

# Grains and Breads



## What are the requirements and serving sizes?

- At least half of the grains offered must be whole grain-rich at lunch, effective July 1, 2012
- Daily grains quantity for lunch is 1 oz. eq. for age/grade group K-5 and age/grade group 6-8, and 2 oz. eq. for age/grade group 9-12
- Weekly grains quantity for lunch is 8-9 oz. eq. for age/grade group K-5, 8-10 oz. eq. for age/grade group 6-8, and 10-12 oz. eq. for age/grade group 9-12
- Schools serving lunch 6 or 7 days per week must increase the weekly grains quantity by approximately 20 percent (1/5) for each additional day
- Schools operating less than 5 days per week may decrease the weekly quantity by approximately 20 percent (1/5) for each day less than five.
- May count up to two grain based desserts per week towards meeting the grain requirement
- At least half of the grains offered must be whole grain-rich at breakfast, effective July 1, 2013
- Daily grains quantity for breakfast is 1 oz. eq. for age/grade group K-5, age/grade group 6-8, and age/grade group 9-12
- Weekly grains quantity for breakfast is 7-10 oz. eq. for age/grade group K-5, 8-10 oz. eq. for age/grade group 6-8, and 9-10 oz. eq. for age/grade group 9-12
- Once the daily minimum grain quantity required (1oz. eq. for all age-grade groups) for breakfast, may offer a meat/meat alternate in place of grains, effective July 1, 2013
  - Meat/Meat Alternate can count toward the weekly grains requirement (credited as 1 oz eq. of meat/meat alternate is equivalent to 1oz. eq. of grain)
- All grains must be whole grain-rich for both breakfast and lunch, effective July 1, 2014 (two years post implementation)

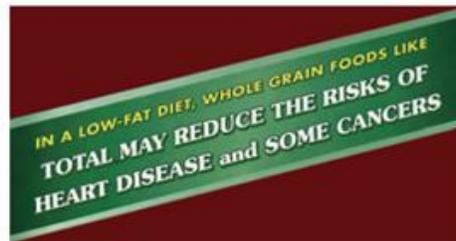
## What are whole grains and how are they evaluated?

- Whole grains means grains that consist of the intact, ground, cracked, or flaked grain seed whose principal anatomical components – the starchy endosperm, germ and bran – are present in the same relative proportions as they exist in the intact grain seed.
- Whole grain-rich products must contain at least 50 percent whole grains and the remaining grains must be enriched

- Grains must be evaluated using the following guidance:
  - Element #1 – A serving of the food item must meet portion size requirements for the Grains/Breads component
  - Element #2 – The food must meet at least one of the following:
    - The whole grains per serving (based on minimum serving sizes specified for grains/breads in FNS guidance) must be  $\geq 8$  grams
      - Whole Grain Stamp:



- The product includes the following Food and Drug Administration (FDA) – approved whole grain health claim on its packaging “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”
- Whole Grain Health Claim:



- Product ingredient listing lists whole grain first, specifically:
  - Non-mixed dishes (e.g. breads, cereals): Whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list)
  - Nutrition Facts and Ingredients (Whole Wheat Bread):

**Ingredients:** WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, WHEAT BRAN, MOLASSES, SOYBEAN OIL, SALT, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, DATEM, GRAIN VINEGAR, CITRIC ACID, SOY LECTHIN, WHEY, NONFAT MILK

LEARN WHAT THESE NUTRITION FACTS MEAN TO YOU.

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 slice (38g) Servings Per Container 18 Calories 90 Calories from Fat 10		Total Fat 1g	2%	Total Carbohydrate 18g	6%
		Saturated Fat 0g	0%	Dietary Fiber 2g	8%
		Trans Fat 0g		Sugars 3g	
		Polysaturated Fat 0g		Protein 4g	
		Monounsaturated Fat 0g			
		Cholesterol 0mg	0%		
		Sodium 135mg	6%		
		Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6% • Thiamin 4% Riboflavin 2% • Niacin 6% • Folic Acid 2%			

\*Percent (% Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

- Mixed dishes (e.g. pizza, corn dogs): Whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list)
- Nutrition Facts and Ingredients (Corn Dog):

**Batter Ingredients:** Water, whole wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soy flour, soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.  
**Chicken Frankfurter Ingredients:** Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite.

- Items prepared by school: The recipe is used to determine whether the total weight of whole grain ingredients exceeds the total weight of the non-whole grain ingredients
- Recipe (Whole Grain Bread Stick):

**Recipe: 002263 WHOLE GRAIN Bread Stick-ELEM**  
 Recipe Source:  
 Recipe Group: GRAINS & BREADS

Alternate Recipe Name:  
 Number of Portions: 300  
 Size of Portion: 1OZ

050401 FLOUR, WHOLE WHEAT.....	5 LB + 4 OZ
050395 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	4 LB + 12 OZ
075151 WATER, HOT.....	3 QT + 1 1/2 CUP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 CUP
000054 MILK, NONFAT DRY, POWDER (INSTANT).....	2 CUP
000992 YEAST, Active Dry.....	1 CUP
075090 SUGAR, GRANULATED.....	2 CUP + 3/4 CUP
089630 SALT.....	1/4 CUP
075015 GARLIC POWDER.....	2 TBSP
901095 ITALIAN SEASONING.....	1 TBSP
990063 MARGARINE, COMMODITY PROCESSED VALUED.....	3 TBSP
115860 CHEESE, PARMESAN, GRATED.....	3 TBSP

## How is USDA supporting this requirement?

- Whole grain USDA foods available: brown rice, parboiled brown rice, rolled oats, whole wheat flour, whole-grain kernel corn, and whole-grain rotini, spaghetti and macaroni
- The Child Nutrition Labeling Program is being updated to report whole grain-rich contributions to the grains component