains on Ingredient List

### Enriched Grains

- **Examples:** (notice the word enriched for all)
  - Enriched Wheat Flour
  - Enriched White Flour
  - Enriched Durum Flour
  - Enriched Rye Flour
  - Enriched Rice Flour
  - Enriched Corn Flour
  - Enriched Bromated Flour
  - Enriched Durum Wheat Flour
  - Enriched Rice

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## Grains to Ignore

Any grain ingredients that come behind a statement along the lines of "contains 2% or less..."

Any grain derivatives (usually in small amounts) – see next slide

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## Grains to Ignore – Grain Derivatives

### Common Grain Derivatives:

- Wheat Gluten
- Wheat Starch
- Wheat Dextrin
- Corn Starch
- Corn Dextrin
- Rice Starch
- Tapioca Starch
- Modified Food Starch

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## Non-Creditable Grains or Flours

Grains that are not naturally whole or are not fortified or enriched **cannot** be one of the first three grain ingredients (unless they are grains that you can ignore from previous two slides)

See next two slides

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## Non-Creditable Grains

- Barley Malt
- Corn
- Corn Fiber
- Degerminated Corn Meal
- Farina
- Oat Fiber
- Semolina
- Yellow Corn Meal

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## Non-Creditable Flours

- Durum Flour
- Bromated Flour
- Malted Barley Flour
- Potato Flour
- Rice Flour
- Wheat Flour
- White Flour
- Yellow Corn Flour
- Any Bean Flour
- Any Nut Flour

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## Option 6 – Proper Documentation

When a whole grain is not listed as the first ingredient, the primary ingredient by weight may be whole grain if there are multiple whole-grain ingredients and the combined weight of those whole grains is more than the weight of the other ingredients. For example, an ingredient list:

- Enriched wheat flour (40% of grain weight)
- Whole-wheat flour (30% of grain weight)
- Whole oats (30% of grain weight)

Whole grain items on this ingredient list account for 60% of the weight of the grain (over 50%) so it is whole grain. This bread would be okay with proper documentation from the manufacturer.

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## Option 6 – Proper Documentation

Allowable Examples of Proper Documentation Include:

- Child Nutrition (CN) Label
- Signed Product Formulation Statement (PFS)
- Standardized Recipe

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## Training Credit

If you wish to receive training credit for watching this webinar, you must complete (and pass) the Understanding Grains and Whole Grains quiz that is posted as a **handout** on the website.

You must score **15 correct** (out of 20) to get a training certificate from our office.

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## Questions?

Contact Child and Adult Nutrition Services

Phone: (605) 773-3413  
 Email: [Melissa.Halling@state.sd.us](mailto:Melissa.Halling@state.sd.us)  
 Mail: Child and Adult Nutrition Services  
 800 Governors Drive  
 Pierre, SD 57501-2235  
 Fax: (605) 773-6846

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