Evaluating Whole Grain-Rich Foods

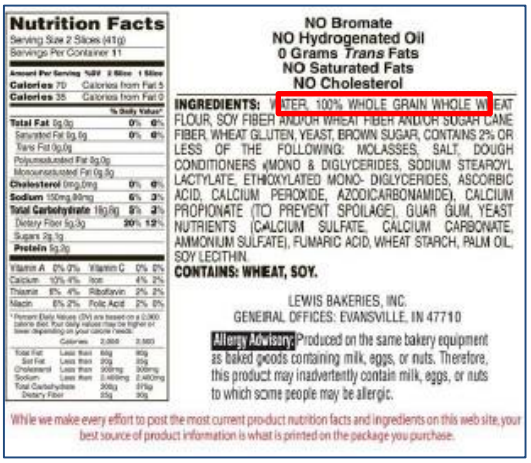
Determining if a product meets whole grain rich requirements can be done through the following two methods:

1. Evaluate the ingredient list of a purchased product or recipe.
2. Evaluate product whole grain labeling.

Evaluate the ingredient list of a purchased product.
For a product to be considered whole grain-rich, a whole grain must be the primary ingredient by weight (a whole grain is the first ingredient on the ingredient label). If the first ingredient is water, a whole grain may be listed as the second ingredient. If the food item is a mixed dish product (lasagna, stir-fry, etc), a whole grain must be the primary grain ingredient by weight.

Listed below are examples of product ingredient lists that indicate a whole grain as the first and primary ingredient by weight.

Ingredients: Whole wheat flour, water, corn syrup, wheat gluten, yeast, contains 2% or less of each of the following: honey, partially hydrogenated soybean oil, salt, dough conditioners (may contain one or more of each of the following: mono- and diglycerides, ethoxylated mono- and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide, calcium carbonate), whey, yeast nutrients (mono-calcium pho sphate, calcium sulfate, ammonium sulfate), distilled vinegar, cornstarch.



Nutrition Facts
Serving Size 2 Slices (41g)
Servings Per Container 11

Amount Per Serving	%DV*	2 Slices	1 Slice
Calories 70		Calories from Fat 5	
Calories 35		Calories from Fat 0	
			% Daily Value*
Total Fat 0g		0%	0%
Saturated Fat 0g		0%	0%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg		0%	0%
Sodium 150mg		6%	3%
Total Carbohydrate 18g		6%	3%
Dietary Fiber 5g		20%	12%
Sugars 2g			
Protein 6g			

Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%
Thiamin	8%	Riboflavin	2%
Niacin	8%	Folic Acid	2%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

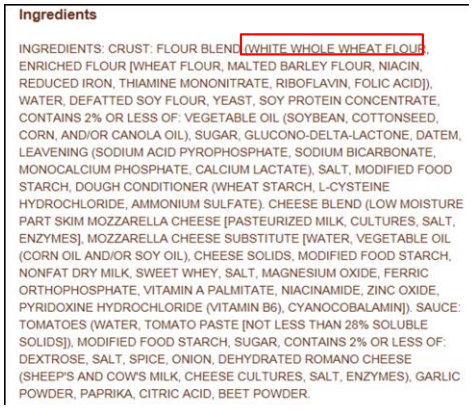
NO Bromate
NO Hydrogenated Oil
0 Grams *Trans* Fats
NO Saturated Fats
NO Cholesterol

INGREDIENTS: WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.
CONTAINS: WHEAT, SOY.

LEWIS BAKERIES, INC.
GENERAL OFFICES: EVANSVILLE, IN 47710

Allergy Advisory: Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.

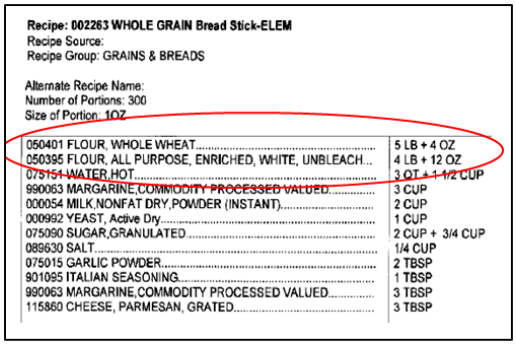
While we make every effort to post the most current product nutrition facts and ingredients on this web site, your best source of product information is what is printed on the package you purchase.



Ingredients

INGREDIENTS: CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, DEFATTED SOY FLOUR, YEAST, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), SUGAR, GLUCONO-DELTA-LACTONE, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SALT, MODIFIED FOOD STARCH, DOUGH CONDITIONER (WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE). CHEESE BLEND (LOW MOISTURE PART SKIM MOZZARELLA CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], MOZZARELLA CHEESE SUBSTITUTE [WATER, VEGETABLE OIL (CORN OIL AND/OR SOY OIL), CHEESE SOLIDS, MODIFIED FOOD STARCH, NONFAT DRY MILK, SWEET WHEY, SALT, MAGNESIUM OXIDE, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SALT, SPICE, ONION, DEHYDRATED ROMANO CHEESE (SHEEP'S AND COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC POWDER, PAPRIKA, CITRIC ACID, BEET POWDER.

Evaluate the grain ingredients in a recipe.
A recipe is considered whole grain rich if a whole grain ingredient is 50% or greater of the grain ingredients in the recipe.



Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM
Recipe Source:
Recipe Group: GRAINS & BREADS

Alternate Recipe Name:
Number of Portions: 300
Size of Portion: 1OZ

050401 FLOUR, WHOLE WHEAT	5 LB + 4 OZ
050395 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	4 LB + 12 OZ
075154 WATER,HOT	3 QT + 1 1/2 CUP
990063 MARGARINE,COMMODITY PROCESSED VALUED	3 CUP
000054 MILK,NONFAT DRY,POWDER (INSTANT)	2 CUP
000992 YEAST, Active Dry	1 CUP
075090 SUGAR,GRANULATED	2 CUP + 3/4 CUP
089630 SALT	1/4 CUP
075015 GARLIC POWDER	2 TBSP
901095 ITALIAN SEASONING	1 TBSP
990063 MARGARINE,COMMODITY PROCESSED VALUED	3 TBSP
115860 CHEESE, PARMESAN, GRATED	3 TBSP

Evaluate product labeling.
Manufacturers may use whole grain labeling to indicate that a product is whole grain or whole grain-rich. Manufacturers are not required to provide information about the grams of whole grains in their products and the FDA whole grain health claim is not mandatory. To be assured of whole grain rich content, it is best to review the ingredient list.

A whole grain-rich product may include a **"Whole Grain Stamp"** on the package. A "Whole Grain Stamp" can be found anywhere on the packaging including the front, back or side of the product. The stamp features a stylized sheaf of grain on a golden-yellow background with a bold black border. A Whole Grain Stamp indicates that the product contains at least 8 grams of whole grains per serving. For school nutrition programs, a grain serving is 1 ounce equivalent. Examples of the stamp are featured below:

A whole grain-rich product may contain the Food and Drug Administration (FDA) approved Whole Grain Health Claim on the packaging. **"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."**

Child Nutrition (CN) labeled products will indicating the product is whole grain-rich on the CN product description. A product may have a **Product Formulation Statement** signed on company letterhead that specifies the product is whole grain-rich though the required documentation.

Chicken Stir-Fry Bowl

Ingredient Statement:
Chicken, whole grain brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 serving of WGR Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and $^1/_8$ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN CN

CN

Net Wt.: 18 pounds

INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-42

Chicken Wok Company
1234 Kluck Street Poultry, PA 12345

List 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 in the U.S.
- wheat berries
- whole-grain wheat
- cracked wheat or crushed wheat
- whole-wheat flour
- bromated whole-wheat flour
- 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

WHEAT (WHITE)
- whole white wheat
- whole white wheat flour

OATS
- whole oats
- oat groats
- oatmeal or rolled oats
- whole-oat flour

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 cornmeal
- whole-grain grits

BROWN RICE
- brown rice
- brown-rice flour
- red rice
- black rice

WILD RICE
- wild rice
- wild-rice flour

RYE
- whole rye
- rye berries
- whole-rye flour
- whole-rye flake

ADDITIONAL GRAINS:
- whole emmer (farro)
- teff
- triticale
- whole spelt
- buckwheat groats
- whole amaranth
- whole sorghum (milo)
- whole millet flakes
- quinoa
- kaniwa
- kamut
- freekah
- farro

Grain products (ingredients) that are not whole grains.*
*This is not a comprehensive list.

- flour – wheat or white
- all-purpose flour
- unbleached flour
- bromated flour
- enriched bromated flour
- enriched flour
- instantized flour
- semonlina
- corn grits
- hominy grits - hominy
- degerminated corn meal
- couscous
- pearled barley
- white rice
- enriched rice
- farina

Misleading Labeling
"Contains Whole Grain" or "Made with Whole Grain"

- These products contain some whole grain but not the 51% to be identified as whole grain-rich.
- Enriched flour or another refined grain is the first grain ingredient.

Sounds or Looks Whole Grain But is NOT:

- Multi-grain: refers only to the fact that more than one grain is used in the product or recipe.
- 100% Wheat: refers to the fact that wheat is the only grain used. It does not reveal whether the wheat is whole grain. The label would need to say 100% whole wheat.
- Stone Ground: refers to a technique for grinding grains. It usually means the grain is courser and the germ is often intact, but the bran portion is generally not included.
- 5-Grain: refers only to the fact that 5 types of grain are used in the product recipe.
- Bran: means that the bran portion of the grain is a key component of the product and may not contain any of the germ portion. Products with added bran (e.g. bran cereals) or bran alone (e.g. oat bran) are not considered whole grain because they do not contain all three portions of the grain kernel.
- Brown colored breads (such as pumpernickel): color can be changed with food coloring and has nothing to do with the grain kernels used.