

Whole Grain-Rich

Whole grain-rich items must contain at least 50% whole grain. Whole Grains consist of the entire grain seed or kernel, including the bran, germ, and endosperm. Usually the kernel is cracked, flaked, or crushed during the milling process. If the finished product has the same relative proportions of each part as the original grain, it is considered a whole grain.

The product ingredient declaration must list whole grains first:

- Non-mixed dishes (e.g., bread, cereals): whole grains must be the primary ingredient by weight (first ingredient with an exception for water).
- Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (first grain ingredient).
- If the whole grain comes from multiple grain ingredients, those combined ingredients must weigh more than the other grain ingredients (products would need a manufactures statement).
- Flour blends will need a manufactures statement to know if there is more whole grain than other grain ingredients.

For foods prepared by the school food service, the recipe is used to determine whether the total weight of whole-grain ingredients exceed the total weight of each non whole-grain ingredients.

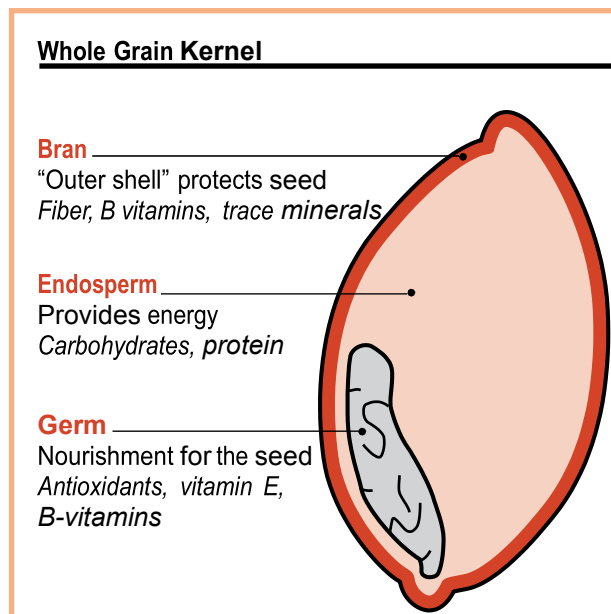
Whole Grain Ingredient Guidance

Grain products that MAY OR MAY NOT be whole grains, more information is needed:

Flour	Self-rising flour	Semolina
White flour	Self-rising wheat flour	Corn
Wheat flour	Bread flour	Corn meal
Wheat	Cake flour	Ground corn treated with lime (masa)
All-purpose flour	Durum flour	Corn flour
Unbleached flour	Durum wheat	Enriched rice
Bromated flour	Stone ground (grain)	Rice flour
Instantized flour	Corn grits	Rye flour
Phosphate flour	Hominy grits	Couscous
Organic flour	Hominy	
Multigrain flour	Farina	

Grain products that are NOT whole grains:

Enriched flour	Bran	Pot barley
Enriched bromated flour	Wheat germ	Scotch barley
Enriched self-rising flour	Degerminated corn meal	Pearl(ed) barley



Lost of Common Whole Grains

While this list is extensive, it is NOT comprehensive and therefore may not contain all possible representations of whole grain ingredient names on food labels.

WHEAT (RED) - the most common kind of wheat in the U.S.

- Wheat berries
- Whole grain wheat
- Cracked wheat or crushed wheat
- Whole wheat flour
- Bromated whole wheat
- Stone ground whole wheat flour
- Toasted crushed whole wheat
- Whole wheat pastry flour
- Graham flour
- Entire wheat flour
- Whole durum flour
- Whole durum wheat flour
- Whole wheat flakes
- Sprouted wheat
- Sprouted wheat berries
- Bulgur (cracked wheat)
- Whole bulgur
- Whole grain bulgur

WHEAT (WHITE)

- Whole white wheat
- Whole white wheat flour

OATS

- Whole oats
- Oat groats
- Oatmeal or rolled oats
- Whole oat flour

LESS COMMON GRAINS: to be whole grains, “whole” must be listed before the grain name.

- Einkorn
- Kamut
- Emmer (farro)
- Teff
- Triticale
- Spelt

BARLEY

- Whole barley
- Whole grain barley
- Whole barley flakes
- Whole barley flour
- Whole grain barley flour
- Dehulled barley
- Dehulled barley flour

CORN

- Whole corn
- Whole corn flour
- Whole grain corn flour
- Whole grain cornmeal
- Whole grain grits

BROWN RICE

- Brown rice
- Brown rice flour

WILD RICE

- Wild rice
- Wild rice flour

RYE

- Whole rye
- Rye berries
- Whole rye flour
- Whole rye flakes

- Buckwheat
- Amaranth
- Sorgum (milo)
- Millet
- Quinoa