Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

In the United States Department of Agriculture’s Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three **grain** ingredients that appear on the ingredient list. This method is known as the **Rule of Three**. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults. Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.

**Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the Rule of Three**

1. **Find the ingredient list**

   This ingredient list is for bread. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich.

2. **Simplify the ingredient list**

3. **Look at the first ingredient**

4. **Look at the second grain ingredient**

5. **Look at the third grain ingredient**

   **INGREDIENTS:** Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.

   **INGREDIENTS:** Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning, modified food starch.

More training, menu planning, and nutrition education materials for the CACFP can be found at [https://teamnutrition.usda.gov](https://teamnutrition.usda.gov).
2. Simplify the ingredient list

Look at the “Disregarded Ingredients” list below. Do not consider these ingredients. Some sound like grains, so it can be helpful to cross them out at the beginning.

Disregarded Ingredients:
• Cellulose fiber
• Corn dextrin
• Corn starch
• Modified food starch
• Rice starch
• Tapioca starch
• Water
• Wheat gluten
• Wheat starch
• Any ingredients that appear after the phrase, “Contains 2% or less of…”

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.

This ingredient list shows some ingredients that can be crossed out to simplify the list.

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.

The first ingredient is “whole-wheat flour,” which is a whole-grain ingredient.

See the Whole-Grain Ingredients chart for some common whole grains. Make sure the first ingredient is not listed on the Enriched Grain Ingredients, Bran or Germ Ingredients, or Non-Creditable Grains or Flours charts on the following page.

3. Look at the first ingredient

If you have a combination food, like a pizza, look at the part of the ingredient list that refers to the grain product. For this food, the grain product is the pizza crust.

Is the first ingredient a whole-grain ingredient?

✔ Yes: If the first ingredient is whole-grain and the food is not a ready-to-eat breakfast cereal, go to Step 4 below.

✔ Yes: If the first ingredient is whole-grain and the food is a ready-to-eat breakfast cereal, see “Identifying Whole Grain-Rich Breakfast Cereals in the CACFP” on page 4.

✗ No: If the first ingredient is not a whole-grain ingredient, then this food is not creditable as a whole grain-rich food in the CACFP using the Rule of Three.*

✗ No: It is possible that the food includes several whole-grain ingredients. When added together, these grains may meet the whole grain-rich requirement. In this case, you would need to request additional information from the manufacturer.

4. Look for the second grain ingredient

Does the food have another grain ingredient?

No: If the food does not have any other grain ingredients, you can stop here. The food is whole grain-rich!

Yes: If so, is the second grain ingredient whole-grain, enriched, or bran or germ? Make sure the second grain ingredient is not listed on the “Non-Creditable Grains or Flours” chart.

✔ Yes: If the second grain ingredient is whole-grain, enriched, or bran or germ, see Step 5 on page 3.

✗ No: If the second grain ingredient is not whole-grain, enriched, or bran or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the Rule of Three.*

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.

The second grain ingredient is “enriched wheat flour,” which is an enriched grain ingredient. For more information on flour made from more than one grain ingredient, see “Focus on Flour Blends” on page 4.

* This food might be creditable as a grain that is not being served as a whole grain-rich food. See the Food Buying Guide for Child Nutrition Programs (https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceGrains) for information on how to determine if an enriched grain is creditable towards the grain component in the CACFP.
5. Look for the third grain ingredient

Does the food have a third grain ingredient?

No: If the food does not have any other grain ingredients, you can stop here. The food is whole grain-rich!

Yes: If so, is the third grain ingredient whole-grain, enriched, or bran or germ? Make sure the third grain ingredient is not listed on the “Non-Creditable Grains or Flours” chart.

✔ Yes: If the third ingredient is whole-grain, enriched, bran, or germ, then this food is whole grain-rich! If your product has other grain ingredients, such as a fourth grain ingredient, you do not need to consider them.

✗ No: If the third ingredient is not whole-grain, enriched, bran, or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the Rule of Three.*

### Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa/masa harina
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oats
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Tef
- Tef flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole corn
- Whole durum flour
- Whole grain corn
- Whole grain oat flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flours
- Whole rye flour
- Whole wheat flours
- Whole wheat flour

### Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word “enriched” in front of it.

In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: “Durum flour (niacin, iron, riboflavin, folic acid, thiamin).” The vitamins listed in the parenthesis indicate that the durum flour is enriched.

### Non-Creditable Grains or Flours

- Barley malt
- Bean flour (such as soy, chickpea, lentil, legume, etc)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: “Durum flour (niacin, iron, riboflavin, folic acid, thiamin).” The vitamins listed in the parenthesis indicate that the durum flour is enriched.
Focus on Flour Blends

You may see an ingredient list that includes a flour blend as an ingredient. The flour blend will be followed by a list of sub-ingredients that make up the flour blend. These sub-ingredients are shown in parenthesis. **Treat these flour blends as one grain ingredient when applying the Rule of Three.**

If the flour blend is the first grain ingredient on the ingredient list, then you must determine if the flour blend is a whole grain. If the flour blend is made up of only whole-grain ingredients, then the flour blend is a whole grain. You can now proceed with examining the second and third grain ingredients as described on pages 2 and 3.

If the flour blend includes any grains that are not whole grains, then the flour blend is not considered a whole grain under the Rule of Three.

If the flour blend is the second or third grain ingredient, then the flour blend may be made up of whole grains, enriched grains, bran, and/or germ. If the flour blend includes any non-creditable flours or grains, then the flour blend is not a creditable grain ingredient.

Identifying Whole Grain-Rich Breakfast Cereals in the CACFP

For ready-to-eat breakfast cereals only, if the first ingredient is whole-grain, and the cereal is fortified, then the cereal is whole grain-rich in the CACFP. Remember to check that the cereal also meets the CACFP sugar limit. For more information on sugar limits for cereal, see “Choose Breakfast Cereals That Are Lower in Added Sugars” at https://www.fns.usda.gov/cacfp-meal-pattern-training-worksheets.

To determine if a ready-to-eat cereal is whole grain-rich:

1. **Look at the first ingredient**

   **Is the first ingredient a whole-grain ingredient?**

   - **Yes:** If the first ingredient is whole-grain, go to Step 2.
   - **✗ No:** If the first ingredient is not a whole grain, then this food is not credible as a whole grain-rich food in the CACFP using the Rule of Three.*

2. **Look for fortification**

   **Is the cereal fortified?**

   Look for the words “fortified” on the food package. You can also look at the ingredient list to see if it lists any vitamins and minerals that have been added to the product. Cereals that are not fortified would not have any added vitamins and minerals.

   - **✓ Yes:** If the cereal is fortified, then this food is whole grain-rich! If your cereal has other grain ingredients, you do not need to consider them.
   - **✗ No:** If the cereal has a whole grain as the first ingredient, but is not fortified, then follow the Rule of Three instructions on pages 2 and 3 to look at the second and third grain ingredients.

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* This breakfast cereal is whole grain-rich because the first ingredient is whole-grain and the cereal is fortified.

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**INGREDIENTS:** Whole grain flour (whole-wheat flour, brown rice flour, whole grain oat flour), water, flour blend (graham flour, enriched wheat flour, enriched corn flour), wheat bran.

1. The whole-grain flour can be considered the first grain ingredient when using the Rule of Three. The whole-grain flour contains only whole grain-ingredients, so it is a whole-grain ingredient.
2. The flour blend can be considered the second grain ingredient when using the Rule of Three. The flour blend contains whole-grain ingredients (graham flour), fortified ingredients (enriched wheat flour, enriched corn flour) and bran (wheat bran).
3. This product does not have a third grain ingredient.

**✓ The product is considered whole grain-rich.**

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**INGREDIENTS:** Flour blend (durum flour, bromated flour, brown rice flour), water, salt.

✗ This flour blend includes two non-creditable flours (durum flour and bromated flour), so the flour blend is not a creditable grain ingredient.

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**INGREDIENTS:** Whole grain oats, corn flour, sugar, salt, tripotassium phosphate, vitamin E, Vitamins and Minerals: calcium carbonate, iron and zinc, vitamin C, vitamin B6, vitamin A, vitamin B12.

1. The first ingredient is “whole grain oats,” which is a whole-grain ingredient.
2. The presence of “Vitamins and Minerals” on the ingredient list indicates that this cereal is fortified.

**✓ This breakfast cereal is whole grain-rich because the first ingredient is whole-grain and the cereal is fortified.**

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