

# Whole Grain Rich

The CACFP requires at least one serving of grains each day to be whole grain rich. Follow these simple steps to easily identify whole grain rich (WGR) items!

## How to Identify Whole Grains

Item is labeled as 100% whole wheat

FDA Health Claim is present

Cereals must have a whole grain as the first ingredient and be fortified

PROVIDERS  
CHOICE

Remember!  
Your menu must  
indicate which  
items are Whole  
Grain Rich

## The Rule of Three

- Look at the ingredient label. What is the first ingredient? If it is **not** whole grain, then this product is **NOT** a WGR product. If it is a whole grain ingredient, continue!
- Is there another grain ingredient in this product? If not, you have a WGR item! If yes, the second grain ingredient must be either whole grain rich or enriched. Scan the QR code for a complete list.
- Is there a third grain ingredient? If not, you have a WGR item! If yes, the third grain ingredient must be whole grain or enriched. If there is a third grain ingredient but it is not creditable, the item is **NOT** whole grain rich.

