

# WHOLE GRAINS

## New Requirements

School Food Authorities shall offer whole grain or whole grain-rich products for at least half of the required servings until school year 2014–2015 when all grains must be whole grain or whole grain-rich.

## Foundations

Grain foods supply carbohydrates for energy as well as vitamins B and E, folic acid and minerals such as iron, zinc and magnesium. Fiber is also an important part of whole grains. Schools should increase the amount and variety of whole grain products offered to students.

The consumption of whole grains is strongly encouraged in the 2010 Dietary Guidelines for Americans with the recommendation that at least half of the grains consumed each day should come from whole grains.

## Definition

### Whole grain rich:

- Products must contain at least 50 percent whole grains and the remaining grains in the product must be enriched.

### What are some examples of whole grain?

Enriched Wheat	Pot Barley
Bread	Pearled Barley
Durum Flour	Bran
Corn Flour	Rice
Grits	Couscous
Semolina	Multi-grain
Cornmeal	Stone-ground
De-germinated	Seven-grain
Cornmeal	



### Whole grain:

- Purchased foods: the whole grain must be listed first in the ingredients
- Homemade foods: more than 50 percent of the grains in the recipe must be whole grains.

Following is the official definition of whole grains, approved and endorsed by the Whole Grains Council in May 2004:

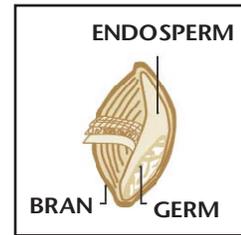
Whole grains or foods made from them contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

### Food names that may not be whole grains:

Buckwheat	Whole oats/oatmeal
Bulgur	Whole-grain cornmeal
Brown rice	Whole-grain corn
Popcorn	Whole-grain barley
Millet	Wild rice
Quinoa	Whole rye
Whole wheat	



Whole grains have the entire grain seed or kernel. The kernel has three parts: bran, germ, and endosperm.



## Using USDA Foods

Schools can order whole-wheat flour, brown rice, and whole-grain pastas (spaghetti and rotini) through the USDA Foods Program.

### SAMPLE

#### Whole Grain Ingredient Label

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, RAISIN JUICE, CANOLA OIL (NON-HYDROGENATED) CULTURED WHEY, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, VINEGAR, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DISTILLED MONOGLYCERIDE, CALCIUM PEROXIDE, ASCORBIC ACID, AZODICARBONAMIDE, ENZYMES), CALCIUM SULFATE, SOY FLOUR, CORN STARCH, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE). CONTAINS:

### Menu Tips

- Gradually add whole grains to your menus to allow time for students to get used to them.
- Provide taste tests of new whole-grain foods prior to serving them.
- Identify whole grains on your menu to let families know you are serving a whole-grain item. For example, instead of listing “roll” list “whole-wheat roll” on your menu. This will also encourage families to try whole-grain items at home.

## Recipe Ideas

- Introduce whole grains in popular products like pizza crust, breads and rolls, hamburger buns, pasta, breakfast foods, and mixed dishes, such as meatballs. For more variety, include some less common whole grains.
- Modify recipes to add more whole grains. For example, start with smaller amounts of whole-wheat flour in your favorite roll recipe and work up to more whole grains over time.
- Share successful recipes with other schools.

Find whole grain recipes at:

<http://www.wholegrainscouncil.org/recipes/school-recipes>

## Alaska Options

Alaska Grown grain options include barley and wheat.

