

Serve Whole Grains For Healthier School Meals



Whole grains contain fiber, vitamins, minerals, and antioxidants.

Read the ingredient statement for the products to purchase. Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first.

Introduce whole grains in popular products like pizza crust, breads and rolls, hamburger buns, pasta, and breakfast foods.

Modify recipes to add more whole grains. For example, start with smaller amounts of whole-wheat flour (33 percent) in your favorite roll recipe and work up to at least 51 percent.

Refined grains are milled to remove part or all of the bran and/or germ. Most refined grains are “enriched” to add back some of the iron, thiamine, niacin, and riboflavin that were lost in the milling process. Folic acid is added to increase this nutrient in our diets.

What is a Whole Grain?

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

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

Common and usual names for other whole grains are noted below:

- The word *whole* listed before a grain, for example, *whole corn*
- 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

Refer to the next page for a more comprehensive list of whole grains.

Grain products (ingredients) that are not whole grains:

Flour has been designated by the FDA as the term for refined wheat flour. The following ingredients are not whole grains:

flour	phosphated flour	hominy grits
white flour	self-rising flour	hominy
wheat flour	self-rising wheat flour	farina
all-purpose flour	enriched self-rising flour	semolina
unbleached flour	bread flour	degerminated corn meal
bromated flour	cake flour	enriched rice
enriched bromated flour	durum flour	rice flour
enriched flour	corn grits	couscous
instantized flour		

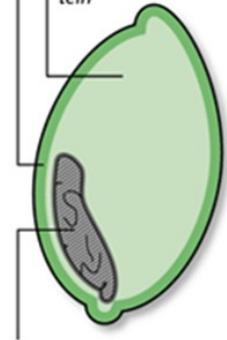
Whole grain kernel

Bran

“Outer shell” protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B-vitamins

List of Common Whole Grains

While this list is extensive, it is NOT comprehensive and therefore may not contain all possible representations of whole-grain ingredient names on food labels.

WHEAT (RED) - the most common kind of wheat in the U.S.

- wheat berries
- whole-grain wheat
- cracked wheat or crushed wheat
- whole-wheat flour
- bromated whole-wheat flour
- stone ground whole-wheat flour
- toasted crushed whole wheat
- whole-wheat pastry flour
- graham flour
- entire wheat flour
- whole durum flour
- whole durum wheat flour
- whole-wheat flakes
- sprouted wheat
- sprouted wheat berries
- bulgur (cracked wheat)
- whole bulgur
- whole-grain bulgur

WHEAT (WHITE)

- whole white wheat
- whole white wheat flour

Oats

- whole oats
- oat groats
- oatmeal or rolled oats
- whole-oat flour

LESS COMMON GRAINS: to be whole grains, “whole” must be listed before the grain name.

- einkorn
- Kamut®
- emmer (faro)
- teff
- triticale
- spelt
- buckwheat
- amaranth
- sorghum (milo)
- millet
- quinoa

BARLEY

- whole barley
- whole-grain barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley flour
- dehulled barley
- dehulled-barley flour

CORN

- whole corn
- whole-corn flour
- whole-grain corn flour
- whole-grain cornmeal
- whole cornmeal
- whole-grain grits

BROWN RICE

- brown rice
- brown-rice flour

WILD RICE

- wild rice
- wild-rice flour

RYE

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

The National Food Service Management Institute has developed new training materials regarding whole grains. The *Whole Grains in Child Nutrition Programs* is available at: <http://www.nfsmi.org/ResourceOverview.aspx?ID=390>

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