

Use this list when determining if a grain item is whole grain-rich by the Rule of Three. Find the product's ingredient list on the packaging and look for the following:

- **First ingredient** (or second after water): **must** be a whole grain
- **Second and third grain ingredients** (if any): **must** be a whole grain, enriched grain, bran or germ

If a whole grain is listed first in the ingredients list and a non-creditable grain is listed after, the grain is creditable but not considered whole grain-rich.

Grain derivatives and ingredients listed after the "contains 2% or less" statement are to be ignored.

## Whole Grain Ingredients

**Must be the first ingredient or second after water. May be the second or third ingredient**

- Amaranth
- Amaranth flour
- Bromated whole wheat flour
- Brown basmati rice
- Brown jasmine rice
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Bulgar wheat
- Corn masa
- Corn masa flour
- Corn treated with lime
- Cracked buckwheat
- Cracked wheat
- Crushed wheat
- Dehulled barley
- Dehulled-barley flour
- Emmer (whole farro)
- Entire wheat flour
- Flaked rye
- Flaked wheat
- Graham flour
- Ground corn with trace of lime
- Ground corn treated with lime
- Hominy
- Hominy grits
- Instant oatmeal
- Masa harina
- Millet
- Millet flour
- Nixtamalized corn
- Nixtamalized corn flour/meal
- Oats
- Oatmeal (old-fashioned, quick cooking, steel cut and instant)
- Oat groats
- Oat flour
- Popcorn
- Quick cooking oats
- Quinoa
- Rolled oats
- Rye berries
- Rye flakes
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted wheat
- Sprouted wheat berries
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole barley
- Whole barley flakes
- Whole buckwheat flour
- Whole corn
- Whole corn flour
- Whole corn meal
- Whole durum flour
- Whole durum wheat flour
- Whole einkorn
- Whole einkorn berries
- Whole grain barley
- Whole grain brown rice
- Whole grain corn
- Whole grain corn flour
- Whole grain corn meal
- Whole grain einkorn flour
- Whole grain grits
- Whole grain Khorasan wheat
- Whole Khorasan wheat
- Whole grain oat flour
- Whole grain soft white wheat
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole oat flour
- Whole oats
- Whole rye
- Whole rye flour
- Whole rye flakes
- Whole spelt
- Whole wheat flakes
- Whole wheat flour
- Whole white wheat
- Whole white wheat flour
- Wild rice
- Wild rice flour

### Nixtamalized Corn Ingredients

Corn ingredients that are nixtamalized (process of cooking corn in limewater, which increases the bioavailability of nutrients) are considered **whole grain**.

These ingredients may be identified in the ingredients list as:

- Cooked with lime
- Cooked with lime water
- Hydrated lime
- Trace of lime
- Treated with hydrated lime
- Treated with lime

In addition to the ingredients listed above, if an ingredient has "**whole**" in front of it, then it is a whole grain ingredient.

## Enriched Grain Ingredients

May be the second and/or third grain ingredient.

- Enriched bromated flour
- Enriched corn flour
- Enriched corn meal
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched grits
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word “enriched” in front of it

In addition to ingredients listed to the left:

- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.
- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

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## Bran or Germ Ingredients

May be the second and/or third grain ingredient

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

## Grain Derivatives

Do not count as ingredients; they are ignored

- Cellulose fiber
- Corn dextrin
- Corn starch
- Modified food starch
- Potato starch
- Rice starch
- Tapioca starch
- Wheat dextrin
- Wheat gluten
- Wheat starch

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## Non-Creditable Grains and Flours

These also cannot be one of the first three grain ingredients to be considered whole grain-rich

- Barley
- Barley flakes
- Barley flour
- Barley grits
- Barley malt
- Basmati rice
- Bean/legume flour (such as chickpea, lentil, etc.)
- Bread flour
- Bromated flour
- Corn
- Corn fiber
- Corn flour
- Corn grits
- Corn meal
- Cultured wheat flour
- Degermed corn
- Degerminated corn meal
- Durum flour
- Durum grits
- Durum wheat flour
- Farina
- Flour
- Grits
- Ground corn
- Jasmine rice
- Malted barley
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Pearl(ed) barley
- Phosphate flour
- Pot barley
- Potato flour
- Rice flour
- Rye
- Rye flour
- Scotch barley
- Self-rising flour
- Self-rising wheat flour
- Semolina
- Soy flour
- Stone ground corn
- Stone ground wheat flour
- Tapioca flour
- Unbleached flour
- Vegetable flour (any kind)
- Wheat
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

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## What about Flour Blends Ingredients?

A flour blend is when a grain/flour ingredient is listed with a parenthesis next to it and within is a list of multiple ingredients.

- If a flour blend is the first grain ingredient, all ingredients in the blend must be whole grains/flours.
- If a flour blend is the second or third grain ingredient, all grain ingredients in the blend must be whole grains/flours, enriched grains/flours, bran, and/or germ; vitamins and minerals are allowed.
- If a flour blend includes any non-creditable grains/flours, the flour blend is a non-creditable grain.