

GRAINS: RULE OF THREE

LIST OF WHOLE GRAINS

(Must be the first ingredient; may be the second or third grain ingredient)

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 United States

- 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
- 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 flour
- whole white-wheat flour

OATS

- whole oats
- oat groats
- oatmeal or instant oatmeal
- rolled oats
- whole-oat flour
- steel cut oats
- quick cooking oats
- old-fashion oats

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 or whole cornmeal
- whole-grain grits
- Nixtamalized corn
- Ground Corn treated with Lime
- Hominy
- Corn Masa
- Masa harnia

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
- rye groats

LESS COMMON GRAINS:

- einkorn: whole grain einkorn flour or sprouted einkorn
- Kamut®
- emmer (farro)
- teff or teff flour
- triticale or triticale flour
- spelt berries or sprouted spelt
- buckwheat: buckwheat, sprouted buckwheat, buckwheat groats, or buckwheat flour
- amaranth or amarath flour
- sorghum (milo) or sorghum flour
- millet or millet flour
- quinoa
- graham flour

BRANS AND GERMS

(may be the second or third grain ingredient)

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

ENRICHED GRAINS

(may be the second or third grain ingredient)

- Enriched wheat flour
- Enriched white flour
- Enriched durum flour
- Enriched rye flour
- Enriched rice flour
- Enriched corn flour
- Enriched bromated flour
- Enriched durum wheat flour
- Enriched rice

DISREGARDED INGREDIENTS

(may be ignored, as these ingredients are not included in the Rule of Three)

- Any ingredients that are less than 2 percent of product weight (any ingredients listed on the ingredient list after the words “contains 2% or less”).
- Any grain derivatives which are generally presented in only small amounts, such as;
 - wheat gluten

- wheat starch
- wheat dextrin
- corn starch
- corn dextrin
- rice starch
- tapioca starch
- modified food starch

NON-CREDITABLE GRAINS OR FLOURS

(The following ingredients are not whole or enriched and cannot be one of the first 3 grain ingredients)

- Bromated flour
- Wheat flour
- White flour
- Durum flour
- Oat fiber
- Corn fiber
- Malted barley flour
- Barley malt
- Corn
- Yellow corn meal
- Yellow corn flour
- Degerminated corn meal
- Semolina
- Farina
- Rice flour
- Potato flour
- Any bean flour
- Any nut

EXAMPLES OF RULE OF THREE:

Example 1: If an English muffin’s ingredient list says: “whole wheat flour, water, enriched wheat flour, wheat starch, yeast, sugar, salt,” does it pass the rule of three and meet the whole grain-rich criteria? **No.** The third grain ingredient is wheat starch; wheat starch is not a creditable grain. The rule of three requires the first three grain ingredients be creditable. Creditable grains are whole or enriched grains, bran, or germ. Wheat starch is not a whole grain or an enriched grain. .

Example 2: A corn chip’s ingredient list reads: “whole corn, vegetable oil, salt, cheddar cheese, maltodextrin, wheat flour, Romano cheese, whey protein concentrate.” This product is not creditable as a whole grain-rich product for CACFP using the *Rule of Three*, because although the first ingredient is a whole grain (whole corn), the next grain ingredient is unenriched wheat flour. However, this item is creditable as a grain that is not being served as a whole grain-rich item because the first grain is a whole grain.

Example 3: A cheese pizza’s ingredient list reads: “mozzarella cheese, parmesan cheese, white whole wheat flour, brown rice flour, enriched flour, non-fat milk, water, tomato paste, yeast.” This product meets the whole grain-rich criteria using the Rule of Three because the first and second grain ingredients are whole grains and the third grain ingredient is enriched.