









## What's for Lunch? Worksheet 3 – Is it Whole Grain-rich?

Indicate whether each food item meets the **whole grain-rich (WGR) general standard** or whether you need to obtain a product formulation statement (PFS) from the manufacturer to provide more information. To meet the WGR general standard, a product must comply with three criteria:



1. contains **at least 50 percent whole grains** by weight (a whole grain is the first ingredient or if water is the first ingredient, the second ingredient must be a whole grain);
2. any remaining grain ingredients are **enriched**; and
3. any **noncreditable grain ingredients comply with limit of** less than 2 percent of the product formula (less than 3.99 grams for Groups A-G and less than 6.99 grams for Groups H and I).

Ingredients Statement	Is Product WGR?
<p><b>Product 1 – All Natural Whole Wheat Pasta</b></p> <p>Ingredients: whole grain wheat flour, wheat flour, oat fiber.</p> 	<p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS Needed</p> <p>WGR Criteria:</p> <p><input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>
<p><b>Product 2 – Whole Grain Chicken Corn Dog</b></p> <p><b>Batter Ingredients:</b> Water, whole wheat flour, whole grain corn, vegetable oil, sugar, contains 2% or less of leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, ascorbic acid, egg white, dried honey, artificial flavor.</p> <p><b>Chicken Frank Ingredients:</b> Mechanically separated chicken, water, corn syrup solids, contains less than 2% of spices, salt, sodium phosphate, potassium chloride, flavorings, sodium diacetate, sodium erythorbate, sodium nitrite. Contains wheat.</p> 	<p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS Needed</p> <p>WGR Criteria:</p> <p><input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>
<p><b>Product 3 – Whole Wheat Bagel</b></p> <p>Ingredients: whole-wheat flour, sugar, wheat gluten. contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.</p> 	<p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS Needed</p> <p>WGR Criteria:</p> <p><input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>
<p><b>Product 4 – Brand A White Whole Wheat Bread Sticks</b></p> <p>Ingredients: Water, whole wheat flour, unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), honey, yeast, salt, dough conditioners (mono &amp; diglycerides, datem, l-cysteine, ascorbic acid, enzymes), modified food starch, fava bean flour, flavor (natural flavor, modified vegetable gum, hydrolyzed starch, maltodextrin), malted barley flour, dextrose, rye flour.</p> 	<p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS Needed</p> <p>WGR Criteria:</p> <p><input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>

## Worksheet 3 – Is it Whole Grain-rich?, continued

Ingredients Statement	Is Product WGR?
<p><b>Product 5 – Brand B White Whole-Wheat Bread Sticks</b></p> <p>Ingredients: whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. contains less than 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, ascorbic acid, enzyme. may contain milk, soy, egg and sesame.</p> 	<p style="text-align: center;"> <input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> PFS Needed         </p> <p>WGR Criteria:</p> <p> <input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE         </p>
<p><b>Product 6 – Whole-grain Cereal Bar</b></p> <p>Ingredients: whole grain rolled oats, brown sugar, crisp brown rice, whole grain rolled wheat, soybean oil, whole wheat flour, almonds, water, freeze dried bananas, whole corn flour, sodiumbicarbonate, malted barley extract, soy lecithin, natural flavor, caramel color, alpha tocopherol acetate, BHT.</p> 	<p style="text-align: center;"> <input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> PFS Needed         </p> <p>WGR Criteria:</p> <p> <input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE         </p>
<p><b>Product 7 – Reduced Carb Wheat Tortilla</b></p> <p>Ingredients: Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, contains 1% or less of salt, cellulose gum, cornstarch, distilled monoglycerides.</p> 	<p style="text-align: center;"> <input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> PFS Needed         </p> <p>WGR Criteria:</p> <p> <input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE         </p>
<p><b>Product 8 – Whole-Grain Cheese Pizza</b></p> <p>Ingredients: crust (flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). shredded mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). shredded mozzarella cheese substitute (water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid. sauce (water, tomato paste [not less than 28% ntss], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], modified food starch). contains: wheat, milk, and soy.</p> 	<p style="text-align: center;"> <input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> PFS Needed         </p> <p>WGR Criteria:</p> <p> <input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN  <input type="checkbox"/> WGR Criterion 2 – ENRICHED  <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE         </p>

## Worksheet 3 – Is it Whole Grain-rich?, continued

Ingredients Statement	Is Product WGR?
<p><b>Product 9 – Whole-Grain Ready-To-Eat Cereal</b></p> <p>Ingredients: whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin e (mixed tocopherols) and BHT added to preserve freshness.</p> <p>Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride, vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), folic acid, Vitamin A (palmitate), Vitamin B12, Vitamin D3.</p> 	<p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS Needed</p> <p>WGR Criteria:</p> <p><input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN</p> <p><input type="checkbox"/> WGR Criterion 2 – ENRICHED</p> <p><input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>
<p><b>Product 10 – Blueberry Muffin</b></p> <p>Ingredients: whole-wheat flour, sugar, eggs, water, blueberries, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), invert sugar, soybean oil, contains 2% or less of: palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, oat fiber, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, modified food starch, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, wheat starch, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes.</p> 	<p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No   <input type="checkbox"/> PFS Needed</p> <p>WGR Criteria:</p> <p><input type="checkbox"/> WGR Criterion 1 – WHOLE GRAIN</p> <p><input type="checkbox"/> WGR Criterion 2 – ENRICHED</p> <p><input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>



The Connecticut State Department of Education's (CSDE) *What's for Lunch* workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws3](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflws3).