

OSPI CNS Child and Adult Care Food Program (CACFP) Reference Sheet

Whole and Enriched Grains

Whole and enriched grains are a part of identifying Whole Grain-Rich (WGR) items. There are several methods to identify WGR items. Please view the [Grain Requirements in the CACFP Reference Sheet](#) for more information.

Whole Grains

- ✓ Amaranth
- ✓ Amaranth flour
- ✓ Brown rice
- ✓ Buckwheat
- ✓ Buckwheat flour
- ✓ Buckwheat groats
- ✓ Bulgur
- ✓ Corn masa/Masa harina
- ✓ Corn treated with lime
- ✓ Cracked wheat
- ✓ Farro/Emmer Farro
- ✓ Graham flour
- ✓ Hominy grits
- ✓ Instant oatmeal
- ✓ Millet
- ✓ Millet flour
- ✓ Oat groats
- ✓ Old fashioned oats
- ✓ Quick cooking oats
- ✓ Quinoa
- ✓ Rye groats
- ✓ Sorghum
- ✓ Sorghum flour
- ✓ Spelt berries
- ✓ Sprouted brown rice
- ✓ Sprouted buckwheat
- ✓ Sprouted einkorn
- ✓ Sprouted spelt
- ✓ Sprouted whole rye
- ✓ Sprouted whole wheat
- ✓ Steel cut oats
- ✓ Teff/Teff flour
- ✓ Triticale
- ✓ Triticale flour
- ✓ Wheat berries
- ✓ Wheat groats
- ✓ Whole durum flour
- ✓ Whole einkorn berries
- ✓ Whole corn
- ✓ Whole grain corn
- ✓ Whole grain corn flour
- ✓ Whole grain einkorn flour
- ✓ Whole grain oat flour
- ✓ Whole grain spelt flour
- ✓ Whole grain wheat flakes
- ✓ Whole rye flour
- ✓ Whole wheat flour
- ✓ Wild rice

Brans and Germs

- ✓ Corn bran
- ✓ Oat bran
- ✓ Rice bran
- ✓ Rye bran
- ✓ Wheat bran
- ✓ Wheat germ



Enriched Grains

- ✓ Enriched bromated flour
 - ✓ Enriched corn flour
 - ✓ Enriched durum flour
 - ✓ Enriched durum wheat flour
 - ✓ Enriched rice
 - ✓ Enriched rice flour
 - ✓ Enriched rye flour
 - ✓ Enriched wheat flour
 - ✓ Enriched white flour
- ✓ Or there is a sub-listing of nutrients used to enrich the flour, for example, “yellow corn flour {iron, folic acid, riboflavin, niacin, and thiamine}.”

Rule of Three Considerations

Refer to the [Rule of Three Reference Sheet](#) for more details.

- **Disregarded Ingredients – May be ignored (typically presented in small amounts)**

- ✓ Corn dextrin
 - ✓ Corn starch
 - ✓ Modified food starch
 - ✓ Rice starch
 - ✓ Tapioca starch
 - ✓ Wheat dextrin
 - ✓ Wheat gluten
 - ✓ Wheat starch
- ✓ Any ingredients that appear after the phrase, “Contains 2% or less of...”

- **Non-creditable Grains or Flours – Cannot be one of the first 3 grain ingredients**

- ✓ Any bean flour
- ✓ Any nut flour
- ✓ Barley malt
- ✓ Bromated flour
- ✓ Corn
- ✓ Corn fiber
- ✓ Degerminated corn meal
- ✓ Durum flour
- ✓ Farina
- ✓ Malted barley flour
- ✓ Oat fiber
- ✓ Potato flour
- ✓ Rice flour
- ✓ Semolina
- ✓ Wheat flour
- ✓ White flour
- ✓ Yellow corn flour
- ✓ Yellow corn meal

References

- [7 CFR 226.20\(a\)\(4\)\(i\)](#)
- [7 CFR 226.20\(a\)\(4\)\(i\)\(A\)](#)
- [CACFP 09-2018](#)

Resources

- [CACFP Meal Patterns and Menu Planning Webpage](#)
- [CACFP Meal Patterns Moodle Training Course](#)
- [CACFP Grain Requirements Reference Sheet](#)
- [CACFP Grain Requirements – Whole Grain-Rich Reference Sheet](#)
- [CACFP Grain Requirements – Enriched and Fortified Grains Reference Sheet](#)
- [CACFP Grain Requirements – Rule of Three Reference Sheet](#)
- [CACFP Grain-Based Desserts Reference Sheet](#)

Acronym Reference

- CACFP- Child and Adult Care Food Program
- CFR- Code of Federal Regulations
- CNS- Child Nutrition Services
- NSLP- National School Lunch Program
- OSPI- Office of Superintendent of Public Instruction
- USDA- United States Department of Agriculture
- WGR- Whole Grain Rich