

MENU GOAL F: WHOLE GRAINS

HEALTHIERUS CHALLENGE MENU CRITERIA: WHOLE GRAINS				
	Bronze	Silver	Gold	Gold Award of Distinction
All School Levels (Elementary and Secondary)	At least 1 serving of whole grain food must be offered:			
	3 or more days per week	3 or more days per week	<u>each day</u>	<u>each day</u>
	At least two of the days must have Group A* whole grains		At least three days must have Group A* whole grains	

NOTES:

The serving size of the whole grain food must be equal to a serving of Grains/Bread as defined by the *Food Buying Guide*, see the charts on the next pages.

The whole grain cannot be the same food item each day.

*Whole grain foods that meet the HealthierUS Challenge criteria are categorized into two groups:
 Group A: Food products with **whole grain(s) as the primary ingredient by weight.**
 Group B: Food products with **whole grain(s) as the primary *grain* ingredient by weight.**
Whole grain products from Group A must be the majority of whole grain foods offered each week.

Whole Grain Grouping Explanation/Example:

When a school-made recipe contains multiple whole grains, it will qualify under Group A if the total weight of the whole grains is more than the weight of any other ingredient. A recipe will qualify under Group B if the total weight of whole grains is more than the weight of the primary grain ingredient. The same principle applies to purchased products that contain multiple grains. Use "Documentation for Foods Containing Multiple Whole Grains" page 33 for required documentation for multiple grain products.

Silver or Bronze Award

Monday	Tuesday	Wednesday	Thursday	Friday
		Group A WG 	Group A WG 	

Gold or Gold Award of Distinction

Monday	Tuesday	Wednesday	Thursday	Friday
	Group A WG 	Group A WG 	Group A WG 	



Write down the whole grain foods meeting the criteria and the portion sizes on the Lunch Menu Worksheet (page 4-7 in the application). Double check that each portion size meets the Bread/Grain serving from the Food Buying Guide.



Place the recipe and/or food labels in your HealthierUS Challenge application packet for each food used to meet the whole grain requirement.

FOOD BUYING GUIDE GRAINS/BREAD SERVINGS

To meet the US Challenge requirements the whole grain food items must be at least the portion size listed in the *Food Buying Guide* charts below.

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies, fruit turnovers, and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts (cake and yeast raised, unfrosted) • Granola bars (plain) • Muffins (all, except corn) • Sweet rolls (unfrosted) • Toaster pastries (unfrosted) 	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cookies (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars • Granola bars (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls (frosted) • Toaster pastries (frosted) 	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake (plain, unfrosted) • Coffee cake 	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies (plain) • Cake (all varieties, frosted) 	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = 1/2 cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry) 	1 serving = 3/4 cup or 1 oz, whichever is less

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.

BARLEY

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

BROWN RICE

- brown rice
- brown rice flour

CORN

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

OATS

- oat groats
- oatmeal or rolled oats (old fashioned or instant)
- whole oats
- whole oat flour

RYE

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

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

- bulgur (cracked wheat)
- bromated whole wheat flour
- cracked wheat or crushed wheat

- entire wheat flour
- graham flour
- sprouted wheat
- sprouted wheat berries
- stone ground whole wheat flour
- toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour
- whole grain bulgur
- whole grain wheat
- whole wheat flour
- whole wheat pastry flour
- whole wheat flakes

WHEAT (WHITE)

- whole white wheat
- whole white wheat flour

WILD RICE

- wild rice
- wild rice flour

LESS COMMON GRAINS *To be whole grain, “whole” must be listed before the grain name.*

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

THE FOLLOWING INGREDIENTS ARE NOT WHOLE GRAINS:

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

GRAIN PRODUCTS THAT MAY OR MAY NOT BE WHOLE GRAIN:

- “Pot” or “Scotch” barley and “pearl” or “pearled” barley are not whole grains because bran has been removed. Look for the words whole barley or whole-grain barley on the product label or in the ingredient statement. However, the FDA has recognized that “dehulled barley” is a whole grain.
- “Stone ground” does not necessarily mean that the product is whole-grain. “Stone ground” describes the process used for making the flour or meal. Look for “whole” in combination with “stone ground” in the ingredient statement.
- Whole corn “treated with lime” (often used in tortilla products, and may be called “masa”) would only be a whole grain if documentation from the manufacturer indicates that the manufacturing process used to prepare the corn with lime retains the pericarp, or bran layer.
- When a grain name, such as corn, oats, or rye flour, is listed in the ingredient statement, but no descriptor (such as “whole grain” for corn or “brown” for rice) is listed, the SFA needs to obtain further documentation from the manufacturer before purchasing the food product to meet the US Challenge criteria.

While popcorn is a whole grain, it is considered a snack food item and is not credited as grains/breads in the USDA *Food Buying Guide*. Popcorn will not count toward the US Challenge whole-grain criteria even if it is served as an extra component of the reimbursable meal.



DOCUMENTATION FOR FOODS CONTAINING MULTIPLE WHOLE GRAINS

Documentation for Foods Containing Multiple Whole Grains for the HealthierUS School Challenge			
Schools should provide this documentation on school letterhead for recipes. Manufacturers should provide this information on company letterhead for commercial products.			
School District or Company Name:			
Recipe/Product Name:			
Product Code (if applicable):			
1	Attach copy of recipe or product ingredient statement.		
2	Highlight or underline all items that are whole grains in the attached recipe or product ingredient statement.		
3	Serving size according to the recipe:	or in grams for product:	
4	Total weight of all whole-grain ingredients in the recipe or product:		
5	Weight of primary ingredient in recipe or listed first in ingredient statement: (To qualify for Group A: Weight of Item #4 is greater than Item #5.)		
6	Weight of primary grain ingredient in recipe or listed first in ingredient statement: (To qualify for Group B: Weight of Item #4 is greater than Item #6.)		
7	School District or Company representative's signature that all information is accurate:		
Signature			
	Printed Name	Title	
	Email	Date	
		Yes	No
A	Does the serving size for this food equal 1 Grains/Breads serving? (see Item #3)		
B	Are all of the ingredients highlighted in Item #2 above considered whole grains according to HUSSC criteria? If not, ask for corrected information.		
C	Does weight of Item #4 exceed weight of Item #5?		
D	Does weight of Item #4 exceed weight of Item #6?		
E	Are answers to Items A, B, and C yes? If yes, food product meets Group A.		
F	Are answers to Items A, B, and D yes? If yes, food product meets Group B.		