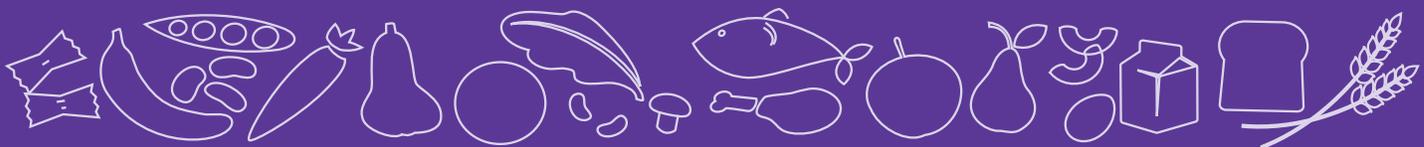




Whole-Grains Resource

This resource outlines the HealthierUS School Challenge (HUSCC) whole-grains criteria and offers additional background information to help school food authorities (SFAs) identify whole-grain products and offer them more frequently in their menus. The Food and Nutrition Service (FNS) has updated this resource to reflect the 2005 *Dietary Guidelines for Americans* (DGAs), which recommend that children and adults consume at least half of their grains as whole grains. These criteria are not required for school meal programs; they apply only for those schools that submit an application for a HealthierUS School Challenge award.

HealthierUS School Challenge Whole-Grain Criteria	
Bronze/Silver	Gold/Gold of Distinction
At least one serving of a whole-grain food must be offered three (3) or more times (days) per week in the National School Lunch Program (NSLP).	At least one serving of a whole-grain food must be offered each day in the National School Lunch Program (NSLP).
<p>Whole-grain food is defined as “a food product with whole grain as the primary ingredient by weight,” (i.e., whole grain listed first in the ingredient statement). “A serving is defined by the <i>Food Buying Guide for Child Nutrition Programs</i>, pages 3.15-3.16.”</p>	





How Can Schools Comply With the HUSSC Whole-Grain Criteria?

FNS realizes that some schools may face challenges in finding products that meet the criteria. Menu planners should count whole grains to meet the criteria as follows:

- **For a Bronze or Silver Award, a whole-grain food must be offered at least 3 days per week. For Gold or Gold Award of Distinction, a whole-grain food must be offered every day.** Menu planners are encouraged to serve a variety of whole-grain foods and may not serve the same whole-grain product every day to count for the HUSSC criteria.
- Whole-grain food products must be at least the portion size of one Grains/Breads serving as defined in the *Food Buying Guide for Child Nutrition Programs*.
- Whole-grain foods that meet the HUSSC criteria are categorized into two groups:

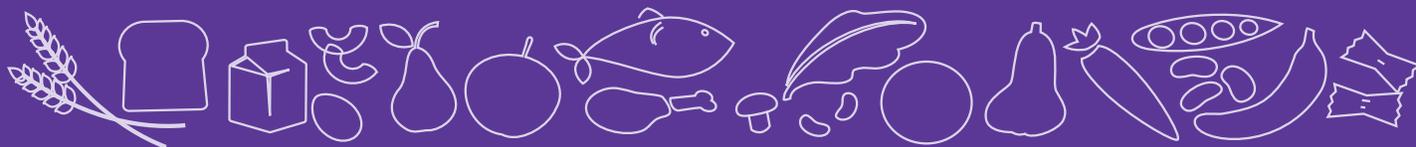
Group A: Food products with whole grain(s) as the primary ingredient by weight

Group B: Food products with whole grain(s) as the primary **grain** ingredient by weight

When a school-made recipe contains multiple whole grains, it will qualify under Group A if the total weight of the whole grains is more than the weight of any other ingredient.

A recipe will qualify under Group B if the total weight of whole grains is more than the weight of the primary grain ingredient. The same principle applies to purchased products that contain multiple grains. Use Attachment I (page 34) for required documentation for multiple-grain products.

- Whole-grain products from Group A must be the majority of whole-grain foods offered each week. For example, for a Gold or Gold of Distinction award, a food product meeting Group A would need to be offered 3 or more days each week; and for a Bronze/Silver award, 2 or more days each week. A whole-grain food from Group B may be counted as a whole-grain food for the remainder of the days in each week. Foods from Group A may be used to meet all the required Grains/Breads.

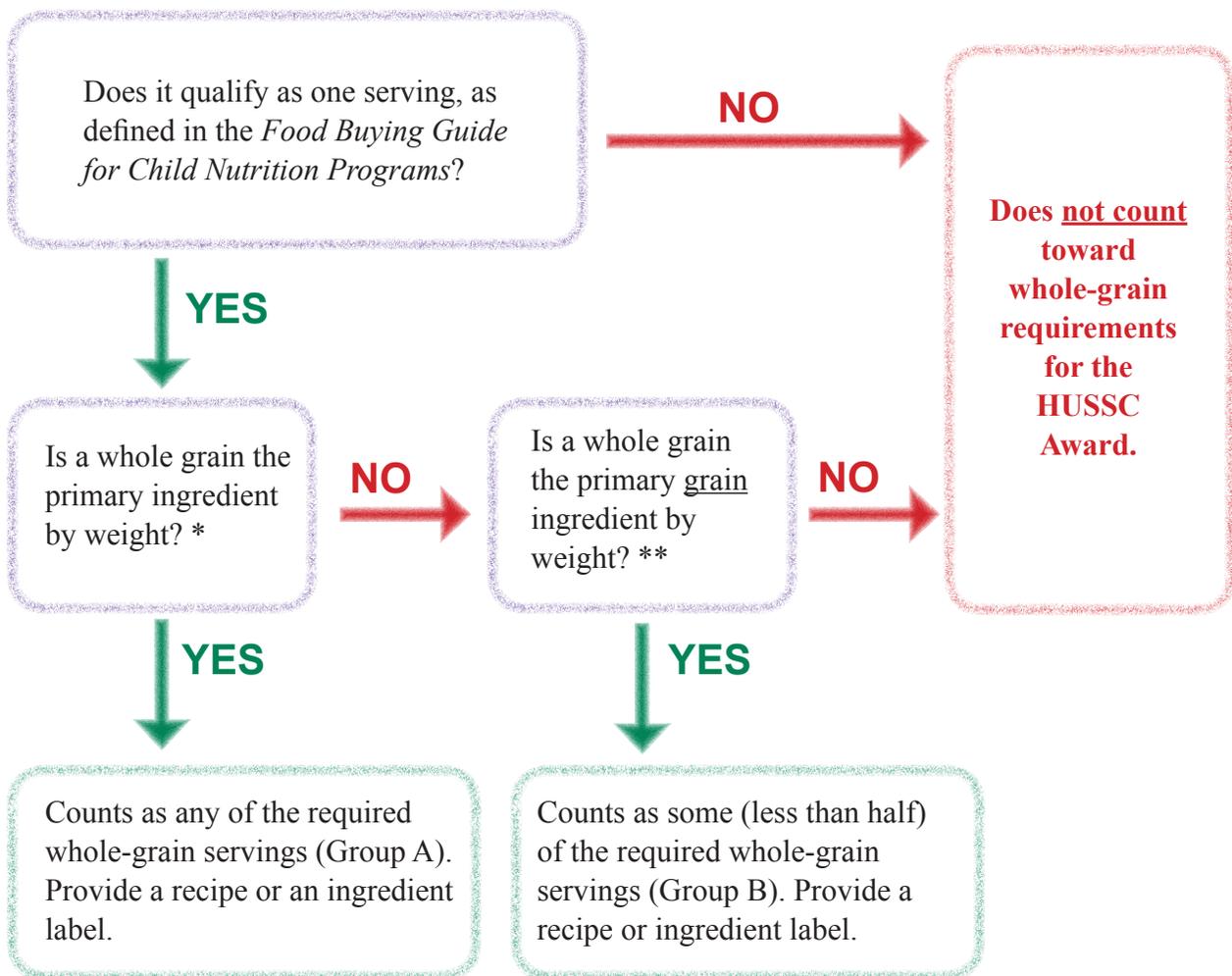




How Do I Know If a Whole-Grain Product Meets HUSSC Criteria?

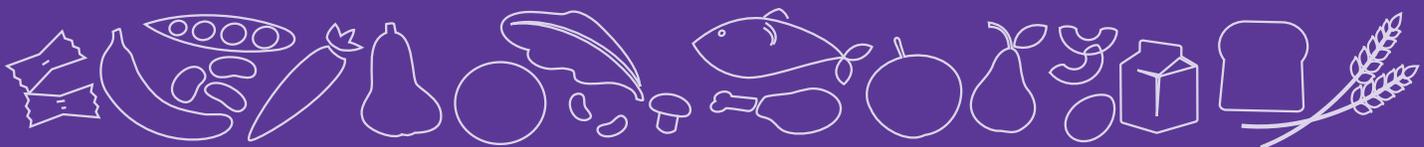
There are many foods labeled as whole grains, such as pizza crusts, buns, breads, tortillas, and other products. It is helpful to know which products meet the HUSSC criteria. The chart below will assist you in determining if your whole-grain product meets the HUSSC criteria.

HUSSC Criteria for Whole-Grain Products



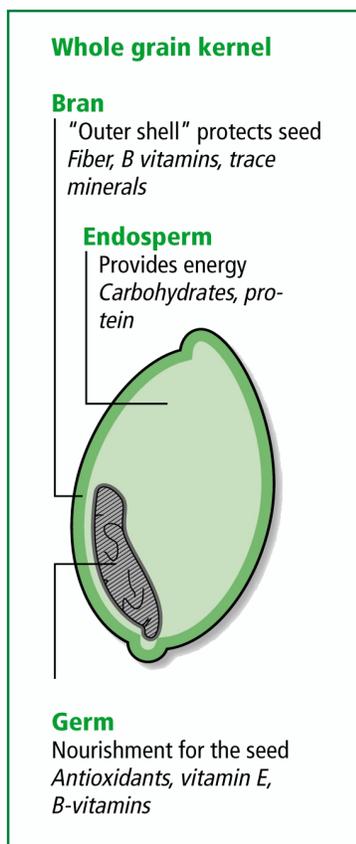
* Includes products with a total whole-grain weight that exceeds the weight of any other ingredient.

** Includes products with a total whole-grain weight that exceeds the weight of the primary refined-grain ingredient.





What is a Whole Grain?



Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

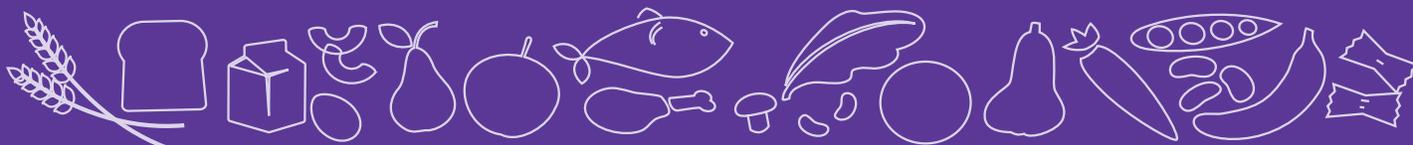
When you see the following words, you will know that, by regulation {Food and Drug Administration (FDA) Standards of Identity}, they describe whole grains that are used as ingredients:

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour

Common and usual names for other whole grains are noted below:

- The word whole listed before a grain, for example, whole corn.
- The words berries and groats are also used to designate whole grains, for example, wheat berries or oat groats.
- Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal).
- Other whole-grain products that do not use the word "whole" in their description, for example, brown rice, brown rice flour, or wild rice.

A more comprehensive list of whole grains is provided as Attachment II (page 35).





Grain products (ingredients) that are not whole grains:

Flour has been designated by the FDA as the term for refined wheat flour. The following ingredients are not whole grains:

- flour
- white flour
- wheat flour
- all-purpose flour
- unbleached flour
- bromated flour
- enriched bromated flour
- enriched flour
- instantized flour
- phosphated flour
- self-rising flour
- self-rising wheat flour
- enriched self-rising flour
- bread flour
- cake flour
- durum flour
- corn grits
- hominy grits
- hominy
- farina
- semolina
- degerminated corn meal
- enriched rice
- rice flour
- couscous

Grain products that may or may not be whole-grain:

- “Pot” or “Scotch” barley and “pearl” or “pearled” barley are not whole grains because bran has been removed. Look for the words whole barley or whole-grain barley on the product label or in the ingredient statement. However, the FDA has recognized that “dehulled barley” is a whole grain.
- “Stone ground” does not necessarily mean that the product is whole-grain. “Stone ground” describes the process used for making the flour or meal. Look for “whole” in combination with “stone ground” in the ingredient statement.
- Whole corn “treated with lime” (often used in tortilla products, and may be called “masa”) would only be a whole grain if documentation from the manufacturer indicates that the manufacturing process used to prepare the corn with lime retains the pericarp, or bran layer.
- When a grain name, such as corn, oats, or rye flour, is listed in the ingredient statement, but no descriptor (such as “whole grain” for corn or “brown” for rice) is listed, the SFA needs to obtain further documentation from the manufacturer before purchasing the food product to meet the HUSSC criteria.





How Do I Purchase Whole-Grain Products or Develop Whole-Grain Product Descriptions (Specifications)?

Use the following information to guide your decisions.

A: Whole grains as the primary ingredient by weight of the product.

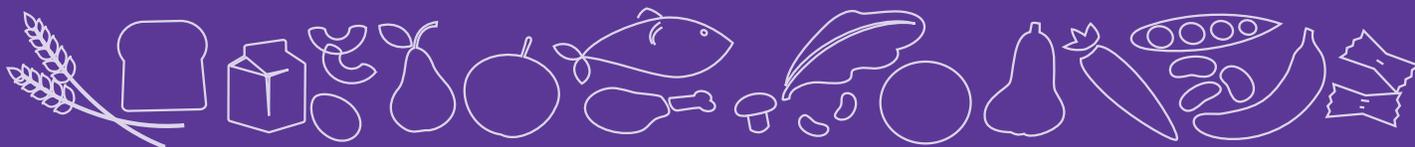
Specify that a whole grain will be the first ingredient on the ingredient label or the primary ingredient by weight. Ask that food product labels and ingredient statements be submitted with the vendor's bid on whole-grain products. If the first ingredient is not a whole grain, and there are multiple whole grains in the ingredient list, request documentation from the manufacturer as to the weight of the first ingredient and the total weight of all of the whole-grain ingredients (See Attachment I, page 34). If the total weight of the whole-grain ingredients is greater than the weight of the first ingredient, the food product would meet Group A.

B: Whole grains as the primary grain ingredients of the product.

Specify that a whole grain be the first grain ingredient of the product. Ask that food product labels and ingredient statements be submitted with the vendor's bid on whole-grain products. If the first grain ingredient is not a whole grain but there are multiple whole-grain ingredients in the product, require the manufacturer to complete a product formulation statement documenting the weight of the first (refined) grain ingredient and the total weight of the whole grains (See Attachment I, page 34). If the total weight of the whole-grain ingredients is greater than the weight of the first grain ingredient, the food product would meet Group B.

Flour blends of whole-grain and enriched flours—some manufacturers make products using a specialty blend of two or more flours that is part whole grain and part refined flour. In this case, the manufacturer must provide documentation to show that the primary grains in the product are whole grains to meet Group B.

Regardless of the type of whole-grain food purchased, ensure in your specification that the serving size of the whole-grain food is equal to a serving of Grains/Breads as defined in the *Food Buying Guide*, pages 3.15-3.16.



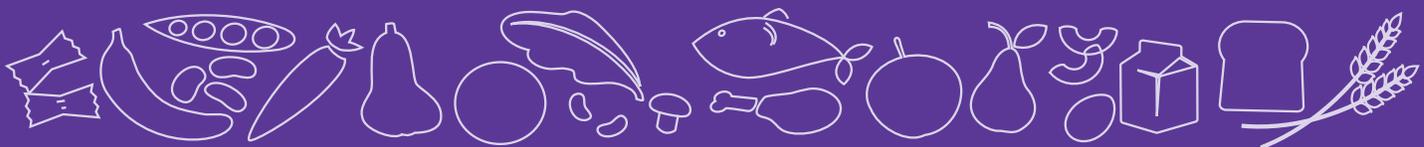


Looking at the Whole Product

Before purchasing new products containing whole grains, look carefully at the whole product, not just the whole grains. In keeping with the 2005 *Dietary Guidelines for Americans* (DGA) recommendations, SFAs should offer whole-grain products that are low in sugars and/or fat. The goal is to offer nutritious whole-grain foods that students can enjoy. Including a dessert on a limited basis as an element of a reimbursable meal can have the positive effect of increasing acceptance and encouraging children to more fully participate in the meal service. We do not support using dessert items to meet the bread requirement in every meal, but we do acknowledge the benefit on occasion.

Storing Whole Grains

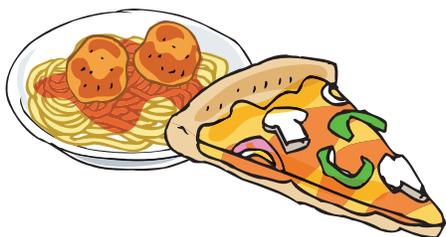
As with all foods, use FIFO (First In, First Out) principles when storing whole grains. Because whole-grain ingredients (e.g., whole-wheat flour, brown rice) retain the bran and the oil-rich germ, these items may turn rancid when stored in warm areas. To increase the shelf life, store these products in a cool, dry place in airtight containers. If the whole-grain products will not be used within a short period of time, they should be stored in the refrigerator or freezer.



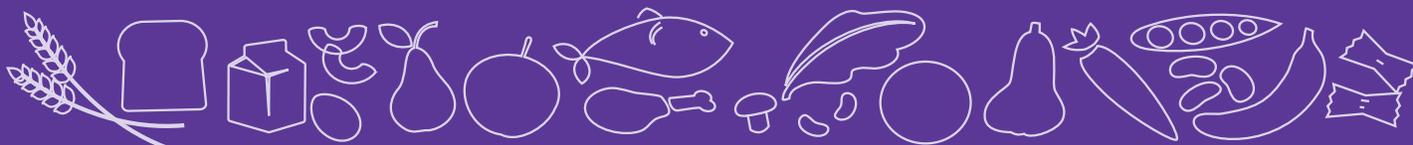


Taste-Testing of Whole-Grain Products

Some students may not be familiar with whole-grain products. To encourage them to try different products, schools can have student taste tests to select products that have the most student appeal. By documenting the taste tests and student preferences, SFAs may develop a list of approved whole-grain products for purchase.



Introduce whole grains in student favorites, such as pizza or spaghetti, and gradually increase the amount of whole grains in recipes over the school year as students adapt to the changes.





Ideas for Adding Whole Grains to Menus in Child Nutrition Programs



Whole-grain ready-to-eat cereals



Whole-grain chips/pretzels

Whole-grain cooked breakfast cereals

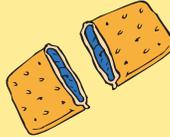
Whole-grain pita pockets

Granola made from whole grains

Whole-grain cornbread



Whole-grain cereal or granola bars



Whole-grain crackers or cookies

Whole-grain pancakes or waffles

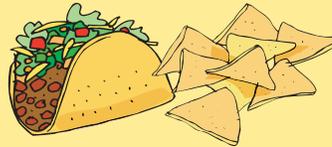
Whole-grain bagels or muffins



Whole-wheat breads, rolls, or buns

Other whole-grain breads, rolls, or buns

Whole-grain tortillas, taco shells



Whole-wheat pasta, such as macaroni, spaghetti, vermicelli, or whole-grain noodles

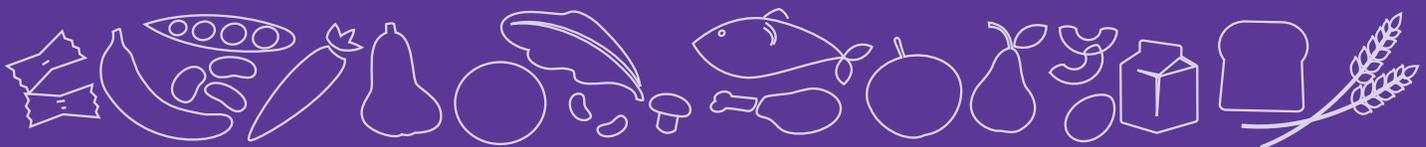
Soba noodles (with whole buckwheat flour as primary ingredient)



Whole-grain side dishes (e.g., brown rice, wild rice, cracked wheat, whole-grain bulgur or barley, whole specialty grains)

Whole-grain salads (cracked wheat, whole-grain bulgur, whole specialty grains)

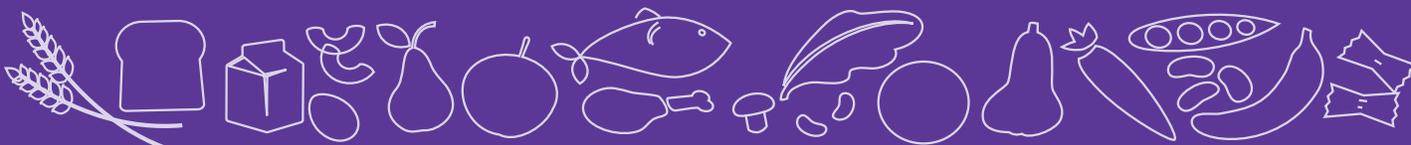
Other uses of whole grains (soups, casseroles, combination dishes)





Attachment I: Documentation for Foods Containing Multiple Whole Grains

Documentation for Foods Containing Multiple Whole Grains for the HealthierUS School Challenge				
Schools should provide this documentation on school letterhead for recipes. Manufacturers should provide this information on company letterhead for commercial products.				
School District or Company Name:				
Recipe/Product Name:				
Product Code (if applicable):				
1	Attach copy of recipe or product ingredient statement.			
2	Highlight or underline all items that are whole grains in the attached recipe or product ingredient statement.			
3	Serving size according to the recipe:	or in grams for product:		
4	Total weight of all whole-grain ingredients in the recipe or product:			
5	Weight of primary ingredient in recipe or listed first in ingredient statement: (To qualify for Group A: Weight of Item #4 is greater than Item #5.)			
6	Weight of primary grain ingredient in recipe or listed first in ingredient statement: (To qualify for Group B: Weight of Item #4 is greater than Item #6.)			
7	School District or Company representative's signature that all information is accurate:			
Signature				
	Printed Name	Title		
	Email	Date		
		Yes	No	
A	Does the serving size for this food equal 1 Grains/Breads serving? (see Item #3)			
B	Are all of the ingredients highlighted in Item #2 above considered whole grains according to HUSSC criteria? If not, ask for corrected information.			
C	Does weight of Item #4 exceed weight of Item #5?			
D	Does weight of Item #4 exceed weight of Item #6?			
E	Are answers to Items A, B, and C yes? If yes, food product meets Group A.			
F	Are answers to Items A, B, and D yes? If yes, food product meets Group B.			





Attachment II: 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.

Barley

- dehulled barley
- dehulled-barley flour
- whole barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley
- whole-grain barley flour

Brown Rice

- brown rice
- brown-rice flour

Corn

- whole corn
- whole-corn flour
- whole cornmeal
- whole-grain corn flour
- whole-grain grits

Oats

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

Rye

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

Wheat (Red)

The most common kind of wheat in the U.S.

- bulgur (cracked wheat)
- bromated whole-wheat flour
- cracked wheat or crushed wheat
- entire wheat flour

- graham flour
- sprouted wheat
- sprouted wheat berries
- stone ground whole-wheat flour
- toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour
- whole-grain bulgur
- whole-grain wheat
- whole-wheat flour
- whole-wheat pastry flour
- whole-wheat flakes

Wheat (White)

- whole white wheat
- whole white wheat flour

Wild Rice

- wild rice
- wild-rice flour

Less Common Grains

To be whole grains, “whole” must be listed before the grain name.

- amaranth
- buckwheat
- einkorn
- emmer (farro)
- Kamut®
- millet
- quinoa
- sorghum (milo)
- spelt
- teff
- triticale

