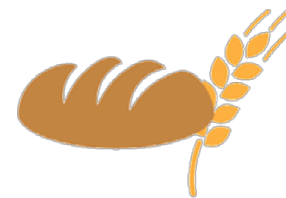


# USDA CHILD AND ADULT CARE FOOD PROGRAM

# Grains Component



This handout provides information about the new grain requirements for infants and child and adult participants in the Child and Adult Care Food Program (CACFP). Throughout the handout, the term *program* will be used which refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters and adult care centers.



## New Requirements Effective October 1, 2017

- At least 1 serving of grains per day must be whole grain-rich
- Grain-based desserts are not creditable
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

### What can you start doing now?

You may start following all new grain requirements now.



### What is Whole Grain-Rich (WGR)?

Whole grain-rich (WGR) foods contain **100% whole grains**, or at least **50% whole grains**, and the remaining grains are enriched.

This whole grain-rich requirement only applies to meals served to children 1 year and older, and adult participants; it **does not** apply to infant meals.

### Identifying Whole Grains *(This is not an all-inclusive list)*

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgur (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour



Grains like quinoa, brown rice, oatmeal, etc. may not have the word *whole* before their name, but are 100% whole grains.

Foods labeled with the words *multi-grain*, *stone-ground*, *100% wheat*, *seven-grain*, or *bran* are usually not whole grain.

### Whole Grain-Rich Criteria

To determine if a grain is whole grain-rich, foods must meet at least **ONE** of the following **4** options below:

1. Label says **100% Whole Grain** or **100% Whole Wheat**.



2. The package includes one of the following **health claims**:

- “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.”
- “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.”

3. Use the **Ingredient List**:

- A **whole grain** (see list to the left) is listed as the first ingredient, or second after water.

**Ingredients:** Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten.

4. In mixed dishes (i.e. pizza, burritos, pasta entrée), a whole grain is the **first grain ingredient** listed in the ingredients, or multiple whole grains are the primary **grain** ingredient by weight.

If the food includes many different types of grains, proper documentation from the manufacturer or a standardized recipe is required.

### Recordkeeping Requirements



Whole grain (WG) or whole grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item on a given day, **the least reimbursable meal or snack serving a grain must not be claimed.**

## Serving Meals with WGR Foods

Each day, at least one meal or snack must include a whole grain-rich food. If your program:

- Only serves one meal per day (breakfast, lunch or supper) the grain must be WGR.
- Serves more than one meal or snack (breakfast, lunch and snack), you may choose which meal to serve the WGR food.
- Only serves a snack, if one of the two components is a grain item, it must be WGR.



## Grain-Based Desserts

Grain-based desserts contain added sugar and therefore are **not** creditable as the grain component in meals and snacks.

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Croissants
Sweet biscotti and scones made with fruits, icing, etc.	Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake	French toast
Cereal bars, breakfast bars, granola bars	Granola cereal
Cookies, including vanilla wafers	Savory bread pudding made with cheese, herbs, vegetables
Doughnuts	Pancakes
Gingerbread	Savory crackers
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Sweet bread & rice puddings	Muffins
Sweet crackers (i.e. animal crackers, graham crackers)	Quick breads (banana, zucchini, and others)
Sweet rolls, such as cinnamon rolls	Teething biscuits, crackers, toasts
Toaster pastries	Waffles

Even if a grain-based dessert is whole-grain rich or homemade with healthy ingredients, it is still **NOT** creditable in the CACFP.



Some grain-based desserts may be labeled with a different name than what they actually are (i.e. breakfast bar instead of granola bar), however, they are still a grain-based dessert and cannot be served as a creditable component.

[Here](#) are some healthy snacks to serve in place of desserts.

If a grain-based dessert is served as the grain component at a meal or snack, that meal/snack must not be claimed.

## Breakfast Cereals

Breakfast cereals, including ready-to-eat, and instant or regular hot cereal, must contain no more than **6 grams** of sugar per dry ounce. Use one of the two options below to determine if a cereal is creditable.

1. Use the [WIC approved breakfast cereals](#) list
2. Calculate if the cereal is within the sugar limits using the *Nutrition Facts Label* on the package

**Step 1:** Write down the number of grams of *Sugars*

**Step 2:** Find the *Serving Size* of cereal and write down the number of grams

**Step 3:** Divide the grams of *Sugars* by the *Serving Size* (in grams)

**Step 4:** If the number is **0.21 or less**, the cereal is below the sugar limit and is creditable

### Example:

1. Sugars = 1 g
2. Serving size = 28 g
3. Divide Sugars/Serv Size

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{1}{28} = 0.036$$

4.  $0.036 < 0.21$

**This cereal is creditable**

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 105	Calories from Fat 9
% Daily Values*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 139mg	<b>6%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
<b>Sugars</b> 1g	
<b>Protein</b> 0g	<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



## Recordkeeping Requirements

The specific brand of cereal(s) served must be written on menus. If a cereal is served that is above the sugar limit, that meal or snack must not be claimed.

## For More Information

Refer to our New Meal Pattern [website](#) and USDA Policy Memo [CACFP 02-2017](#)

## Find the Community Nutrition Team here:

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