








Common Grain Ingredients *(not all inclusive)*

Creditable Grains

Non-Creditable Grains







Whole Grain Ingredients	Enriched Grain & Bran and Germ Ingredients	Grain Ingredients
<p> Tip: Look for the words “whole” or “whole grain”</p>	<p> Tip: Look for the word “enriched,” a listing of nutrients used for enrichment, or “bran” or “germ”</p>	<p> Tip: If present, look for the phrase “contains less than 2% of the following:”</p>
<p>Wheat</p>  <ul style="list-style-type: none"> • Bulgar • Bromated whole-wheat flour • Cracked wheat • Crushed wheat • Entire wheat flour • Flaked wheat • Graham flour • Sprouted wheat • Wheat berries • Wheat groats • White whole-wheat flour • Whole durum flour • Whole-grain wheat • Whole-grain wheat flakes • Whole-wheat flour 	<ul style="list-style-type: none"> • Enriched bromated flour • Enriched durum flour • Enriched durum wheat flour • Enriched farina • Enriched semolina • Enriched wheat flour • Enriched white flour • Wheat bran • Wheat germ 	<ul style="list-style-type: none"> • All purpose flour (not enriched) • Bromated flour • Durum flour • Farina • Semolina • Wheat flour • White flour
<p>Rye</p>  <ul style="list-style-type: none"> • Flaked rye • Rye berries • Rye groats • Sprouted whole rye • Whole rye • Whole rye flour 	<ul style="list-style-type: none"> • Enriched rye flour • Rye bran 	
<p>Barley</p>  <ul style="list-style-type: none"> • Dehulled barley • Dehulled barley flour • Whole barley • Whole barley flour 		<ul style="list-style-type: none"> • Barley malt • Malted barley flour
<p>Corn</p>  <ul style="list-style-type: none"> • Corn masa* • Hominy* • Hominy grits* • Masa harina* • Popcorn • Whole corn • Whole cornmeal • Whole-grain corn • Whole-grain corn flour • Whole-grain grits 	<ul style="list-style-type: none"> • Enriched corn flour • Enriched grits • Enriched yellow corn flour • Corn bran 	<ul style="list-style-type: none"> • Corn flour • Corn fiber • Degermed corn • Degerminated cornmeal • Grits • Stone ground corn • Yellow corn flour • Yellow corn meal

*Nixtamalized corn (i.e., corn treated with lime), such as hominy, corn masa, and masa harina are considered whole grain when evaluating products for meal pattern requirements. These ingredients are processed in a way that increases the bioavailability of certain nutrients so they have a nutritional profile similar to whole corn.

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<p> Tip: Look for the words “whole” or “whole grain”</p>	<p> Tip: Look for the word “enriched,” a listing of nutrients used for enrichment, or “bran” or “germ”</p>	<p> Tip: If present, look for the phrase “contains less than 2% of the following:”</p>
<p>Oats</p>  <ul style="list-style-type: none"> • Oats • Oatmeal (all types) • Oat groats • Whole-grain oat flour 	<ul style="list-style-type: none"> • Oat bran 	<ul style="list-style-type: none"> • Oat fiber
<p>Rice</p>  <ul style="list-style-type: none"> • Brown rice • Brown rice flour • Sprouted brown rice • Triticale flour • Wild rice 	<ul style="list-style-type: none"> • Enriched rice • Enriched rice flour • Rice bran 	<ul style="list-style-type: none"> • Rice flour
<p>Other</p>  <ul style="list-style-type: none"> • Amaranth • Amaranth flour • Buckwheat • Buckwheat flour • Buckwheat groats • Einkorn berries • Millet • Millet flour • Quinoa • Spelt berries • Sprouted buckwheat • Sprouted einkorn • Sprouted spelt • Teff • Teff flour • Triticale • Triticale flour • Whole-grain einkorn • Whole-grain einkorn flour • Whole-grain sorghum • Whole-grain sorghum flour • Whole kamut • Whole spelt • Whole-grain spelt flour 		<ul style="list-style-type: none"> • Bean or legume flour (e.g., soy, chickpea, lentil) • Nut or seed flour (any kind) • Potato flour • Tapioca flour • Vegetable flour (any kind)

