

Whole Grain-Rich (WGR) Criterion 1

Whole Grain is the First Ingredient



This method is different for products that contain only the grains component versus combination foods that contain grains and other food components such as meat/meat alternates and vegetables, e.g., pizza, burritos, and breaded chicken nuggets.

- A **grain-only product** (such as bread and cereals) contains at least 50 percent whole grains if a whole grain is the **first** ingredient, or water is listed first and a whole grain is listed second.
- A **combination food** contains at least 50 percent whole grains if a whole grain is the **first grain** ingredient in the list of grains.

If a whole grain is not listed first but the product contains multiple whole-grain ingredients, the menu planner must obtain a PFS (Product Formulation Statement) to determine if the combined weight of all whole grains is the greatest ingredient by weight. To be WGR, the product must also meet WGR criterion 2.

FDA's Whole Grain Health Claim

A product contains at least 50 percent whole grain if the packaging includes the FDA's whole grain health claim. The FDA allows two health claims for whole-grain foods. These claims are not commonly found on most grain products.

- Low-fat claim: *"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fats, and cholesterol, may help reduce the risk of heart disease and certain cancers."*
- Moderate-fat claim: *"Diets rich in whole grain foods and other plant foods, and low in saturated fats and cholesterol, may help reduce the risk of heart disease."*

The health claim on the package label must be identical to one of these statements. To be WGR, the product must also meet WGR criterion 2.






Whole Grain-Rich (WGR) Criterion 2

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients include:

- thiamin (vitamin B1, thiamin mononitrate, thiamin hydrochloride);
- riboflavin (vitamin B2);
- niacin (vitamin B3, niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate).

If the ingredients statement includes all five nutrients, the product is enriched and meets WGR criterion 2. To be WGR, the product must also meet WGR criterion 1.



<p>Whole-wheat Bagel</p> <p>Ingredients: WHOLE-WHEAT FLOUR, water, sugar, vital wheat gluten, contains 2% or less of: salt, mono and diglycerides, soybean oil, dough conditioners (calcium sulfate, l-cysteine), enzyme (wheat gluten) and xanthan gum</p> 	<ul style="list-style-type: none"> ✓ WGR criterion 1: whole grain ✓ WGR criterion 2: enriched (or no other grains) <p>WGR?</p> <ul style="list-style-type: none"> ✓ Yes - This product is 100% whole grain. Whole-wheat flour is the first and only grain ingredient (criteria 1 and 2).
<p>English Muffin</p> <p>Ingredients: Water, WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.</p> 	<ul style="list-style-type: none"> ✓ WGR criterion 1: whole grain ✓ WGR criterion 2: enriched (or no other grains) <p>WGR?</p> <ul style="list-style-type: none"> ✓ Yes - Whole-wheat flour is the first ingredient after water (criterion 1). The only other grain ingredient is enriched flour (criterion 2).
<p>Oat Bread</p> <p>Ingredients: Water, unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, Thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, WHOLE-WHEAT FLOUR, WHOLE 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.</p> 	<ul style="list-style-type: none"> ☒ WGR criterion 1: whole grain ✓ WGR criterion 2: enriched (or no other grains) <p>WGR?</p> <ul style="list-style-type: none"> ☒ PFS needed The menu planner must obtain a PFS to determine if this product meets criterion 1. If the combined weight of the two whole grains (whole-wheat flour and rolled oats) is more than the weight of the enriched flour, this product meets criterion 1. Enriched flour is the first and only other grain ingredient (criterion 2).
<p>Blueberry Muffin</p> <p>Ingredients: WHOLE-WHEAT FLOUR, sugar, eggs, water, blueberries, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), invert sugar, soybean oil, contains 2% or less of: palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, oat fiber, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, modified food starch, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, wheat starch, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes.</p> 	<ul style="list-style-type: none"> ✓ WGR criterion 1: whole grain ✓ WGR criterion 2: enriched (or no other grains) <p>WGR?</p> <ul style="list-style-type: none"> ✓ Yes - Whole-wheat flour is the first ingredient (criterion 1). The only other grain ingredient is enriched flour (criterion 2).
<p>Cheese Ravioli</p> <p>Ingredients: Filling: Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], vinegar, xanthan gum, carrageenan), water, egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, romano cheese made from cow's milk (cultured milk, salt, enzymes), bleached wheat flour, garlic salt (salt, dehydrated garlic), salt, corn starch-modified, sugar, dehydrated garlic. Pasta: WHOLE-WHEAT FLOUR, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg.</p> 	<ul style="list-style-type: none"> ✓ WGR criterion 1: whole grain ✓ WGR criterion 2: enriched (or no other grains) <p>WGR?</p> <ul style="list-style-type: none"> ✓ Yes - Whole-wheat flour is the first ingredient of the grain component, pasta (criterion 1). The only other grain ingredient is enriched flour (criterion 2). <p>Note: To credit the cheese as a meat/meat alternate, the manufacturer's PFS must document the amount of cheese per serving.</p>

