

Is It Whole Grain-Rich?

ANSWERS

Using the accompanying product labels, decide if the product is whole grain-rich. Use this form to indicate your decision as Yes or No and record the reason.

- | | | | |
|--|---|--|--|
| 1. Rice Krispies | Yes | <input checked="" type="checkbox"/> No | Reason: <u>1st ingredient is rice. Remember RTE cereals must list a WG first and cereal must be fortified.</u> |
| 2. Frosted Mini Spooners | <input checked="" type="checkbox"/> Yes | No | Reason: <u>1st ingredient is WG Wheat. No other grain ingredient. 100% WG.</u> |
| 3. Red Berries Cereal | Yes | <input checked="" type="checkbox"/> No | Reason: <u>1st ingredient is rice.</u> |
| 4. Rice Krispies with Brown Rice | <input checked="" type="checkbox"/> Yes | No | Reason: <u>1st ingredient is brown rice. No other grain ingredient. 100% WG.</u> |
| 5. Honey Wheat Bagel | Yes | <input checked="" type="checkbox"/> No | Reason: <u>1st ingredient is enriched flour. 3rd ingredient is WW flour. Less than 50% of the product is WG.</u> |
| 6. Mini Waffles Cinnamon | <input checked="" type="checkbox"/> Yes | No | Reason: <u>1st ingredient is WW flour. No other grain ingredient. 100% WG.</u> |
| 7. Waffles | Yes | <input checked="" type="checkbox"/> No | Reason: <u>1st ingredient is enriched flour. No other grain ingredient. 0% WG.</u> |
| 8. Hamburger Bun | Yes | <input checked="" type="checkbox"/> No | Reason: <u>1st ingredient is enriched flour. No other grain ingredient. 0% WG.</u> |
| 9. Hamburger Bun | <input checked="" type="checkbox"/> Yes | No | Reason: <u>1st ingredient is WW flour. No other grain ingredient. 100% WG.</u> |
| 10. Flour Tortillas | Yes | <input checked="" type="checkbox"/> No | Reason: <u>1st ingredient is enriched flour. No other grain ingredient. 0% WG.</u> |
| 11. Breaded Nugget Shaped Chicken Breast Patties | <input checked="" type="checkbox"/> Yes | No | Reason: <u>1st grain ingredient is WW flour. No other grain ingredient. Breading is 100% WG.</u> |
| 12. Whole Grain Chicken Corn Dog | <input checked="" type="checkbox"/> Yes | No | Reason: <u>Batter: The 2nd and 3rd ingredient after water is WW flour and WG corn. No other grain ingredient. Batter is 100% WG.</u> |
| 13. Cornbread | <input checked="" type="checkbox"/> Yes | No | Reason: <u>In the recipe, the grain ingredients are WW flour and white WG cornmeal. 100% WG.</u> |