








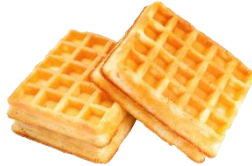
What's for Breakfast? Worksheet 3 – Is it Whole Grain-rich?

Indicate whether the food items below meet the whole grain-rich (WGR) requirement for school meals or if you need to obtain a product formulation statement (PFS) from the manufacturer for more information. To meet the WGR general standard, a product must meet 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 are less than 2 percent** of the product formula. To meet this limit, the combined total of all noncreditable grains in a product cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams for groups H (cereal grains) and I (ready-to-eat breakfast cereals).

Ingredients Statement	Is Product WGR?
<p>Product 1 – Whole Wheat Bagel</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>Product 2 – Brand A White Whole Wheat Bread Sticks</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 & 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>
<p>Product 3 – Brand B White Whole-Wheat Bread Sticks</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>Product 4 – Whole-grain Cereal Bar</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, sodium bicarbonate, 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>

What's for Breakfast Worksheet 3, continued

Ingredients Statement	Is Product WGR?
<p>Product 5 – Reduced Carb Wheat Tortilla</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>Product 6 – Whole-Grain Ready-To-Eat Cereal</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 <input type="checkbox"/> WGR Criterion 2 – ENRICHED <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>
<p>Product 7 – Blueberry Muffin</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 <input type="checkbox"/> WGR Criterion 2 – ENRICHED <input type="checkbox"/> WGR Criterion 3 – NONCREDITABLE</p>
<p>Product 8 – Whole-Grain Waffles</p> <p>Ingredients: whole wheat flour, unbleached, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, lecithin, eggs, sugar, baking powder, whey, soy flour, salt, natural flavor.</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>



The Connecticut State Department of Education's (CSDE) *What's for Breakfast* 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/sbp/wfb/wfbws3.