

# NUTRITION NEWS

LSF Child Care Food Program

Building a Healthier Generation

MARCH 2019

## Identifying WHOLE GRAIN RICH Foods Using the Ingredients List

The ingredient list is printed on the food packaging of products and includes information on flours, grains, and other ingredients that are in the product. You can identify grains that are whole grain-rich (WGR) by looking at the first three grain ingredients that appear on the ingredient list. This method is known as the **Rule of Three**. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some WGR foods may have only one grain ingredient.

Source: USDA Team Nutrition

### Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the Rule of Three



### Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa/ masa harina
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oats
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole corn
- Whole durum flour
- Whole grain corn
- Whole grain corn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole rye flour
- Whole wheat flour

### Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word "enriched" in front of it.

*In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: "Durum flour (niacin, iron, riboflavin, folic acid, thiamin)." The vitamins listed in the parenthesis indicate that the durum flour is enriched.*

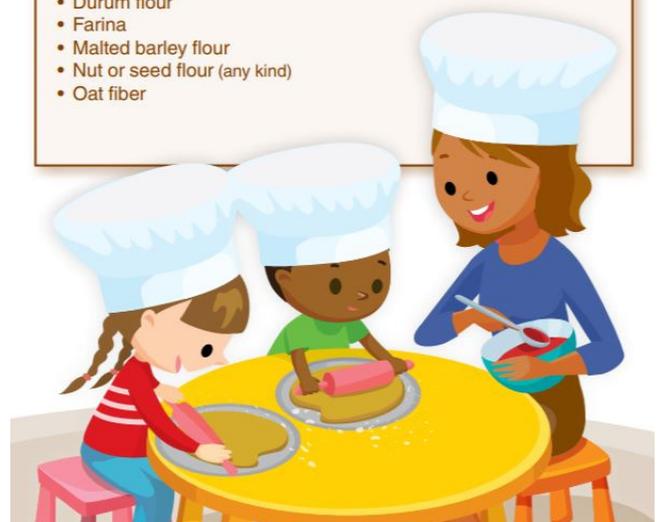
### Non-Creditable Grains or Flours

*Cannot be one of the first three grain ingredients for whole grain-rich items.*

- Barley malt
- Bean flour (such as soy, chickpea, lentil, legume, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

### Bran or Germ Ingredients

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ



# Apple Spinach Salad



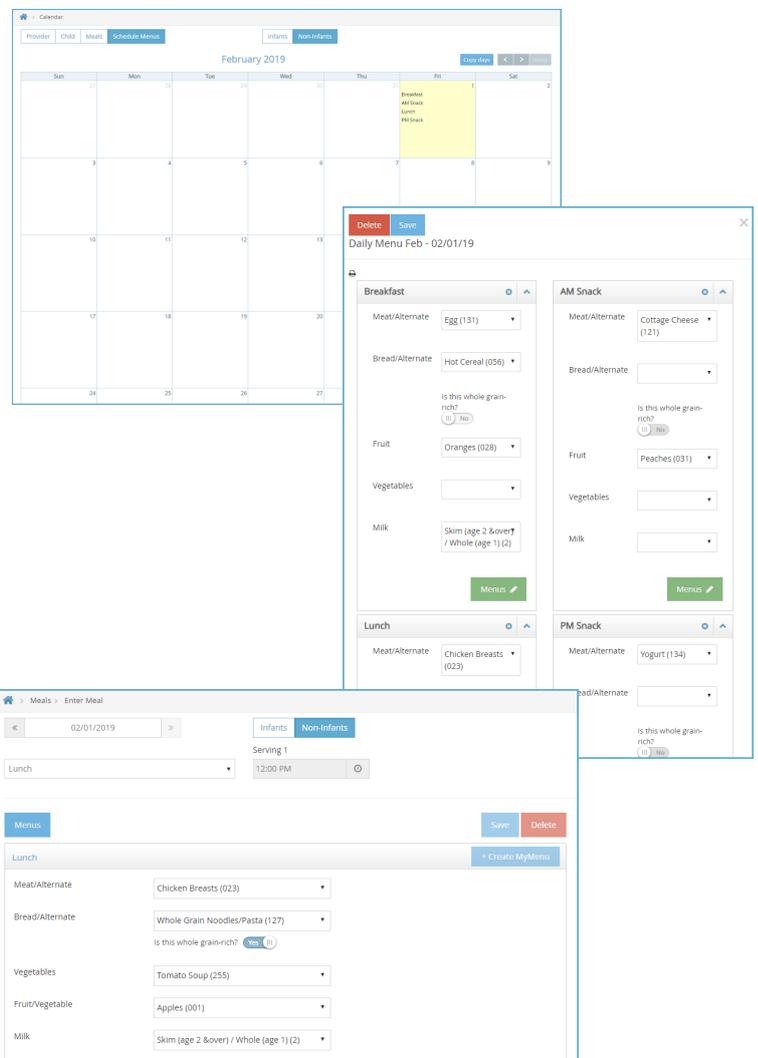
- 2 cups baby spinach
- 1 cup thin apple slices
- ½ cup raisins
- ¼ cup feta cheese

Toss spinach, apple slices, raisins and feta cheese together. Sprinkle with your favorite vinaigrette salad dressing.

Source: Nutrition Matters Inc.

## HOW TO: Schedule Menus

1. From the menu to the left, click Calendar. Note that any meals you have already scheduled display on the calendar.
2. Click Schedule Menus.
3. Select Infants or Non-Infants.
4. Click the date for which to schedule menus. The Daily Menu pop-up opens.
5. Use the drop-down menus to select the components for each listed meal. you can also click Menus to select a saved menu.
6. When finished, click Save. The meal automatically displays on the Enter Meal page for that day when you select a meal time.



Source: help.kidkare.com

**WELCOME**  
TO OUR NEWEST  
DAY CARE HOME PROVIDERS!

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