

# Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.

## #1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

WGR<sup>1</sup>

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich.

An **FDA STANDARD OF IDENTITY** is a set of rules for what a certain product must contain or may contain to legally be labeled with that product name.

**ONLY** breads and pastas with these exact product names conform to FDA's Standard of Identity and can be considered whole grain-rich using this method:

### BREADS

- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls
- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns

### PASTAS

- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli
- whole wheat macaroni product



**NOTE:** Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as, "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.

## #2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC-APPROVED WHOLE GRAIN FOOD LIST

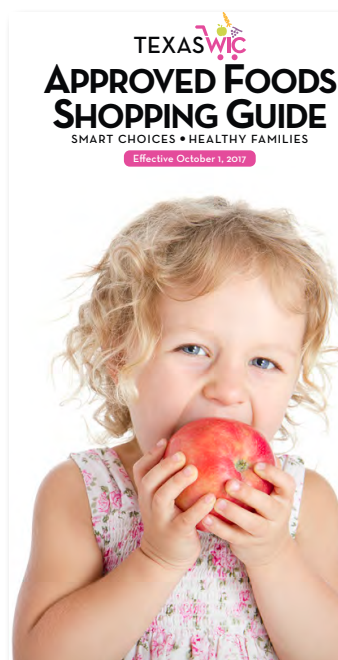
# WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.

**NOTE:** Complete product guides identifying all WIC creditable food products can be found on State agency websites.

WGR<sup>2</sup>



**Whole Grains**

**Whole-Wheat Bread** **WIC<sup>TM</sup>**

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) loaves
- 100% whole-wheat

**NOT WIC APPROVED:** Sugar-free.

**Brown Rice** **WIC<sup>TM</sup>**

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package

**NOT WIC APPROVED:** White rice, added seasonings, sugar, fat, oil, or salt.

**Tortillas** **WIC<sup>TM</sup>**

Look for the Pink WIC Sticker

- 16 oz. (1 lb.) package
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf

**NOT WIC APPROVED:** White-flour tortillas.

**Oatmeal**

Choose These Brands

- 16 oz. (1 lb.) box or bag
- Yellow or white-corn
- 100% whole-wheat refrigerated or shelf

**Best Choice** Quick or Old Fashioned Oats  
**Mom's Best Naturals** Quick or Old Fashioned Oats

**Whole-Wheat Pasta**

Choose These Brands

- 16 oz. (1 lb.) box or bag
- 100% whole-wheat
- Any shape such as bows, elbows, penne, rotini, shells, spaghetti and spirals

**Store Brands**

- America's Choice
- Central Market (H-E-B)
- Full Circle
- Great Value
- H-E-B Organics
- Kroger
- Natural Directions
- O Organics
- Sharfline
- Simple Truth

**National Brands**

- Barilla
- Hodgson Mill
- Riccetto
- Ronzoni Healthy Harvest

6 TEXAS WIC APPROVED FOODS SHOPPING GUIDE

# Identifying Whole Grain-Rich

#3

## FDA STATEMENT



One of the following FDA statements is included on the labeling:

*"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."*

*"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."*

FNS is allowing the FDA whole grain health claims to be sufficient documentation to demonstrate compliance with the whole grain-rich criteria in the CACFP, **ONLY**.



#4

## RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.

(reference NCA's Identifying Grain Ingredients for list of creditable grains)

#1 Whole Grain      2nd Grain Ingredient

**INGREDIENTS:** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.  
**CONTAINS: WHEAT, MILK**

There is no 3rd grain ingredient.

WGR<sup>4</sup>

## DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.
2. Any grain ingredients that are listed as "less than 2%..." of the product weight.

#1 Whole Grain

Grain Derivative

**INGREDIENTS** Whole Wheat Flour, Filtered Water, Vital Wheat Gluten, Brown Sugar. Contains 2% Or Less Of The Following: Wheat Fiber, Cultured Wheat Starch, Vinegar, Inulin, Yeast, Oat Fiber, Soybean Oil, Salt, Soy Lecithin, Barley Malt Powder, Enzyme Blend (Wheat Flour, Dextrose, Natural Enzymes), Ascorbic Acid.

Listed after "Less than 2%..." statement

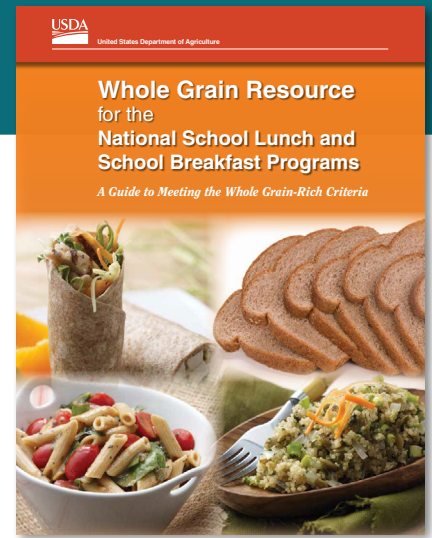


# Identifying Whole Grain-Rich

## #5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

WGR<sup>5</sup>



Available to download at [cacfp.org](http://cacfp.org) and the USDA FNS website.

## #6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

WGR<sup>6</sup>

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products.



## What about cereal?

WGR<sup>C</sup>

If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it also meets the whole grain-rich criteria.

#1 Whole Grain

**INGREDIENTS:** Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

**VITAMINS AND MINERALS:** Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Fortified



### Don't forget...

Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place.

**Cheerios**  
**Nutrition Facts**  
 Serving Size 1 cup (28g) Children Under 4 - 3/4 cup (21g)  
 Servings Per Container about 12 Children Under 4 - about 16

Amount Per Serving	Cheerios	with skim milk	Cal for Children under 4
<b>Calories</b>	100	150	80
	Calories from Fat	15	20
		10	10
	% Daily Value**		
<b>Total Fat</b> 2g*	3%	3%	1.5g
<b>Saturated Fat</b> 0.5g	3%	3%	0g
<b>Trans Fat</b> 0g			0g
<b>Polysaturated Fat</b> 0.5g			0.5g
<b>Monounsaturated Fat</b> 0.5g			0.5g
<b>Cholesterol</b> 0mg	0%	1%	0mg
<b>Sodium</b> 140mg	6%	8%	105mg
<b>Potassium</b> 180mg	8%	11%	135mg
<b>Total Carb</b> 20g	7%	8%	15g
<b>Dietary Fiber</b> 3g	11%	11%	0g
<b>Soluble Fiber</b> 1g			1g
<b>Sugars</b> 1g			1g
<b>Other Carbohydrate</b> 15g			12g
<b>Protein</b> 3g			2g
	% Daily Value**		
<b>Protein</b>			9%
<b>Vitamin A</b>	10%	15%	10%
<b>Vitamin C</b>	10%	10%	10%
<b>Calcium</b>	10%	25%	8%
<b>Iron</b>	45%	45%	50%
<b>Vitamin D</b>			6%
<b>Vitamin B1</b>			6%
<b>Vitamin B2</b>			6%
<b>Vitamin B6</b>			6%
<b>Vitamin B12</b>			6%
<b>Vitamin D3</b>			6%
<b>Total Fat</b>			25g
<b>Total Carb</b>			50g

**Ingredients:** Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness, Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), a B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), a B Vitamin (folic acid), Vitamin B12, Vitamin D3.

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Not made with genetically modified ingredients. Trace amounts of genetically modified ingredients may be present due to potential cross contact during manufacturing and shipping.

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 \*This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.  
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# GRAINS 101



**BRAN** is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

**CREDITABLE GRAINS** represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole grains or enriched meal and/or flour.

**ENRICHED** means that the product conforms to the U.S. Food and Drug Administration's, (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

**FLOUR** is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).



**GERM** is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

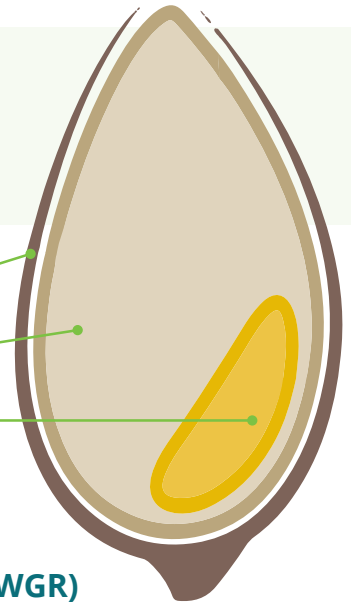
**PRIMARY GRAIN INGREDIENT** is the first grain ingredient listed in the ingredient statement.

**WHOLE GRAIN** contains all parts of the grain kernel which includes the bran, germ and endosperm.

**Bran**  
"Outer shell" protects seed  
Fiber, B vitamins, trace minerals

**Endosperm**  
Provides energy  
Carbohydrates, protein

**Germ**  
Nourishment for the seed  
Antioxidants, vitamin E, B-vitamins



## WHOLE GRAIN-RICH (WGR)

is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.

## Identifying Whole Grain-Rich



# Identifying Grain Ingredients

## WHOLE GRAINS

### CORN

- Whole Corn
- Whole Grain Corn
- Whole Grain Corn Flour

### OATS

- Instant Oatmeal
- Oat Groats
- Old Fashion Oats
- Quick Cooking Oats
- Steel Cut Oats
- Whole Grain Oat Flour

### RICE

- Brown Rice
- Sprouted Brown Rice
- Wild Rice

### RYE

- Rye Groats
- Sprouted Whole Rye
- Whole Rye Flour

### WHEAT

- Bulgur
- Cracked Wheat
- Graham Flour
- Sprouted Whole Wheat
- Wheat Berries
- Wheat Groats
- Whole Durum Flour
- Whole Grain Wheat Flakes
- Whole Wheat Flour

### OTHER WHOLE GRAINS

- Amaranth
- Amaranth Flour
- Buckwheat
- Buckwheat Flour
- Buckwheat Groats
- Millet
- Millet Flour
- Quinoa
- Sorghum
- Sorghum Flour
- Spelt Berries
- Sprouted Buckwheat
- Sprouted Einkorn
- Sprouted Spelt
- Teff
- Teff Flour
- Triticale
- Triticale Flour
- Whole Einkorn Berries
- Whole Grain Einkorn Flour
- Whole Grain Spelt Flour

## CREDITABLE GRAINS

- Any Whole Grain Above
- Enriched Grains
- Bran or Germ  
*Creditable in CACFP, SFSP & afterschool snacks only.*

*These ingredients are not whole nor enriched and cannot be one of the first 3 ingredients when identifying whole grain-rich products.*

### NON-CREDITABLE GRAINS

- Barley Malt
- Corn
- Corn Fiber
- Degerminated Corn Meal
- Farina
- Oat Fiber
- Semolina
- Yellow Corn Meal

### NON-CREDITABLE FLOURS

- not enriched*
- Any Bean Flour
  - Any Nut Flour
  - Bromated Flour
  - Durum Flour
  - Malted Barley Flour
  - Potato Flour
  - Rice Flour
  - Wheat Flour
  - White Flour
  - Yellow Corn Flour



## DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain ingredients that are listed as "less than 2%..." of the product weight.
2. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

*Please note that this list is not meant to be exhaustive, and there may be other items that qualify, or are not creditable, that are not listed above. Check with your sponsor and/or state agency.*

# Identifying Whole Grain-Rich

# In the Aisles

## FOOD IS LABELED AS "WHOLE WHEAT" AND MEETS FDA STANDARD OF IDENTITY



## RULE OF THREE

The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.



**Ingredients:** White Quinoa,<sup>1</sup> Red Quinoa,<sup>2</sup> Black Quinoa<sup>3</sup>



**Ingredients:** Whole Wheat Flour,<sup>1</sup> Enriched Bleached Flour,<sup>2</sup> Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Brown Sugar, Sugar, Dried Molasses, Salt, Wheat Germ,<sup>3</sup> Hydroxylated Soy Lecithin, Soy Flour.



**Ingredients:** Whole Grain Wheat Flour,<sup>1</sup> Canola Oil, Sugar, Corn Starch Malt Syrup (From Corn And Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate And Baking Soda). Bht Added To Packaging Material To Preserve Freshness.  
2\* considered disregarded



**Ingredients:** Organic Whole Wheat Flour,<sup>1</sup> Organic Wheat Flour,<sup>2</sup> Organic Vegetable Oil (Organic Expeller Pressed Sunflower Oil and Organic Expeller Pressed Palm Fruit Oil), Organic Whole Flax Flour, Organic honey, Organic Whole Oat flour, Organic Sesame Seeds, Organic Evaporated Cane Syrup...

**DOES NOT MEET WGR⁴**  
2nd grain is not whole or enriched. \*

## CEREAL 1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.



**Ingredients:** Whole Grain Wheat, Sugar, Contains 2% or Less of Brown Rice Syrup, Gelatin, BHT for Freshness.

**Vitamins and Minerals:** Reduced Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Zinc Oxide, Folic Acid, Vitamin B12.



**Ingredients:** Whole Grain Wheat, Corn, Sugar, Whole Grain Rolled Oats, Brown Sugar, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Whey (from Milk), Malted Corn and Barley Syrup, Honey, Caramel Color, Natural and Artificial Flavor, Annatto Extract (Color), BHT Added to Packaging Material to Preserve Product Freshness.

**Vitamins and Minerals:** Reduced Iron, Niacinamide, Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Zinc Oxide (Source of Zinc), Folic Acid, Vitamin B12, Vitamin D3.



**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Salt, Brown Sugar Syrup, Tricalcium Phosphate, Vegetable and Fruit Juice Color, Baking Soda, Citric Acid, Natural Flavor. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.



**Ingredients:** Whole Grain Oats\*, Cane Sugar\*, Sunflower Oil\*, Rice\*, Whole Grain Quinoa\*, Whole Grain Spelt\*, Kamut Brand Khorasan Wheat\*, Molasses\*, Sea Salt, Cinnamon\*, Natural Flavor\*. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.\*Organic.

**DOES NOT MEET WGRᶜ**  
Not fortified with Vitamins & Minerals. \*



Visit us at [www.cacfp.org](http://www.cacfp.org) for more information. This institution is an equal opportunity provider.

\* These products may meet another standard for identifying whole grain-rich but do not in the section noted.



# Identifying Cereal Sugar Limits



Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.



## 1 WIC

Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

**Product Example:**  
Dora the Explorer



\* confirm with your states WIC approved cereal list.

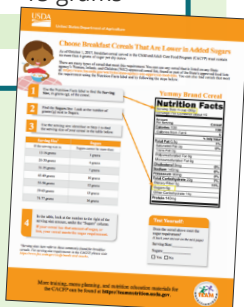
## 2

### Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar."

The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

#### ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	
78-82 grams	

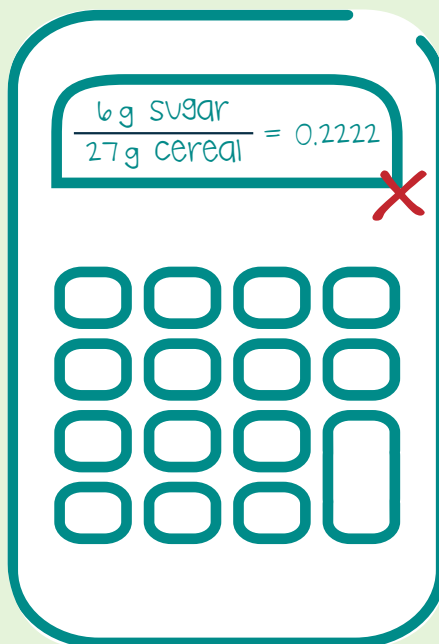


## 3

### Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

- 1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
- 2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



**GRAMS OF SUGAR PER SERVING** if  $\leq 0.212$   
**GRAMS OF CEREAL PER SERVING** it is creditable



Amount Per Serving	Dora the Explorer
<b>Calories</b>	100
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Sugars</b> 6g	
Other Carbohydrate 14g	
<b>Protein</b> 1g	

Calories	100	45%
Iron	10%	25%
Vitamin D	25%	30%
Thiamin	25%	35%
Riboflavin	25%	25%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	50%	50%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	2%	15%
Magnesium	2%	4%
Zinc	25%	30%

\* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 220mg sodium, 260mg potassium, 29g total carbohydrate (12g sugars), and 6g protein.  
\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories 2,000 2,500  
Total Fat 65g 80g  
Sat Fat 20g 25g  
Cholesterol 300mg 300mg  
Sodium 2,400mg 2,400mg  
Potassium 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Corn Syrup, Canola Oil, Salt, Cinnamon, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>12</sub> (cobalamin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B<sub>2</sub>, Vitamin D<sub>3</sub>.

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F 3215606105 SSG 3484952105



(https://www.fns.usda.gov/tv/cacfp-meal-pattern-training-tools)



**Product Example:** Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

*Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.*

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# Wondering if your food is **WHOLE GRAIN-RICH**?

