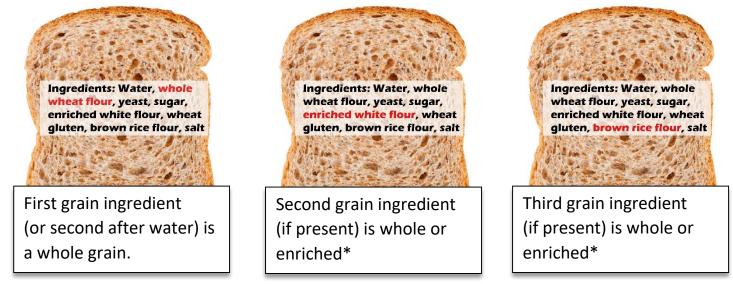
## **Serving Grains in CACFP**

1. All grain items served as part of a reimbursable meal in CACFP must be made with enriched or whole grains, bran, or germ.

2. At least one serving of grains per day must be whole grain-rich.

## Rule of Three

To determine whether grain item is whole grain rich, use the rule of three



\*Anything listed after the statement "contains 2% or less" is considered insignificant and does not count

## WHAT ABOUT HOMEMADE GRAIN PRODUCTS?

Homemade grain items are a delicious addition to your menu. Use whole or enriched flour when making the product. If at least 50% of the grain included in the product is a whole grain, it would count as a whole grain rich item. Have the recipe on hand to show during CACFP reviews.

## Whole Grain Rich

A whole grain rich item is a grain product that contains at least 50% whole grain, with the remaining grain ingredients (if any) being enriched.

There are four methods that can be used to identify a whole grain-rich item.

**1** Rule of Three: The first grain ingredient in a product is a whole grain and the second and third grain ingredients (if present) are whole or enriched.

**2** The food is labeled "whole wheat".

The product has one of the following FDA 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."
- "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."

**4** A product formulation statement is obtained from the manufacturer that demonstrates that the product meets the whole grain-rich requirements.

Whole Grain Ingredients	Ingredients <u>not</u> considered a whole grain (must be enriched)	Non-creditable grains
Whole wheat flour Cracked or crushed wheat Graham flour Wheat berries Oats and oatmeal Groats Brown rice Brown rice flour Wild rice Quinoa Millet Buckwheat Sorghum Triticale Teff Amaranth Bran Germ	White flour Wheat flour All-purpose flour Hominy Farina Semolina Durum Corn meal Rice flour Stoneground white or wheat flour Stoneground corn flour	Oat fiber Corn fiber Corn starch Food starch Wheat starch Modified starches