

SERVING CREDITABLE GRAINS IN THE CHILD CARE FOOD PROGRAM

Grains are a required component for a reimbursable breakfast, lunch, and dinner meal. All grain items served in CCFP meals must be whole, enriched, or whole-grain rich. [Exhibit A: Grain Requirements](#) provides the minimum portion sizes of grain products that are required to meet meal pattern requirements for each age group. This chart provides serving size information in [ounce equivalents \(oz eq\)](#), and all grain products must be credited as such. The meal pattern requires that at least one serving of grains each day contains a whole grain-rich component. *Grain-based desserts are not* creditable in a reimbursable meal or snack.

“Creditable grains” refer to all the of the grain ingredients in a product and include:

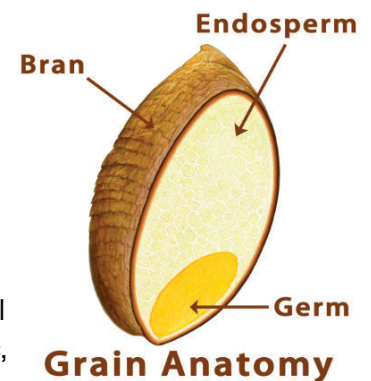
1. Whole Grains

Whole grains consist of the entire grain seed, called the kernal, and contain three parts:

- **Bran** - fiber rich outer layer containing B vitamins and minerals
- **Germ** - nutrient packed core with healthy fats, B vitamins, Vitamin E, and phytochemicals
- **Endosperm** - starchy carbohydrate middle layer with some proteins and vitamins

Examples of whole grain ingredients include whole-grain or whole-wheat flour, brown rice, wild rice, oatmeal, bulgur, whole-grain corn, and quinoa.

Eating whole grain foods can lower a person’s risk of developing chronic disease, as well as providing a variety of vitamins and minerals, including magnesium, selenium, iron, zinc, B vitamins, and fiber.



2. Enriched Grains

Enriched grains are processed to remove all or part of the bran and the germ to give a smoother texture. Nutrients are then added back during or after processing. Grains labeled “enriched” contain certain amounts of thiamin, riboflavin, niacin, folic acid, and iron. Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ) credits the same as enriched grains.

To determine if a grain product is enriched, it must meet at least one of the following methods:

- **Food is labeled as “enriched.”**
 - For example, long grain rice that is enriched will have in the product name “enriched long grain rice.”
- **Enriched grain is listed as the first ingredient on the ingredient list (or second after water) or the grain is followed by a sub-listing of nutrients.**
 - The ingredient list will usually say “enriched flour” or “enriched wheat flour,” or there is a sub-listing of nutrients used to enrich the ingredient. For example, “white flour (iron, folic acid, riboflavin, niacin, and thiamine).”
- **Ingredient list names the vitamins and minerals (bolded) that have been added to the product.**
 - For example: “Enriched pasta, INGREDIENTS: Semolina (Wheat), Durum Wheat Flour, **Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid**”

3. Whole-Grain Rich

Grain products that are at least 50% whole grains. The first grain ingredient listed (or second after water) **MUST** be a whole grain.