

# Whole Grain Rich Reference Guide

For NSLP & SBP

Quick reference guide for meeting 80% whole grain-rich requirement beginning SY 2022-2023



Whole grain-rich does NOT mean 100% whole grain



## Determining Whole Grain-Rich Products

### Requirement 1: Portion Size

The food items must meet the portion size requirements for the grain component as defined in federal program regulation– correct ounce equivalents

### Requirement 2: Meet at least 1 of the following criteria:

1. The whole grains per serving must be  $\geq 8$  grams
2. The products include the following Food and Drug Administration (FDA)-approved whole grain health claim on its packaging:
  - Diets rich in whole grain foods and other plant foods and low in total fat, saturate fat, and cholesterol may reduce the risk of heart disease and some cancers.
  - Diets rich in whole grain foods and other plan foods, and low in saturate fats and cholesterol, may help reduce the risk of heart disease.
3. The product ingredient declared lists whole grains first, specifically as follows:
  - Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list or after water as the first ingredient for fully cooked grain and pasta items)
  - Mixed dishes (e.g., pizza, corn dogs): Whole grains must be the primary ingredient by weight (whole grain is the first grain ingredient in the list).



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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www.SquareMeals.org



# Whole Grain-Rich Reference Guide

## Crediting Whole Grains

The following whole grains are allowed:

### Barley

- Whole barley
- Whole-grain barley
- Whole-barley flakes
- Whole-barley flour
- Whole-grain barley flour

### Oats

- Whole oats
- Oat groats
- Oatmeal or rolled oats
- Whole-oat flour

### Corn

- Whole corn
- Whole-corn masa
- Whole cornmeal
- Whole-corn flour
- Whole-grain corn flour
- Whole-grain corn harina
- Whole-grain corn masa
- Whole-grain cornmeal

### Wheat

- Wheat berries
- Whole-grain wheat
- Cracked wheat
- Whole-wheat flour
- Graham flour
- Whole durum flour
- Sprouted wheat
- Bulgur
- White whole wheat flour

### Rice

- Brown rice
- Brown rice flour

### Rye

- Whole rye
- Rye berries
- Whole-rye flour
- Whole-rye flakes

### Wild Rice

- Wild rice
- Wild rice flour

## Tips to Prepare Whole Grain-Rich Items

This chart addresses common challenges associated with whole grain-rich products and offers strategies to enhance their visual appeal and taste.

Challenges	Strategies
<b>Appearance:</b> Darker color of WGR products	<ul style="list-style-type: none"> <li>-Pair darker whole grains with colorful fruits and vegetables (ex: pancakes with blueberries)</li> <li>-Prepare as part of a popular mixed dish (ex: chicken salad wrap)</li> <li>-Create inventive and descriptive names to generate student interest</li> <li>-Use verbal prompts to promote whole grain items on the service line</li> </ul>
<b>Overcooked</b> (may result in chewy, tough, mushy, lumpy, dry or sticky texture)	<ul style="list-style-type: none"> <li>-Cooked grains continue to cook as they are held hot prior to service. Always cook grains al dente and be mindful of how long grains are held hot or are on the service line.</li> <li>- Batch cook to reduce holding times.</li> </ul>
<b>Undercooked</b> (may result in crunchy, hard, rubbery or gummy textures)	<ul style="list-style-type: none"> <li>-Increase amount of liquid (water or stock) when cooking.</li> <li>-Increase cooking times.</li> </ul>





# Whole Grain-Rich Calculation Options

## Option 1

Serve enriched grain item one day a week. If serving different oz eq amounts each day, use option 2.

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz eq	WGR 2 oz eq	WGR 2 oz eq	WGR 2 oz eq	Enriched 2 oz eq

$$\frac{8 \text{ oz eq WGR}}{10 \text{ oz eq Total Grains}} \times 100 = 80\% \text{ WGR}$$

## Option 2

Serve small amounts of enriched grains throughout the week. Each meal type and service lines stand alone for WGR percentage

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 1 oz eq + Enriched 0.5 oz eq	WGR 1 oz eq + Enriched 0.5 oz eq	WGR 2 oz eq	WGR 1 oz eq + Enriched 0.5 oz eq	Enriched 2 oz eq

$$\frac{7 \text{ oz eq WGR}}{8.5 \text{ oz eq Total Grains}} \times 100 = 82\% \text{ WGR}$$



# Whole Grain-Rich Calculation Worksheet

Use this worksheet to help calculate the WGR percentage.

Calculate WGR percentage for each service line separately.

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
WGR _____ oz eq	WGR _____ oz eq	WGR _____ oz eq	WGR _____ oz eq	WGR _____ oz eq
+	+	+	+	+
Enriched _____ oz eq	Enriched _____ oz eq	Enriched _____ oz eq	Enriched _____ oz eq	Enriched _____ oz eq

$$\frac{\text{_____ oz eq WGR}}{\text{_____ oz eq Total Grains}} \times 100 = \text{_____ \% WGR}$$

## Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
WGR _____ oz eq	WGR _____ oz eq	WGR _____ oz eq	WGR _____ oz eq	WGR _____ oz eq
+	+	+	+	+
Enriched _____ oz eq	Enriched _____ oz eq	Enriched _____ oz eq	Enriched _____ oz eq	Enriched _____ oz eq

$$\frac{\text{_____ oz eq WGR}}{\text{_____ oz eq Total Grains}} \times 100 = \text{_____ \% WGR}$$

