WHOLE GRAIN-RICH REMINDER

At least one of the grains you serve each day must be whole grain-rich. Most children do not eat enough whole grains or other foods rich in fiber. Whole grains are good sources of B vitamins and minerals needed for energy. Whole grains also promote proper digestion and make “potty time” easier by providing fiber.

Please indicate on your posted menu which meal contains a whole grain-rich product. Your Nutrition Program Consultant will check for this on your posted menu during the monitoring review visit in addition to evaluating recently purchased whole grain products. Your consultant can help you to figure out if a grain truly meets the requirement, so hold on to any packages that you have questions about.

“Whole grain-rich” means that foods are either 100% whole grain OR the first item on the ingredient list of the nutrition label is a whole grain and the remaining grain products in the food are enriched.

Whole grains can typically be identified by use of the word “whole” before the grain product. The following list includes other terms you may find on a label that prove the food is whole grain:

- Amaranth
- Berries or Groats
- Bromated Whole Wheat Flour
- Brown Rice, Wild Rice, Cracked Wheat
- Bulgur or Whole Grain Barley
- Cracked Wheat
- Crushed Wheat
- Entire-Wheat Flour
- Graham Flour
- Millet Flakes
- Quinoa
- Rolled Oats and Oatmeal (includes old-fashioned, quick cooking, and instant)
- Soba Noodles
- Whole Durum Wheat Flour
- Whole Wheat Pasta