Flow Chart for Determining if Grains/Breads are Whole Grain Rich

A. A whole grain is listed as the first ingredient on the product’s ingredient list.
   Yes _____________________
   No

B. If water is the first ingredient, the next ingredient is labeled as whole grain.
   Yes _____________________
   No

C. The primary ingredient by weight is whole grains with multiple whole-grain ingredients and the combined weight of these ingredients is more than the other ingredients.
   Yes _____________________
   No

D. The first ingredient is whole grain with all other grains enriched or whole.
   Yes _____________________
   No

E. The following claim is stated on the package:
   “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.”
   Yes _____________________
   No

F. The following claim is stated on the package:
   “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.”
   Yes _____________________
   No

This food is creditable as a whole grain rich grains/bread component.

This food is not creditable as a whole-grain rich grains/breads component.