List of Whole Grains

**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
- Wild rice

**Corn**
- Whole corn
- Whole-corn flour
- Whole-cornmeal
- Whole-grain corn flour
- Whole-grain grits

**Wild Rice**
- Wild rice
- Wild-rice flour

**Oats**
- Oat groats
- Oatmeal or rolled oats
- Whole oats
- Whole-oat flour

**Wheat (White)**
- Whole white wheat
- Whole

**Wheat (Red)**
*This is the most common kind of wheat in the U.S.*
- Bulgur (cracked wheat)
- Bromated whole-wheat flour
- Cracked or crushed wheat
- Entire wheat flour
- Graham flour
- Sprouted wheat
- Sprouted what 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

**Rye**
- Whole rye
- Rye berries
- Whole-rye flour
- Whole-rye flakes

**Less Common Whole Grains**
- Amaranth
- Buckwheat
- Millet
- Quinoa
- Sorghum (milo)
- Teff
- Triticale

Grains NOT Considered Whole Grains

Grain ingredients that should not be considered whole grains include:
- Flour
- White flour
- Wheat flour
- All-purpose flour
- Unbleached flour
- Bromated flour
- Enriched flour
- Instantized flour
- Phosphate 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

CDE NSD information adapted from the USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs, March 2015
Non-Creditable Grains

- Oat fiber
- Corn fiber
- Bran
- Wheat bran
- Germ
- Wheat germ
- Corn starch
- Wheat starch
- Modified food starch (including potato, legume, and other vegetable flours)
- Potato flour, potato starch, soy flour
- Wheat flour (unenriched)
- White flour
- Chicory root powder, corn mean (not whole)
- Rice flour/starch
- Semolina
- Vegetables or legume flour/starches/fibers:
  - Potato flour/starch
  - Soy flour
  - Chicory root flour
  - Potato starch
  - Tapioca starch
  - Pea flour/starch/fiber
  - Taro flour
  - Arrowroot powder
  - Nut flours/meals

Notes:

If purchased grain products include these ingredients, they must be present at a level of less than 2% of the product formula (or less than 0.25 oz. eq.) for the product to be creditable at lunch or breakfast.

Wheat gluten is neither a creditable nor a non-creditable grain. You can ignore it.

Ready to Eat cereals can contain more than 6.99 gm of non-creditable grains as long as the primary ingredient is a whole grain and the product is fortified.

Grain products that often do not meet the whole grain-rich criteria are whole corn “treated with lime” (often used in tortilla chips, taco shells and tamales, and may be called “masa”). These items must bear one of the FDA whole-grain health claims on product packaging in order to meet the whole grain-rich criteria. Manufacturers may also provide documentation showing that their product meets the requirements for this claim to demonstrate that the whole grain-rich criteria are met. Please see Management Bulletin USDA-SNP-01-2013 Corn Masa (Dough) for Use in Tortilla Chips, Taco Shells, and Tamales on the CDE Management Bulletin Web page at [http://www.cde.ca.gov/ls/nu/sn/mbusdasnp012013.asp](http://www.cde.ca.gov/ls/nu/sn/mbusdasnp012013.asp) and the USDA Whole Grains Resource on the USDA Web page at [http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf](http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf) for more guidance on selecting products made from corn masa.

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