

# 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



First grain ingredient (or second after water) is a whole grain.



Second grain ingredient (if present) is whole or enriched\*



Third grain ingredient (if present) is whole or enriched\*

\*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”.

**3** 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	White flour	Oat fiber
Cracked or crushed wheat	Wheat flour	Corn fiber
Graham flour	All-purpose flour	Corn starch
Wheat berries	Hominy	Food starch
Oats and oatmeal	Farina	Wheat starch
Groats	Semolina	Modified starches
Brown rice	Durum	
Brown rice flour	Corn meal	
Wild rice	Rice flour	
Quinoa	Stoneground white or wheat flour	
Millet	Stoneground corn flour	
Buckwheat		
Sorghum		
Triticale		
Teff		
Amaranth		
Bran		
Germ		