

Crediting **Grains** in the **Child Nutrition Programs**

Tip Sheet

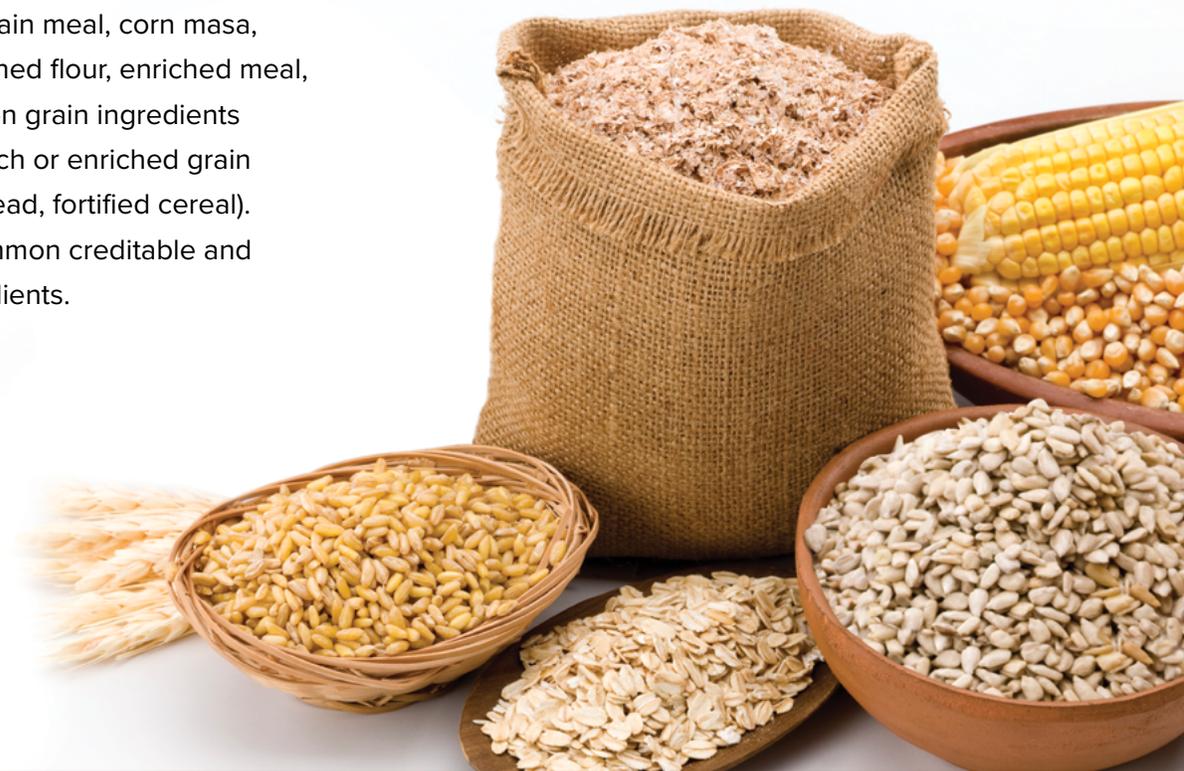
Part 1: Creditable Grains in Child Nutrition Programs



Grain products made with creditable grains are a required component of reimbursable meals offered in Child Nutrition Programs (CNP), such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Items made with creditable grains may also be offered as part of a reimbursable snack in Preschool, CACFP, SFSP, and the NSLP Afterschool Snack Service. This tip sheet identifies creditable grains in CNP that meet meal pattern requirements.

What Is a Creditable Grain?

Whole grain flour, whole grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, and germ are common grain ingredients in creditable whole grain-rich or enriched grain products (e.g., enriched bread, fortified cereal). See page 4 for a list of common creditable and non-creditable grain ingredients.



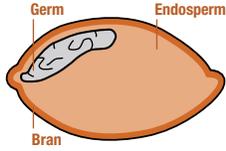
More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Terms and Definitions



Whole Grains contain all parts of the grain kernel (bran, germ, and endosperm).



Enriched Grains meet the U.S. Food and Drug Administration's (FDA) Standard of Identity for enrichment ([21 CFR Section 137](#)):

- The terms “enriched” or “fortified” indicate the addition of one or more vitamins, minerals, or protein to a food;
- Enriched/fortified grains or flours are labeled as “enriched” or “fortified.” Alternatively, when included in the ingredient list of a product, the nutrients are listed after the grain ingredient (i.e., wheat flour (niacin, iron, riboflavin, folic acid, thiamin)).



Bran is the seed husk or outer coating of grains. Bran ingredients are often a good source of B vitamins, iron, potassium, and fiber.



Germ is the vitamin-rich portion of the grain kernel. Germ ingredients are often a good source of B vitamins, phosphorus, and zinc.



Minimum Creditable Amount of Grains: When serving a grain product in the CNP, the product must contain a minimum amount of creditable grain in order to credit toward the grains component. These minimums are:

- 0.25 ounce equivalent (oz eq) for School Meals, Preschool, and CACFP (with the exception of infants). The CACFP infant meal pattern does not have minimum grain requirements.
- 0.25 servings of grains/breads for SFSP and NSLP Afterschool Snack Service.



Whole Grain-Rich: School meals, Preschool, and CACFP (with the exception of infants) have a whole grain-rich requirement. Whole grain-rich is the term used by Food and Nutrition Service (FNS) to indicate that at least 50 percent of the grain ingredients in a product are whole grain, with the remaining grain ingredients being enriched. See [Crediting Grains in Child Nutrition Programs Tip Sheet, Part 2: Identifying Grain Products That Are Whole Grain-Rich](#) for details and examples of whole grain-rich products.



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 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.

Evaluating Grains for NSLP & SBP



All grain ingredients must be creditable **and** provide at least 0.25 oz eq grains per serving. See Page 4: [Common Grain Ingredients Chart](#) for examples of creditable grains.

- Any **non-creditable grains** must be less than 2 percent by weight or less than 0.25 oz eq. If non-creditable grains are present in a greater amount, the product is not creditable. See page 4 for a *list of common non-creditable grains*.
- A **grain derivative**, typically only present in small amounts (less than 2 percent), can be ignored (e.g., wheat gluten, wheat dextrin). If a grain derivative is present in a greater amount, the product is not creditable.

Evaluating Grains for Preschool, CACFP, SFSP, & NSLP Afterschool Snack Service

The grain product is creditable if it contains at least:

- 0.25 oz eq grains per serving – for *NSLP/SBP, Preschool & CACFP*; or
- 0.25 grains/breads serving – for *SFSP & NSLP Afterschool Snack Service*

and one of the following is true:

- The first ingredient (or second after water) is an enriched grain, whole grain, bran, or germ, or the ingredient list includes a listing of nutrients used to enrich or fortify the grain flour or meal (refer to the [Common Grain Ingredients Chart](#) on the next page); or
- The grain product is labeled as “enriched” (e.g., enriched long grain rice), “fortified” (e.g., fortified breakfast cereal) or “whole grain” (e.g., whole wheat bread); or
- Though the primary grain is not creditable, there are other creditable grains in the product. In these cases, obtain documentation from the manufacturer stating the grams of creditable grains per serving. If there are enough creditable grains per serving that would provide at least 0.25 oz eq or grains/breads serving of grains, this product can contribute toward the grains component.



NOTE: For more information on determining the oz eq grains per serving, see [Crediting Grains in Child Nutrition Programs Tip Sheet, Part 3: Program Requirements](#).



NOTE: Although products whose first ingredient is whole grain or are labeled as whole grain are creditable, they are not necessarily whole grain-rich. See [Crediting Grains in Child Nutrition Programs Tip Sheet, Part 2: Identifying Grain Products That Are Whole Grain-Rich](#) to determine whether a product is whole grain-rich.

Common Grain Ingredients *(not all inclusive)*

Creditable Grains

Non-Creditable Grains

Whole Grain Ingredients

 **Tip:** Look for the words “whole” or “whole grain”

Enriched Grain & Bran and Germ Ingredients

 **Tip:** Look for the word “enriched,” a listing of nutrients used for enrichment, or “bran” or “germ”

Grain Ingredients

 **Tip:** If present, look for the phrase “contains less than 2% of the following:”

Wheat



- Bulgur
- 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

- Enriched bromated flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched semolina
- Enriched wheat flour
- Enriched white flour
- Wheat bran
- Wheat germ

- All purpose flour (not enriched)
- Bromated flour
- Durum flour
- Farina
- Semolina
- Wheat flour
- White flour

Rye



- Flaked rye
- Rye berries
- Rye groats
- Sprouted whole rye
- Whole rye
- Whole rye flour

- Enriched rye flour
- Rye bran

Barley



- Dehulled barley
- Dehulled barley flour
- Whole barley
- Whole barley flour

- Barley malt
- Malted barley flour

Corn



- Corn masa*
- Hominy*
- Hominy grits*
- Masa harina*
- Popcorn
- Whole corn
- Whole cornmeal
- Whole-grain corn
- Whole-grain corn flour
- Whole-grain grits

- Enriched corn flour
- Enriched grits
- Enriched yellow corn flour
- Corn bran

- 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.

Common Grain Ingredients *(not all inclusive)*

Creditable Grains

Non-Creditable Grains

Whole Grain Ingredients

✓ **Tip:** Look for the words “whole” or “whole grain”

Enriched Grain & Bran and Germ Ingredients

✓ **Tip:** Look for the word “enriched,” a listing of nutrients used for enrichment, or “bran” or “germ”

Grain Ingredients

✓ **Tip:** If present, look for the phrase “contains less than 2% of the following:”

Oats



- Oats
- Oatmeal (all types)
- Oat groats
- Whole-grain oat flour

- Oat bran

- Oat fiber

Rice



- Brown rice
- Brown rice flour
- Sprouted brown rice
- Triticale flour
- Wild rice

- Enriched rice
- Enriched rice flour
- Rice bran

- Rice flour

Other



- 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

- Bean or legume flour (e.g., soy, chickpea, lentil)
- Nut or seed flour (any kind)
- Potato flour
- Tapioca flour
- Vegetable flour (any kind)





Test Your Knowledge

Yes or No

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All the products below contribute at least 0.25 oz eq per serving. Based on the product label, are the following grain products made with creditable grains?

1. Wheat bread

INGREDIENTS: Whole-wheat flour, water, enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], honey, yeast, wheat bran, salt, soybean oil, sugar, preservatives [CALCIUM PROPIONATE, SORBIC ACID], datem, monoglycerides, grain vinegar, citric acid, soy lecithin.

Yes No

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2. Snack crackers

INGREDIENTS: Whole-wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil and/or canola oil, sea salt, and less than 2% of the following: organic cane sugar, oat fiber, yeast, malted barley flour, rosemary extract (antioxidant), and ascorbic acid (antioxidant).

Yes No

.....

3. High fiber bread

INGREDIENTS: Whole rye, water, whole rye flour, salt, oat fiber, yeast.

3a. Is it creditable for school meals?

Yes No

3b. Is it creditable for the CACFP?

Yes No





Answers

All products below contribute at least 0.25 oz eq grains per serving. Based on the product label, are the following grain products made with creditable grains?

1. Wheat bread

INGREDIENTS: **Whole-wheat flour**, water, **enriched wheat flour** [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], honey, yeast, **wheat bran**, salt, soybean oil, sugar, preservatives [CALCIUM PROPIONATE, SORBIC ACID], datem, monoglycerides, grain vinegar, citric acid, soy lecithin.

- **Yes. For school meals consider all grain ingredients. Looking at the three highlighted grain ingredients, the first is whole grain (whole-wheat flour), the second is enriched (enriched wheat flour), and the third (wheat bran) is bran, which is assessed as an enriched grain. For all other CNP, the first grain ingredient is whole grain (whole-wheat flour) and therefore, it is creditable.**

- No

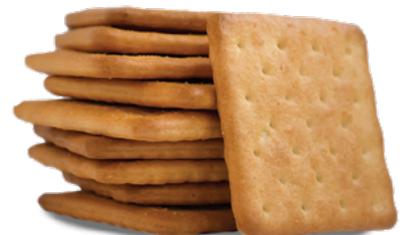


2. Snack crackers

INGREDIENTS: **Whole-wheat flour**, **enriched wheat flour** (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower oil and/or canola oil, sea salt, and less than 2% of the following: organic cane sugar, **oat fiber**, yeast, **malted barley flour**, rosemary extract (antioxidant), and ascorbic acid (antioxidant).

- **Yes. For school meals consider all grain ingredients. Looking at the four highlighted grain ingredients, the first (whole-wheat flour) is whole grain, the second (enriched wheat flour) is enriched, the third (oat fiber) and fourth (malted barley flour) are not creditable, but are present at less than 2 percent, and therefore can be ignored. For all other CNP, the first grain ingredient is whole grain (whole-wheat flour) and therefore, it is creditable.**

- No





Answers

3. High fiber bread

INGREDIENTS: **Whole rye**, water, **whole rye flour**, salt, **oat fiber**, yeast.

3a. Is it creditable for school meals?

- Yes
- No. Based on this label, it is not creditable for school meals. Looking at the three highlighted grain ingredients, the first two (whole rye and whole rye flour) are whole grain, but the third (oat fiber) is not creditable. Therefore, based on this label, this grain product is not creditable. NOTE: This bread may be creditable for school meals if additional product information is obtained from the manufacturer and indicates that oat fiber is present at less than 2 percent of the product weight.**

3b. Is it creditable for CACFP?

- Yes. It is creditable for CACFP. Because the first ingredient is whole grain, the product is creditable. You would need to perform additional steps to see if this item can be served as a whole grain-rich item in the CACFP.**
- No

