

How do you identify “whole” grains?

Common and usual names for “whole” grains are noted below:

- The word whole listed before a grain, for example, “whole wheat”.
- 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.
- 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

U.S. standards of identity - The following names indicate whole-grain products, in accordance with the federal government:

- "Whole wheat bread"
- "Whole millet"
- "Whole wheat buns"
- "Whole wheat macaroni"
- "Whole wheat spaghetti"
- "Whole wheat vermicelli"
- "Cracked wheat" (as an ingredient, not part of a name, as in "cracked wheat bread")
- "Crushed wheat"
- "Whole wheat flour"
- "Graham flour" (as an ingredient, not as part of a name as in "graham crackers")
- "Entire wheat flour"
- "Bromated whole wheat flour"
- "Whole durum flour"
- "Bulgur (cracked wheat)" (note that "bulgur" by itself may or may not indicate whole grain)

Common refined **non-whole** grain products include:

- White rice
- White flour
- White bread
- Hominy
- Pasta (non-whole wheat varieties)

National School Lunch and School Breakfast Program Whole Grain-rich identification:

Whole Grain-rich – product contains at least 50% whole grains, by weight.

1. Meet the serving size requirements in the Grains Instruction, (Exhibit A) **and**
2. Meet at least one of the following:
 - ≥ 8 grams of whole grains per oz. equivalency
 - Product includes FDA’s whole grain health claim on its packaging

Diets rich in whole-grain foods and other plant foods, and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers.

- Product ingredient listing lists whole grain first (HUSCC criteria) or water, then whole grain
- Look for FDA’s 100% stamp,
 - 100% whole grain indicates 100% whole grain, or
 - Using the Basic Stamp, compare the serving size of the product to the oz. eq. in Exhibit A

