GRAINS

Grains are a required component for a reimbursable breakfast, lunch, and supper meal. Grains are an optional component at snack.

All grain products served in the CACFP must be made with whole grains or enriched meal and/or enriched flour, or bran or germ, to be creditable in the CACFP. This section provides guidance on how to determine if a product is creditable based on the combination of grains, meals, and flours in the product.

Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A) provides the minimum portion sizes of grain products that are required to meet meal pattern requirements for each age group. This chart provides serving size information in both grains/breads servings and ounce equivalents (oz eq). As a reminder, all grain products served in the CACFP and to preschool age children in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be credited based on ounce equivalents. This applies to various products as follows:

- Baked goods (breads, biscuits, bagels, etc.): 16 grams of creditable grains provide 1.0 oz eq credit.

- Cereal grains (oatmeal, pasta, brown rice, etc.): 28 grams (approximately 1.0 ounce by weight) of dry product OR 1/2 cup cooked cereal, pasta, rice, etc. provides 1.0 oz eq credit.

- Ready-to-eat (RTE) breakfast cereal: 28 grams or 1.0 ounce of product provides 1.0 oz eq credit.

See Exhibit A on page 94.

To emphasize the importance of whole grains, the CACFP meal patterns require that grains served at least once per day be whole grain-rich. Whole grain-rich means that at least half (50 percent) of the grain ingredients in the food are whole grains and any other grains are enriched. Please note that food items that are 100 percent whole grain meet the whole grain-rich requirement. This requirement was developed based on the *Dietary Guidelines for Americans* recommendation that half of the grains we consume should be whole grains. This requirement will help children and adults increase their intake of whole grains and benefit from the important nutrients that whole grains provide. This whole grain-rich requirement only applies to meals and snacks served to children (ages 1 year or older) and adults.

Any additional grains served that do not meet the whole grain-rich criteria may still count toward program requirements if they are made of creditable grains.

Whole grain-rich foods are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains with the remaining grains in the food being enriched. See page 78 for more information on how to identify whole grain-rich products.

CACFP centers and day care homes must credit grains based on ounce equivalent (oz eq) standards. For more information on crediting ounce equivalent grains, see the Crediting in Action section on page 112 and *Exhibit A: Grain Requirements for Child Nutrition Programs* on page 94.

CREDITABLE GRAINS

Grains that contribute to the meal pattern include:

- whole grains
- enriched grains
- bran and germ

1. Whole Grains

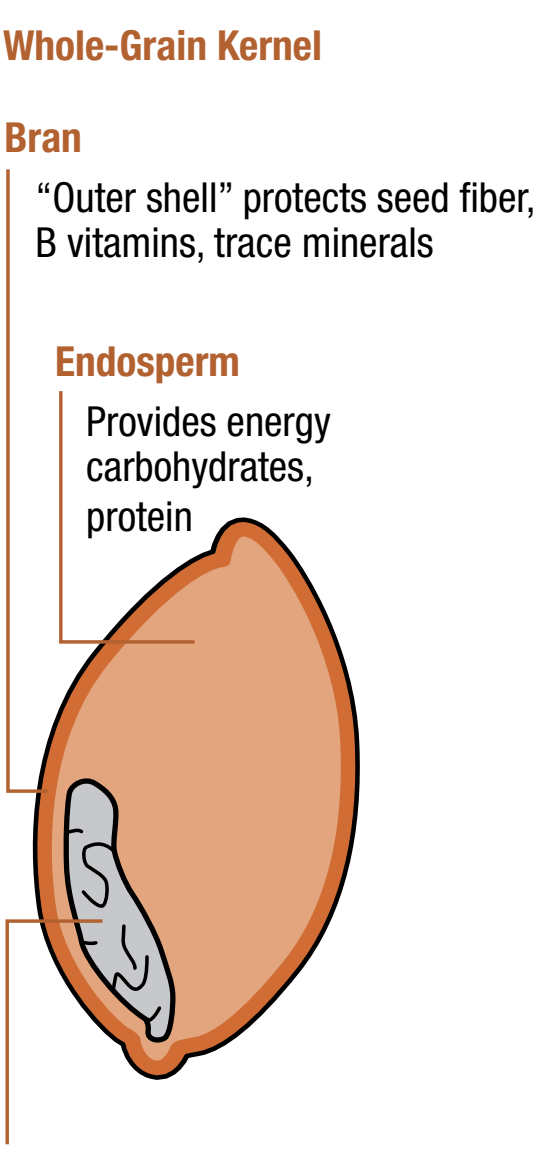
What Is a Whole Grain?

Whole grains consist of the entire grain, seed, or kernel. A whole grain has 3 parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during processing. If the finished product has about the same amount of bran, germ, and endosperm as the original grain did before processing, it is considered a whole grain.

Examples of whole-grain ingredients include whole-grain or whole-wheat flour, brown rice, wild rice, oatmeal, bulgur, whole-grain corn, and quinoa.

Whole grains offer a variety of vitamins and minerals, including magnesium, selenium, iron, zinc, B vitamins, and dietary fiber.

For a list of whole grains, see *List of Common Whole Grains* chart on page 82.



2. Enriched and Fortified Grains

Enriched and fortified grains are grains that have been processed to remove all or part of the bran and the germ to give a grain product a smoother texture. Then certain nutrients are added back during or after processing. The U.S. Food and Drug Administration (FDA) sets the standards for food enrichment and fortification.

If a grain product is labeled "enriched," it must contain certain amounts of niacin, iron, thiamine, riboflavin, and folic acid. If it is labeled "fortified," it can have any nutrients added to increase the nutritional quality of the product. Sometimes just the grain portion of a product is enriched or fortified, and sometimes the entire product has been enriched or fortified. When nutrients are added to the entire grain product, the added nutrients appear at the end of the ingredient list.

For example, an ingredient list for an enriched pasta may say:

INGREDIENTS: Semolina (Wheat), Durum Wheat Flour, **Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid**

*Added nutrients are in bold.

For more information on how to tell if a grain is enriched or fortified, see "Criteria for Enriched or Fortified Grain Products" on page 87.

For a list of enriched grains, see *List of Common Enriched Grains* chart on page 84.

3. Bran and Germ

The bran is the seed husk or outer coating of grains such as wheat, rye, and oats. The bran can be a good source of many nutrients, including B vitamins, iron, potassium, and fiber.

The germ is the vitamin-rich portion of the grain kernel, which can provide a good source of B vitamins, phosphorus, and zinc. The germ can be separated before processing for use as a cereal or food supplement.

For a list of brans and germs, see *List of Common Brans and Germs* chart on page 84.

NON-CREDITABLE GRAINS OR FLOURS

Many commercial grain products include ingredients that are not creditable toward the grains component. These include grain ingredients that are not whole, enriched, bran, or germ such as bromated flour, durum flour, white flour, and wheat flour. Also, legume and vegetable flours (tapioca, potato, legume, bean, and other vegetable flours) are flours that do not contain any grains, but are considered a non-creditable grain or flour.

For a list of non-creditable grains or flours, see *List of Common Non-Creditable Grains or Flours* chart on page 85.

Non-creditable grains or flours in insignificant amounts (displayed in the ingredient list as less than 2 percent of the total product) may be disregarded when determining if a grain product credits toward the meal pattern. To the extent possible, choose grain foods with an insignificant amount of non-creditable grains or flours.

Grain Derivatives

Grain derivatives do not count as grains in the Child Nutrition Programs and can be ignored when looking at an ingredients label to determine if a grain product is creditable. Grain derivatives, which are generally presented in only small amounts, include:

- corn starch
- dextrin
- modified food starch
- rice starch
- tapioca starch
- wheat dextrin
- wheat gluten
- wheat starch

CREDITABLE GRAIN PRODUCTS

A creditable grain product must be:

- whole grain-rich

OR

- enriched

OR

- bran or germ.

Use the following 2 criteria to determine if your grain product is creditable as either whole grain-rich or enriched. Creditable grain products must meet at least **1** of the criteria described in this section.

1. Criteria To Determine Whole Grain-Rich Products

Any **1** of the following six methods may be used to determine if a grain product meets the whole grain-rich criteria. The food only needs to meet **1** of the following to be considered whole grain-rich.

Remember, if grains are part of a reimbursable meal or snack, at least 1 serving per day must be whole grain-rich.

Method 1

The product is found on **any** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole-grain food list.

Any grain product found on **any** State agency's WIC-approved whole-grain food list meets CACFP whole grain-rich criteria. You may obtain a copy of a State agency's WIC-approved whole-grain food list by contacting the WIC State agency. For a list of WIC State agency contacts, see the Resource Section on pages 133-135.

Method 2

The product is labeled as "whole wheat" and has a Standard of Identity (as defined below) issued by the FDA.

An FDA Standard of Identity is a set of rules for what a certain product (like whole-wheat bread) must contain or may contain to be labeled with that product name legally. FDA provides Standards of Identity for certain whole-wheat bread products and certain whole-wheat pasta products.

Only **breads** with these exact product names conform to an FDA Standard of Identity and can be considered whole grain-rich using this method:

- whole-wheat bread
- entire wheat bread
- graham bread
- whole-wheat rolls
- entire wheat rolls
- graham rolls
- whole-wheat buns
- entire wheat buns
- graham buns

Only **pastas** with these exact product names conform to an FDA Standard of Identity and can be considered whole grain-rich using this method:

- whole-wheat macaroni product
- whole-wheat macaroni
- whole-wheat spaghetti
- whole-wheat vermicelli

Other grain products labeled as "whole wheat" such as crackers, tortillas, bagels, biscuits, and other pastas shapes not listed in the "pastas" section must be evaluated using **1** of the other methods (methods 3-6) listed here to determine if the product meets the whole grain-rich criteria.

Please be aware that manufacturers may label their products with terms that are similar to, but slightly different from, FDA's Standard of Identity terms previously defined. Some of these terms include "whole grain," "made with whole grains," "made with whole wheat," or "contains whole grains." Foods labeled with these terms may not be whole grain-rich and need to be evaluated for FNS' whole grain-rich creditability for CACFP using **1** of the other methods listed here.

Please note, use of the National School Lunch Program (NSLP) whole grain-rich criteria may ease menu planning and purchasing for schools that operate CACFP at-risk afterschool programs or CACFP child care programs because they can use the same whole grain-rich criteria for both programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under the CACFP.

Method 3

The product includes **1** of the following FDA-approved whole-grain health claims on its packaging, exactly as written below:

> "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."
>
> OR
>
> "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."

The FDA whole-grain health claims are sufficient documentation to demonstrate compliance with the whole grain-rich criteria **only in the CACFP**.

Method 4

The food meets the whole grain-rich criteria under the National School Lunch Program (NSLP).

Use of the NSLP whole grain-rich criteria may ease menu planning and purchasing for schools that operate CACFP at-risk afterschool programs or CACFP preschool and CACFP at-risk afterschool programs, because the NSLP whole grain-rich criteria can be used for both programs.

Please note, the National School Lunch Program (NSLP) whole grain-rich criteria applies for all grain products with the exception of grain-based desserts, which are not creditable under the CACFP. Also remember, cereals served in the CACFP must contain no more than 6 grams of sugar per ounce.

Method 5

The food meets FNS' *Rule of Three* criteria for identifying whole grain-rich products in CACFP.

FNS developed the *Rule of Three* recognizing that CACFP operators purchase food differently than school meal program operators, as CACFP operators often shop in retail environments and may not have access to manufacturers' Product Formulation Statements or products specially formulated for school meal programs.

To meet the *Rule of Three* criteria:

The first ingredient (or the second ingredient after water) must be whole grain, and the next 2 grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Grain derivatives (byproducts of grains) do not count as grain ingredients and can be ignored when evaluating with the *Rule of Three* criteria. For more information on grain derivatives, see page 78.

- Any non-creditable grain ingredients that are labeled as "less than 2 percent" in the ingredients list are considered insignificant and may be ignored. See page 85 for list of non-creditable grains or flours.

When using the *Rule of Three*, you may refer to the lists of common grain ingredients found on grain product labels. Please note that these lists are not meant to be exhaustive, and there may be other items that qualify that are not included in these grain lists. See lists beginning on page 82:

- List of Common Whole Grains
- List of Common Enriched Grains
- List of Common Brans and Germs
- List of Common Non-Creditable Grains or Flours

Mixed Dishes

When applying the *Rule of Three* criteria to the grain portion of mixed dishes, such as pizza crusts and tortillas for burritos, the first grain ingredient must be a whole grain and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Ready-To-Eat Breakfast Cereals

When applying the *Rule of Three* criteria for ready-to-eat breakfast cereals, if the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria. In this situation, there is no need to look at any other grain ingredients in the cereal. See page 111 for more information on crediting ready-to-eat breakfast cereals.

List of Common Whole Grains

Please note that this is not an exhaustive list and therefore may not contain all possible whole-grain ingredient names present on food labels.

List of Common Whole Grains	
Wheat	
bromated whole-wheat flour	white whole-wheat flour
bulgur (cracked wheat)	whole bulgur
cracked wheat or crushed wheat	whole-durum flour
entire wheat flour	whole-durum wheat flour
flaked wheat	whole-grain bulgur
graham flour	whole-grain wheat
sprouted wheat	whole-grain wheat flakes
sprouted wheat berries	whole-grain wheat flour
sprouted whole wheat	whole-white wheat
stone ground whole-wheat flour	whole-wheat flakes
toasted crushed whole wheat	whole-wheat flour
wheat berries	whole-wheat pastry flour
wheat groats	
Oats	
instant oatmeal	steel cut oats
oat groats	whole-grain oat flour
oatmeal or rolled oats	whole oats
old fashioned oats	whole-oat flour
quick-cooking oats	
Barley	
dehulled barley	whole-barley flour
dehulled-barley flour	whole-grain barley
whole barley	whole-grain barley flour
whole-barley flakes	

List of Common Whole Grains	
Corn	
popcorn	whole-grain corn flour
whole corn	whole-grain cornmeal
whole cornmeal	whole-grain grits
whole-grain corn	whole-corn flour
Brown Rice	
brown rice	sprouted brown rice
brown rice flour	
Wild Rice	
wild rice	wild rice flour
Rye	
flaked rye	whole-rye
rye berries	whole-rye flakes
rye groats	whole-rye flour
sprouted whole rye	
Other Grains	
amaranth	sprouted spelt
amaranth flour	teff
buckwheat	teff flour
buckwheat flour	triticale
buckwheat groats	triticale flour
millet	whole-grain einkorn
millet flour	whole-einkorn berries
quinoa	whole-grain emmer (farro)
whole sorghum (milo)	whole-grain einkorn flour
whole-grain sorghum flour	whole kamut (Khorasan wheat)
spelt berries	whole-grain spelt flour
sprouted buckwheat	whole spelt
sprouted einkorn	

List of Common Whole Grain-Rich Ingredients

Please note that this is not an exhaustive list and therefore may not contain all possible whole grain-rich ingredient names present on food labels.

Did you know, the following may be counted as whole grain-rich ingredients using the *Rule of Three*.

- corn masa
- masa harina
- hominy grits

Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa (dough from masa harina), and masa harina (corn flour) are considered whole grain when evaluating products for meal requirements. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. If the ingredient statement indicates the corn is treated with lime (for example, "ground corn with trace of lime" or "ground corn treated with lime"), then the corn is nixtamalized.

Enriched Grains may be the:

- Second or third grain ingredient.

List of Common Enriched Grains

Please note:

1. That this is not an exhaustive list and therefore may not contain all possible enriched grain ingredient names present on food labels.
2. Look for the word "enriched" in the grain ingredient description.

List of Common Enriched Grains	
enriched bromated flour	enriched rye flour
enriched corn flour	enriched semolina
enriched durum flour	enriched wheat flour
enriched durum wheat flour	enriched white flour
enriched rice	enriched yellow corn flour
enriched rice flour	

Bran and Germ may be the:

- Second or third grain ingredient.

List of Common Brans and Germs

Please note:

1. That this is not an exhaustive list and therefore may not contain all possible bran and germ ingredient names present on food labels
2. Look for the words "bran" and "germ" in the ingredient description.

List of Common Brans and Germs	
corn bran	rye bran
oat bran	wheat bran
rice bran	wheat germ

Disregarded ingredients (may be ignored, as these ingredients are not included in the *Rule of Three*):

- Any ingredients that are less than 2 percent of product weight (i.e., any ingredients listed on the ingredient list after the words "contains less than 2 percent").
- Grain derivatives. For more information on grain derivatives, see page 78.

Non-Creditable Grains or Flours

These ingredients are not whole, enriched, bran, or germ. They cannot be 1 of the first 3 grain ingredients. See the List of Non-Creditable Grains or Flours in the next column.

List of Common Non-Creditable Grains or Flours

Please note that:

1. This is not an exhaustive list and therefore may not contain all possible grains that do not credit in the CACFP.
2. Typically, these are grains that DO NOT include the word "whole" or "enriched" in the ingredient description.
3. Please note, although legume, potato, tapioca, and nut flours are not grains, they are to be counted along with the non-creditable grains in the CACFP.

List of Common Non-Creditable Grains or Flours
all-purpose flour (not enriched)
any bean flour
any legume flour
any nut flour
any vegetable flour
barley malt
bromated flour
corn fiber
corn flour
degerminated corn meal
durum flour
farina
malted barley flour
oat fiber
potato flour
rice flour
semolina
tapioca flour
wheat flour
white flour

As a reminder, the *Rule of Three* is ONLY used to determine if a product is whole grain-rich. If the product does not meet the *Rule of Three* criteria for a whole grain-rich product, then check to see if the product is creditable as enriched. See page 87 for Criteria for Enriched or Fortified Grain Products.

Examples of *Rule of Three*

Example 1: An English muffin ingredient list includes: "whole-wheat flour, water, enriched wheat flour, wheat starch, yeast, sugar, and salt."

This product is creditable as a whole grain-rich product in the CACFP using the *Rule of Three* criteria because:

1. The first ingredient (whole-wheat flour) is a whole grain,

AND

2. The second grain ingredient (enriched wheat flour) is an enriched grain,
3. The wheat starch is a grain derivative and can be ignored when determining if a product is whole grain-rich in the CACFP.

This product meets the *Rule of Three* based on the 2 creditable grain ingredients; whole-wheat flour and enriched wheat flour.

Example 2: A cheese pizza ingredient list reads: "mozzarella cheese, parmesan cheese, white whole-wheat flour, brown rice flour, enriched flour, nonfat milk, water, tomato paste, yeast."

This product is creditable as a whole grain-rich product using the *Rule of Three* criteria because:

1. The first grain ingredient is white whole-wheat flour, which is a whole-grain ingredient,

AND

2. The second grain ingredient is brown rice flour, which is a whole-grain ingredient,

AND

3. The third grain ingredient is enriched flour, which is an enriched ingredient.

Method 6

Proper documentation from a manufacturer or a standardized recipe demonstrating that whole grains are the primary grain ingredient by weight.

Documentation from a manufacturer or a standardized recipe is helpful when grain products do not have a whole grain as the first ingredient and for mixed products. When a grain product (such as bread) has a first ingredient that is not whole grain, the primary ingredient by weight may still be whole grain if there are multiple whole grain ingredients and the combined weight of those whole grains is more than the weight of the other grain ingredients. When the grain portion of a mixed product (like a beef enchilada) is not entirely whole grain, it may be whole grain-rich depending upon the proportion of whole grains to other grain ingredients. More information regarding acceptable documentation for grain products is located on page 107.

2. Criteria for Enriched or Fortified Grain Products

To determine if a grain product is enriched, it must meet at least **1** of the following methods:

Method 1

The food is labeled as "enriched." For example, long grain rice that is enriched will have in the product name "enriched long grain rice."

Method 2

An enriched grain is listed as the first ingredient on the ingredient list (or second after water). The ingredient list will usually say "enriched flour" or "enriched wheat flour," or there is a sub-listing of nutrients used to enrich the ingredient, for example, "white flour (iron, folic acid, riboflavin, niacin, and thiamine)."

Method 3

For breakfast cereals, the product is labeled as "fortified" or the ingredient list names the vitamins and minerals that have been added to the product. If a breakfast cereal is fortified, it does not need to be enriched.

For example, the ingredient list of a fortified breakfast cereal may read, "Ingredients: Wheat flour, sugar. Contains less than 2 percent of salt, baking soda, caramel color, BHT for freshness. **Vitamins and Minerals: vitamin C (sodium ascorbate, ascorbic acid), niacin, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12**."

*Added nutrients are in bold.

NOTE: The ingredient list of a non-fortified cereal does not include any added vitamins and minerals.

For example, the ingredient list of a non-fortified breakfast cereal may read, "Ingredients: rice flour, wheat flour, evaporated cane juice, pomegranate juice concentrate, sea salt." This particular cereal is not considered a creditable grain because it is not made from whole or enriched grains and is not fortified.

See questions on the following page to practice how to determine if a grain product is creditable using an ingredient list. There are additional questions on crediting grains toward meal pattern requirements beginning on page 123.

PRACTICE QUESTIONS ON HOW TO DETERMINE A CREDITABLE GRAIN PRODUCT USING AN INGREDIENT LIST

Use the following sample product ingredient lists to determine whether the product is creditable as a grain in the CACFP:

Multigrain Bread

INGREDIENTS: Water, Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Rolled Oats, Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Calcium Propionate, (Preservative), Monoglycerides, Datem and/or Sodium Stearoyl Lactylate, Calcium Sulfate, Citric Acid, Calcium Carbonate, Soy Lecithin, Whey, Nonfat Milk

Is this a creditable grain product?

Yes, this multigrain bread is creditable as an enriched grain product because the first grain ingredient listed after water is an enriched grain.

Please note: There is no *Rule of Three* for enriched grain items. The rule only applies to determining a whole grain-rich item.

Garlic Bread

INGREDIENTS: All-Purpose Flour, Water, Enriched Semolina (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains less than 2 percent of each of the following: Yeast, Salt, Natural Flavor (Wheat), Soybean Oil, Minced Garlic, Wheat Gluten, Calcium Sulfate, Enzymes (Wheat), and Ascorbic Acid

Is this a creditable grain product?

No, it does not meet the criteria for a whole grain-rich or an enriched grain product because:

- The first ingredient on the ingredient list is all-purpose flour, and it is not enriched.

This garlic bread is not creditable because it does not meet the grains requirement as a whole grain-rich or an enriched grain product.

Bagels

INGREDIENTS: Enriched Bleached Flour, Water, Brown Sugar, Yeast, Wheat Germ, Yellow Corn Flour (Folic Acid, Riboflavin, Niacin, and Thiamine), Cornmeal, Gluten, Cornstarch, Salt, Calcium Propionate, Cellulose Gum, Citric Acid, Soy Lecithin

Is this a creditable grain product?

Yes, this is creditable as an enriched grain product because the first ingredient is an enriched flour (enriched bleached flour).

The bagels are creditable as an enriched grain.

Wheat Breadsticks

INGREDIENTS: Whole-Wheat Flour, Water, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrite, Enzyme, Riboflavin, Folic Acid), Yeast, Sugar, Wheat Gluten. Contains less than 2 percent of the following: Soybean Oil, Salt, Oat Fiber, Honey, Sodium Stearoyl Lactylate, Datem, Acesulfame Potassium, Ascorbic Acid, Enzyme. May contain Milk, Soy, Egg, and Sesame

Is this a creditable grain product?

Yes, this is a creditable grain product and meets the whole grain-rich criteria because it meets the following *Rule of Three* criteria:

1. The first ingredient on the ingredient list is a whole grain (whole-wheat flour).

AND

2. The remaining grain in the product (enriched unbleached wheat flour) is enriched.

These wheat breadsticks are creditable as a whole grain-rich product.

Please note: Ingredients are listed by weight with the ingredient weighing the most listed first on the ingredient list.

ADDITIONAL GRAIN REQUIREMENTS

There are additional grain requirements in the CACFP. Let's review those now in detail.

1. Grain-Based Desserts

To better align the CACFP meal patterns with the *Dietary Guidelines for Americans*, grain-based desserts cannot count toward the grains requirement at any meal or snack.

Grain-based desserts are those food items that have a superscript 3 and 4 in Exhibit A (see page 94). Under Exhibit A, the following foods are grain-based desserts: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cakes, and brownies.

Certain grain-based items may be considered a dessert or a savory snack, depending on how they are served. For example, scones can be savory or sweet. Savory scones, such as ones made with cheese and herbs, are not grain-based desserts. However, sweet scones, such as those made with fruit and/or icing, are grain-based desserts.

Cookies do not have an FDA Standard of Identity, so a food manufacturer may come up with fanciful names that could be misleading.

When determining whether a food is a grain-based dessert, consider whether the food is commonly thought of as a dessert or treat. Using this approach is particularly important when a food item may not be labeled as a dessert. If you are unsure of whether a food item is considered a grain-based dessert, you should work with your sponsoring organization or State agency, as appropriate, to make the determination.

FNS recognizes that centers and day care homes may want to occasionally serve grain-based desserts, such as for celebrations or other special occasions. As a reminder, centers and day care homes continue to have the flexibility to serve grain-based desserts as an additional food item that does not contribute to the meal components required for reimbursement. However, food items that do not contribute to the CACFP meal pattern are not allowable costs and must be purchased using non-program funds. See the Resource Section on pages 133-135 for information on accessing CACFP Meal Pattern Training Worksheet *Grain-Based Desserts in the CACFP*.

2. Breakfast Cereals

Breakfast cereals must meet the sugar limit and be made from whole grains, enriched meal and/or enriched flour, bran or germ, or be fortified, to be creditable in the CACFP. Breakfast cereals served to infants, children, and adults may contain up to 6 grams of sugar per dry ounce (no more than 21.2 grams of sugar per 100 grams of dry cereal). Breakfast cereals include ready-to-eat cereals, instant cereals, and hot cereals.

To determine if a breakfast cereal is within the sugar limit, it must meet only **1** (not all) of the following methods:

Method 1

The cereal is listed on **any** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

Similar to the CACFP, all WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Method 2

The Table of Cereal Serving Sizes in Grams and Sugar Limits.

This method uses the Nutrition Facts label and a Sugar Limits table to help you determine if a breakfast cereal meets the sugar limit.

Use the chart in the next column and follow these steps:

Step 1: Find the Serving Size in grams (g) on the Nutrition Facts label of the cereal.

Step 2: Find the Total Sugars line on the label. Look at the number of grams (g) next to Total Sugars.

Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the "Table of Cereal Serving Sizes in Grams and Sugar Limits."

Step 4: In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of total sugar, or less, your cereal meets the sugar requirement.

Table of Cereal Serving Sizes in Grams and Sugar Limits

Use this chart to determine if your cereal meets the sugar requirements.

Serving Size*	Sugars
If the serving size is	Sugars cannot be more than
0-2 grams	0 grams
3-7 grams	1 grams
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

*Serving sizes here refer to those found for breakfast cereals on the Nutrition Facts label. See the meal patterns for serving size requirements in the CACFP.

For additional information on breakfast cereals, see the Resource Section on pages 133-135 for information on accessing CACFP Meal Pattern Training Worksheet *Choose Breakfast Cereals That Are Lower in Added Sugars*.

Method 3

Use **1** of the following 2 methods to calculate the sugar content per dry ounce:

1. Standard Method: Use the Nutrition Facts label (in the next column) of the breakfast cereal to calculate the sugar content per dry ounce.

Step 1: Find the Serving Size in grams (g) at the top of the label.

30 grams

Step 2: Find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

5 grams

Step 3: Divide the number of grams of total sugars by the serving size in grams.

$$\frac{\text{Total Sugars}}{\text{Serving Size}} = \frac{5}{30} = 0.167$$

Step 4: If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in the CACFP.

0.167 < 0.212
This cereal is within the sugar limit.

Nutrition Facts

About 15 servings per container

Serving size **3/4 cup (30g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 3g Added Sugars	**6%**
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2. Rounding Method: Use an FNS-provided alternate calculation that uses rounding and aligns with the CACFP Meal Pattern Training Worksheet: *Choose Breakfast Cereals That Are Lower in Added Sugars*. To access the training worksheet, see the Resource Section on pages 133-135.

Step 1: First, find the serving size in grams at the top of the Nutrition Facts label.

30 grams

Step 2: Multiply the serving size in grams by 0.212.

30 x 0.212 = 6.36

Step 3: If the answer in step 2 ends in 0.5 or more, round the number up to the next whole number. If the answer in step 2 ends in 0.49 or less, round the number down to the next whole number. For example, the answer in step 2 is **6.36**, it is rounded down to **6**.

Step 4: Next, find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

5 grams

Step 5: Compare the number from step 4 with the number in step 3. If the number from step 4 is equal to, or less than, the number in step 3, the cereal meets the sugar limit and may be creditable in the CACFP.

5 < 6

This cereal is within the sugar limit.

Nutrition Facts

About 15 servings per container

Serving size **3/4 cup (30g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 2g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EXHIBIT A
GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS[1,2]
Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
• Bread coating • Bread sticks (hard) • Chow mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) (note: weights apply to bread in stuffing)	1 oz eq = 22 g or 0.8 oz ¾ oz eq = 17 g or 0.6 oz ½ oz eq = 11 g or 0.4 oz ¼ oz eq = 6 g or 0.2 oz	1 serving = 20 g or 0.7 oz ¾ serving = 15 g or 0.5 oz ½ serving = 10 g or 0.4 oz ¼ serving = 5 g or 0.2 oz
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
• Bagels • Batter type coating • Biscuits • Breads–all (for example sliced, French, Italian) • Buns (hamburger and hot dog) • Sweet crackers[5] (graham crackers–all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells	1 oz eq = 28 g or 1.0 oz ¾ oz eq = 21 g or 0.75 oz ½ oz eq = 14 g or 0.5 oz ¼ oz eq = 7 g or 0.25 oz	1 serving = 25 g or 0.9 oz ¾ serving = 19 g or 0.7 oz ½ serving = 13 g or 0.5 oz ¼ serving = 6 g or 0.2 oz

[1] In National School Lunch Program (NSLP) and School Breakfast Program (SBP) (grades K-12), at least eighty percent of the grains served must meet whole grain-rich criteria and the remaining grain items offered must be enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. For information on flexibilities, please contact your State agency. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal, and/or flour, bran, and/or germ. Under the Child and Adult Care Food Program (CACFP) child and adult meal patterns, and in NSLP/SBP preschool meals, at least 1 grain serving per day must meet whole grain-rich criteria.

[2] For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2021, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

[5] Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grain component in SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and Summer Food Service Program (SFSP).

Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
• Cookies[3] (plain–includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 g or 1.2 oz ¾ oz eq = 26 g or 0.9 oz ½ oz eq = 17 g or 0.6 oz ¼ oz eq = 9 g or 0.3 oz	1 serving = 31 g or 1.1 oz ¾ serving = 23 g or 0.8 oz ½ serving = 16 g or 0.6 oz ¼ serving = 8 g or 0.3 oz
Group D	**Ounce Equivalent (oz eq) for Group D**	**Minimum Serving Size for Group D**
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 g or 2.0 oz ¾ oz eq = 42 g or 1.5 oz ½ oz eq = 28 g or 1.0 oz ¼ oz eq = 14 g or 0.5 oz	1 serving = 50 g or 1.8 oz ¾ serving = 38 g or 1.3 oz ½ serving = 25 g or 0.9 oz ¼ serving = 13 g or 0.5 oz
Group E	**Ounce Equivalent (oz eq) for Group E**	**Minimum Serving Size for Group E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 g or 2.4 oz ¾ oz eq = 52 g or 1.8 oz ½ oz eq = 35 g or 1.2 oz ¼ oz eq = 18 g or 0.6 oz	1 serving = 63 g or 2.2 oz ¾ serving = 47 g or 1.7 oz ½ serving = 31 g or 1.1 oz ¼ serving = 16 g or 0.6 oz
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 g or 2.9 oz ¾ oz eq = 62 g or 2.2 oz ½ oz eq = 41 g or 1.5 oz ¼ oz eq = 21 g or 0.7 oz	1 serving = 75 g or 2.7 oz ¾ serving = 56 g or 2 oz ½ serving = 38 g or 1.3 oz ¼ serving = 19 g or 0.7 oz

[3] Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

[4] Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grain component in the CACFP and NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
• Brownies[3] (plain) • Cake[3] (all varieties, frosted)	1 oz eq = 125 g or 4.4 oz ¾ oz eq = 94 g or 3.3 oz ½ oz eq = 63 g or 2.2 oz ¼ oz eq = 32 g or 1.1 oz	1 serving = 115 g or 4 oz ¾ serving = 86 g or 3 oz ½ serving = 58 g or 2 oz ¼ serving = 29 g or 1 oz
Group H	**Ounce Equivalent (oz eq) for Group H**	**Minimum Serving Size for Group H**
• Cereal Grains (barley, quinoa, etc.) • Breakfast cereals (cooked)[6,7] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice	1 oz eq = ½ cup cooked or 1 oz (28 g) dry	1 serving = ½ cup cooked or 25 g dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
• Ready-to-eat breakfast cereal (cold, dry)[6,7]	1 oz eq = 1 cup or 1 oz for flakes and rounds 1 oz eq = 1¼ cups or 1 oz for puffed cereal 1 oz eq = ¼ cup or 1 oz for granola	1 serving = ¾ cup or 1 oz, whichever is less

[3] Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

[6] Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

[7] In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

Use this section as a guide to identify creditable grains and products that contain creditable grains. This is NOT an all-inclusive list. For information on creditable grains commonly served in Child Nutrition Programs, see the *Food Buying Guide* and *Exhibit A: Grain Requirements for Child Nutrition Programs*.

To verify the product contains creditable grains, you also must check the product ingredient list and the product food label.

Remember, grain products must be made with whole grains, enriched meal and/or flour, or bran or germ to credit toward the grains component.

Details in the Additional Information column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide* or the *Exhibit A: Grain Requirements for Child Nutrition Programs*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Amaranth	X			Amaranth is creditable as a whole grain. See Group H of Exhibit A. When amaranth is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Animal Crackers	X			Animal crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Bagels	X			See Group B of Exhibit A.
Bagel Chips	X			See Group B of Exhibit A. These products should be served with caution due to potential choking hazards.
Banana Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Barley		X		Barley is creditable as a grain. See Group H of Exhibit A. When barley is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A. Please note that "pot" or "Scotch" barley and "pearl" or "pearled" barley are not creditable because they are not whole grain or enriched.
Bean Pasta/ Noodles			X	Beans are not creditable toward the grains component. See the Meats/Meat Alternates or Vegetables section.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Biscuits	X			See Group B of Exhibit A.
Boston Brown Bread	X			See Group B of Exhibit A.
Bread Pudding		X		Sweet bread puddings are considered grain-based desserts and cannot count toward the grains component. Savory bread puddings, such as those made with spinach and mushrooms, are not considered grain-based desserts and can count toward the grains component. Please note that bread puddings may contain an insufficient amount of grains per serving. See Group B of Exhibit A for weights of creditable bread (without other ingredients) required per serving. Document with a standardized recipe or a Product Formulation Statement.
Breading/Batter	X			See Groups A and B of Exhibit A for weights of the prepared breading or batter coatings. Many commercial products contain varying amounts of batter/breading. To help ensure the crediting of the product is accurate, purchasing CN labeled items is recommended for products such as commercial fish sticks or chicken or fish nuggets.
Brownies			X	Brownies are considered a grain-based dessert and cannot count toward the grains component.
Buckwheat	X			Buckwheat is a grain. See Group H of Exhibit A. When buckwheat is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Bulgur	X			Bulgur is a grain. See Group H of Exhibit A. When bulgur is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Buns, Hamburger and Hot Dog	X			See Group B of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cakes			X	Cake is considered a grain-based dessert and cannot count toward the grains component.
Carrot Bread	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Cereal Bars			X	Cereal bars are considered a grain-based dessert and cannot count toward the grains component.
Chips, Corn/Tortilla (Wheat or Corn)	X			See Group B of Exhibit A.
Chips, Potato			X	Potato chips are not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Chow Mein Noodles	X			See Group A of Exhibit A.
Coffee Cake, Cinnamon/ Danish Rolls			X	Coffee cakes, cinnamon rolls, and Danish rolls are considered grain-based desserts and cannot count toward the grains component.
Cookies			X	Cookies are considered grain-based desserts and cannot count toward the grains component.
Cornbread	X			See Group C of Exhibit A.
Corn Muffins	X			See Group C of Exhibit A.
Cornmeal		X		Cornmeal must be whole grain or enriched when used as an ingredient in another product. Crediting is based on the food item being served, see Groups A through I of Exhibit A.
Corn Pone	X			Corn pone is a cornbread often made without milk or eggs and baked or fried. See Group C of Exhibit A.
Couscous		X		Couscous is a pasta. See Group H of Exhibit A. Please note, not all couscous is whole grain or enriched.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Crackers–Savory (Saltines and Snack Crackers)	X			See Group A of Exhibit A.
Crackers–Sweet (All Shapes, Animal, Graham)	X			See Group B of Exhibit A.
Cream Puff Shells (Dessert)			X	Cream puff shells are considered grain-based desserts and cannot count toward the grains component.
Crepes	X			Crepes are credited in the same group as pancakes. See Group C of Exhibit A.
Croissants	X			See Group C of Exhibit A.
Croutons	X			See Group A of Exhibit A.
Cupcakes			X	Cupcakes are considered grain-based desserts and cannot count toward the grains component.
Danish Pastries (Danishes)			X	Sweet pastries are considered grain-based desserts and cannot count toward the grains component.
Doughnuts			X	Doughnuts are considered grain-based desserts and cannot count toward the grains component.
Dumplings	X			Dumplings are credited in the same group as biscuits. See Group B of Exhibit A.
Egg Roll Skins/ Wonton Wrappers	X			See Group B of Exhibit A.
Emmer (Wheat)	X			Emmer is a type of wheat. When emmer is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
English Muffins	X			See Group B of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Farina		X		Farina is served as a cooked breakfast cereal. See Group H of Exhibit A. Farina must be whole grain-rich or enriched. Check packaging carefully before purchasing.
Fig Bars			X	Fig bars are considered grain-based desserts and cannot count toward the grains component.
Flour Alternatives (Made from Non-Grain Ingredients)			X	Flour substitutes such as almond flour, bean flour, coconut flour, chickpea flour, hazelnut flour, Jerusalem artichoke flour, legume flour, potato flour, soy flour, and other vegetable flours are not grains and cannot count toward the grains component.
Freekeh	X			Freekeh is a grain and is creditable as a whole grain. See Group H of Exhibit A. When freekeh is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
French Bread		X		Please note some French breads may not be made with enriched or whole-grain flour. Document with a standardized recipe or a Product Formulation Statement. See Group B of Exhibit A.
French Toast	X			See Group E of Exhibit A. Document crediting information with a CN label, standardized recipe, or a Product Formulation Statement.
Fruit Fritters (such as Apple Fritter)			X	Fruit fritters are considered grain-based desserts and cannot count toward the grains component.
Graham Crackers	X			Graham crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Granola Bars			X	Granola bars are considered grain-based desserts and cannot count toward the grains component.
Grits		X		Grits must be whole grain or enriched. See Group H of Exhibit A.
Hominy Grits, Regular, Dry	X			See Group H of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Hush Puppies		X		See Group C of Exhibit A. Must be made with an enriched and/or whole-grain flour. Document with a standardized recipe or a Product Formulation Statement. Deep-fat frying is not allowed as a way of preparing foods onsite. Pre-fried bread may count toward the grains component if it is reheated using a method other than deep-fat frying. Please note that this product is high in fat.
Ice Cream Cones			X	Ice cream cones are considered grain-based desserts and cannot count toward the grains component.
Ice Cream Sandwich Wafers			X	Ice cream sandwich wafers are considered grain-based desserts and cannot count toward the grains component.
Italian Bread		X		Please note some Italian breads may not be made with enriched or whole-grain flour. Document with a standardized recipe or a Product Formulation Statement. See Group B of Exhibit A.
Johnny Cake			X	Johnny cake is considered a grain-based dessert and cannot count toward the grains component.
Kasha	X			Kasha is creditable as a whole grain. See Group H of Exhibit A. When kasha is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Millet	X			Millet is creditable as a whole grain. See Group H of Exhibit A. When millet is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Muffins	X			See Group C of Exhibit A for corn muffins. For all other muffins, see Group D.
Nachos	X			See Group B of Exhibit A for the weights of creditable corn chips (without other ingredients) required per serving. To determine the meal pattern contribution of the other ingredients in the nachos, see the *Food Buying Guide*.
Noodles (Wheat)	X			See Group H of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Noodles in Canned Soup	X			Crediting is based on the weight of the noodles alone without other ingredients. See Group H of Exhibit A.
Oatmeal, Instant and Regular	X			Oatmeal must meet the sugar limit for breakfast cereals in the CACFP. When oatmeal is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Pancakes	X			See Group C of Exhibit A.
Pie Crust (Savory Pies with Meat/ Meat Alternate and/or Vegetable)		X		The crust portion of savory pies, such as beef or chicken pot pies, may contribute to the grains component. For the weight of the crust alone, see Group C of Exhibit A.
Pie Crust (Dessert Crust)			X	Dessert pie crust is considered a grain-based dessert and cannot count toward the grains component.
Pineapple Upside - Down Cake			X	Cake is considered a grain-based dessert and cannot count toward the grains component.
Pita Bread	X			See Group B of Exhibit A.
Pizza Crust	X			See Group B of Exhibit A.
Polenta	X			See Group H of Exhibit A.
Popcorn, Popped	X			See the Grains section in the *Food Buying Guide*. A ¾ cup serving of popcorn credits as 0.25 oz eq grains. A 1 ½ cup serving credits as 0.5 oz eq of grains. A 3 cup serving credits as 1 oz eq of grains. Please note that popcorn may be a choking hazard for some participants.
Potatoes			X	Potatoes are not grains and are not creditable toward the grains component. See the Vegetable section in the *Food Buying Guide* for crediting information.
Potato Pancakes		X		Potatoes are not a grain. Only the enriched or whole-grain flour in the potato pancakes may count toward the grains component. Document with a standardized recipe or a Product Formulation Statement. Typically, potato pancakes contain too little creditable grain flour to contribute to the grains component.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pound Cake			X	Pound cake is considered a grain-based dessert and cannot count toward the grains component.
Pretzels, Soft	X			See Group B of Exhibit A.
Pretzels, Hard	X			See Group A of Exhibit A.
Puff Pastry		X		Sweet puff pastries are considered grain-based desserts and cannot count toward the grains component. Savory puff pastries, such as ones made with spinach and mushrooms, are not considered grain-based desserts and can count toward the grains component. Please note that pastries may contain an insufficient amount of grains per serving. See Group B of Exhibit A for weights of creditable bread (without other ingredients) required per serving. Document with a standardized recipe or a Product Formulation Statement.
Pumpernickel Bread	X			See Group B of Exhibit A.
Pumpkin Bread	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Quinoa	X			Quinoa is a cereal-like product and is creditable as a whole grain. See Group H of Exhibit A. When quinoa is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A. Quinoa is typically served like rice, but products made from whole-grain or enriched quinoa flour are also creditable.
Raisin Bread	X			Raisin bread is credited the same as breads without raisins. See Group B of Exhibit A.
Rice (Either Enriched White or Brown)	X			See Group H of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Rice Flour		X		Rice flour must be whole grain or enriched. Check packaging carefully before purchasing. When rice flour is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Rice Pudding			X	Sweet rice pudding is considered a grain-based dessert and cannot count toward the grains component.
Rye	X			Rye is a grain. See Group H of Exhibit A. When rye is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Sopapillas			X	Sopapillas are considered grain-based desserts and cannot count toward the grains component.
Sorghum		X		Sorghum must be whole grain (see Group H of Exhibit A) or included as an ingredient in a final product that has been enriched. When sorghum is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Spelt	X			Spelt is a type of wheat. When spelt is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Spoon Bread	X			Spoon bread is credited in the same group as cornbread. See Group C of Exhibit A.
Squash or Zucchini Bread (Quick Bread)	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Stuffing, Bread, Dry	X			See Group A of Exhibit A. Weights apply only to the dry bread in the stuffing.
Sweet Rolls/Buns			X	Sweet rolls are considered grain-based desserts and cannot count toward the grains component.
Tapioca			X	Tapioca is not a grain and is not creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Taco or Tortilla Shells	X			See Group B of Exhibit A.
Taco Chips	X			See Group B of Exhibit A.
Toaster Pastries			X	Sweet pastries are considered grain-based desserts and cannot count toward the grains component.
Tortilla, Soft (Flour, Whole Wheat, and Corn)	X			See Group B of Exhibit A.
Triticale	X			Triticale is a whole grain. When triticale is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Turnover Crust		X		Sweet turnovers are considered to be grain-based desserts and cannot count toward the grains component. Savory turnovers, such as ones made with spinach and mushrooms, are not considered grain-based desserts and can count toward the grains component. For the weight of the crust alone, see Group C of Exhibit A.
Wafers, Vanilla			X	Vanilla wafers are considered grain-based desserts and cannot count toward the grains component.
Waffles	X			See Group C of Exhibit A.
Wheat Berries	X			Wheat berries are whole-wheat kernels. See Group H of Exhibit A. When wheat berries are used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Wheat Germ/Bran	X			When wheat germ or bran is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Wild Rice	X			Wild rice is a whole grain. See Group H of Exhibit A.

QUESTIONS AND ANSWERS ABOUT GRAINS

1. **What are acceptable forms of documentation for whole grain-rich products?**

   There are several types of acceptable documentation that demonstrate a product is whole grain-rich and meets with program requirements. Some acceptable forms of documentation include:

   Example 1: A product package showing the product is labeled as whole wheat. For example, an empty whole-wheat bread bag or an empty whole-wheat spaghetti box. This only applies to products that have an FDA Standard of Identity. See page 79 for more information on products with an FDA Standard of Identity.

   OR

   Example 2: A product package showing the ingredient list with:

   - A whole grain as the first ingredient (or second after water) and
   - The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.
   - If any, only a small quantity of non-creditable grains (generally less than 2 percent of total product weight).

   This is an example of a product that meets the FNS *Rule of Three* criteria for identifying whole grain-rich products in CACFP. See page 81 for more information.

   Please note: Ingredients are listed by weight with the ingredient weighing the most listed first on the ingredient list.

   OR

Example 3: Documentation from a manufacturer such as product information sheets, information provided on the manufacturer's letterhead, or a Product Formulation Statement (PFS) demonstrating that the whole grains in the product are at least 50 percent of all grains and the remaining grains are enriched grains. For example, the manufacturer's documentation may state:

> Enriched flour (40 percent of grain weight), whole-wheat flour (30 percent of grain weight), and whole oats (30 percent of grain weight).

The combined weight of the 2 whole-grain ingredients (whole-wheat flour and whole oats equals 60 percent) is greater than the enriched wheat flour (at 40 percent), even though the enriched wheat flour is listed first on the ingredient list.

OR

Example 4: A standardized recipe demonstrating that the whole grains in the product make up at least 50 percent of all grains and the other grains are enriched grains. For example, a bread recipe calls for:

> 2 cups of whole-wheat flour and
> 2 cups of enriched flour.

This recipe meets the whole grain-rich requirement because it contains 50 percent whole grains and the remaining grains in the product are enriched.

Please note: The 50 percent whole grains can be in either volume (such as cups) or weight (such as grams or ounces).

OR

Example 5: Product package (for example, an empty box of multi-grain crackers) that includes **1** of the 2 approved FDA whole-grain health claims (see page 80).

OR

Example 6: A valid Child Nutrition (CN) label for a CN labeled entrée item that includes grains.

2. Are the FDA whole-grain health claims sufficient documentation to demonstrate that a food is whole grain-rich?

Yes. If a food has **1** of the 2 FDA whole-grain health claims on its packaging, then the food meets the whole grain-rich criteria for CACFP.

3. Can the Whole Grain Stamps from the Whole Grain Council be used to determine if a product meets the whole grain-rich criteria?

No. While the Whole Grain Stamp provides useful information on the amount of whole grains in a product, they are not sufficient documentation to determine if a food is whole grain-rich. Products that display a Whole Grain Stamp may also contain high amounts of non-creditable grains, such as non-enriched refined flour. Therefore, the Whole Grain Stamp alone is not sufficient documentation to demonstrate a product is whole grain-rich.

4. **Can wheat bread, rolls, and buns labeled as "100% whole wheat" be used to meet the whole grain-rich requirement?**

   Yes. Grain products that are specifically labeled as "whole-wheat bread," "entire wheat bread," "whole-wheat rolls," "entire wheat rolls," "whole-wheat buns," and "entire wheat buns" are 100 percent whole wheat and are easily identifiable as meeting the whole grain-rich criteria. These products generally will not have any refined grains listed in the ingredient list. If they do, it is considered to be an insignificant amount. Please note that foods with the label "whole grain," "made with whole grains," "made with whole wheat," or "contains whole grains" do not necessarily meet the whole grain-rich criteria. See page 78 for more information.

5. **Is there discretion to choose which meals will include a whole grain-rich food item?**

   Yes. You may choose to serve a whole grain-rich item at any meal or snack as long as you serve at least 1 whole grain-rich food per day over the course of all the meals and snacks served. For example, you may serve a whole grain-rich cereal at breakfast 1 day and whole grain-rich pasta at lunch the next day. This will help expose participants to a variety of whole grains and the wide range of vitamins and minerals that whole grains provide.

6. **If I serve a different group of children at lunch than at breakfast, do both meals have to contain a whole grain-rich grain?**

   No. The whole grain-rich requirement applies to the center or day care home, not to each child or adult participant. If you serve breakfast and lunch and 2 different groups of children or adults are at each meal, only 1 meal must contain a whole grain-rich food.

   It is strongly encouraged that centers and day care homes serving different groups of participants at each meal (such as 1 group of children at breakfast and a second group at lunch) vary the meal in which a whole grain-rich item is served. For example, whole grain-rich toast could be served at breakfast on Monday and brown rice could be served at lunch on Tuesday. This will help ensure that all participants are served a variety of whole grains and benefit from the important nutrients provided.

7. **My day care home only serves snacks. Would all the grains served at snack have to be whole grain-rich?**

   Yes. If the snack includes a grain, such as crackers, the grain must be whole grain-rich. However, programs that only serve a snack, such as an at-risk afterschool program, are not required to serve a grain at snack because it is not a required component at snack.

8. **What are the criteria for identifying grain-based desserts?**

   In Exhibit A, foods are designated as grain-based desserts with a superscript 3 or 4. These foods cannot be part of a reimbursable meal in the CACFP. There is not a specific amount of sugar, fat, or any other nutrient that qualifies a grain as a dessert. The following items are designated as grain-based desserts: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.

   It is important to note that, in some instances, a food manufacturer may come up with creative marketing names that could mislead the menu planner into serving a product that may not be allowed. When determining whether a food is a grain-based dessert, consider whether the food is commonly thought of as a dessert or treat. See the Resource Section on pages 133-135 for information on accessing CACFP Meal Pattern Training Worksheet *Grain-Based Desserts in the CACFP*.

9. **Can you provide some examples of foods that I can serve in place of grain-based desserts?**

   There are simple ways to switch out foods in place of grain-based desserts, or you can get creative. Some examples include fresh fruit, fruit cups, dried fruit, yogurt parfaits, cheese and whole-grain crackers, or peanut butter and crackers.

10. **If a center or day care home chooses to serve a grain-based dessert containing fruit, can the fruit count toward the fruit requirement?**

    Yes. The fruit in the grain-based dessert can credit towards the fruits component if it contains at least an ⅛ cup or 2 tablespoons of recognizable fruit per serving. The grains portion of a grain-based dessert with fruit, such as pies, cobblers, or crisps, cannot count toward the grains component. Serve sweetened fruit in moderation to help reduce children's and adults' consumption of added sugars and help children develop a taste preference for unsweetened fruit.

11. **Pancakes and waffles are not grain-based desserts, according to Exhibit A. If syrup, honey, jam or another sweet topping is served with these items, are they then considered grain-based desserts?**

    No. Adding a sweet topping, such as syrup, to pancakes or waffles does not make them grain-based desserts and they can continue to count toward the grains component. However, healthy alternatives for toppings, such as fruit or yogurt, are strongly encouraged. Minimizing sweet toppings will help reduce children's and adults' consumption of added sugars. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients.

12. Is granola cereal a creditable grains item?

Commercial or homemade granola cereal is credited like other breakfast cereals; it must both be made with whole grains, enriched meal and/or enriched flour, bran, or germ, and meet the sugar limit. For information on whole-grain and enriched grain criteria, see page 76. For information on breakfast cereal sugar limits, see page 90. Credit granola cereal using Group I of Exhibit A.

13. How would I know if a ready-to-eat breakfast cereal is "fortified"?

Cereal products that have been fortified list added vitamins and minerals in the ingredient list. For example, an ingredient list might read:

> "Ingredients: Whole wheat, sugar, oats. Contains less than 2 percent of salt, baking soda, caramel color, annatto color, BHT for freshness. **Vitamins and Minerals: vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12**"

*Added vitamins and minerals are in bold.

14. Can I mix a high-sugar cereal with a low-sugar cereal to meet the sugar limit?

No. You may not mix a non-creditable food item with a creditable food item to make the new food item creditable. For example, a provider cannot mix a cereal with 8 g of sugar per dry ounce with a cereal with 4 g of sugar per dry ounce to create a cereal that has 6 g of sugar per dry ounce (the sugar limit for breakfast cereals). It would be challenging for providers and monitors to determine that the mixed cereal meets its respective sugar limit during preparation or review.

15. Can nut or seed meal or flour be used to meet the grains requirement?

No. Nuts and seeds are not grains and cannot count toward the grains component, because they do not contain any grains.

16. Are black bean brownies creditable toward the grains component?

No. Brownies of any kind are considered grain-based desserts and cannot credit toward the grains component in any meal.