DCC'S WHOLE GRAIN REFERENCE LIST

ARE YOU READY FOR SOME NEW WHOLE GRAIN IDEAS?

WE GATHERED THIS LIST FROM WHOLE GRAIN ITEMS THAT OUR PROVIDERS ARE USING WITH SUCCESS IN THEIR DAY CARE HOMES. REMEMBER TO SERVE A VARIETY OF WHOLE GRAINS AND SERVE ONE WHOLE GRAIN ITEM EACH DAY! THIS LIST IS BY NO MEANS ALL-INCLUSIVE!

DCC/CHILD AND ADULT CARE FOOD PROGRAM WHOLE GRAIN PRODUCT REFERENCE LIST

(None of these categories are inclusive of all the whole grain products available to you. This list is meant to serve as a general guideline-we are sorry, pictures could not be included due to how lengthy it would make this list)

CEREALS-NOTE: this list is not all inclusive as there are SO many cereals. If you find a cereal NOT on this list please refer to the enclosed sugar chart to see if it meets the sugar requirements. REMEMBER, just because a cereal is whole grain does not mean it meets the sugar requirements. Also, when applying the rule of three criteria for ready to eat breakfast cereals, if the first grain ingredient is a whole-grain and the cereal is fortified, the product meets the whole grain rich criteria and you do not have to analyze any additional grain ingredients. As always, your visitor is happy to help you analyze any label! Please note many flavored cereals ARE over sugar limits even if they are whole grain- ex: Honey Nut Cheerios.

Best Choice(Price Chopper) Happy O's
Best Choice (Price Chopper) Wheat Crisps
Hy-Vee Tastee O's
General Mills Cheerios- plain (yellow box)
General Mills Cheerios- multigrain (purple box)
General Mills Kix- plain
General Mills Kix-Berry
Quaker Life Cereal-original
Quaker Life Cereal- multigrain
Market Pantry (Target)-Frosted Shredded Wheat
Great Value (Walmart)-Frosted Shredded Wheat
Millville (Aldi)-Frosted Mini Wheats- Bite Size
General Mills Blueberry Chex
General Mills Rice Chex
General Mills Wheat Chex
General Mills Corn Chex
NOTE-many off brand "Chex" are not WG so we can help you analyze
Post Bran Flakes
Granola-must be analyzed individually for sugar volume as many do not meet the sugar requirements even though many are whole-grain
Oatmeal: plain, steel cut, quick oats, rolled oats, instant, old-fashioned
*please note that most flavored oatmeals do not meet the sugar requirements but we would be happy to check for you.
QUAKER does have some flavored oatmeals(indiv. pkgs.) that meet sugar requirements:
-Quaker Instant Oatmeal S'mores
-Quaker Instant Oatmeal Lower Sugar Variety Pack
-Quaker Instant Oatmeal Variety Pack- Finer and Protein (Maple & Brown Sugar, Cinn, Banana)
Cream of Wheat-white box- whole grain

WAFFLES-
Kellogg Eggo Thick and Fluffy Whole Grain Original Waffles
Kellogg Eggo Thick and Fluffy Whole Grain Apple Cinnamon
Kellogg Eggo Thick and Fluffy Whole Grain Blueberry
Fit and Active Whole Grain Waffle-(Aldi)
Fit and Active Multigrain Waffle - (Aldi)
Hy-Vee Whole Wheat Pancake and Waffle Mix
Kodiak Power Waffles
Kodiak Cakes Super Foods Flapjack and Waffle Mix
Kodiak Cakes Gluten Free Flapjack and Waffle Mix
Kashi Go Protein Waffles- Wild Blueberry
Kashi Waffle- 7 Grain
Kashi Waffles-gluten free—Original
365 Whole Foods Market Waffles- Blueberry
Bob's Red Mill Pancake and Waffle Mix-10 Grain
Bob's Red Mill Pancake and Waffle Mix- Whole Grain

PANCAKES-
Kodiak Cakes Super Foods Flapjack and Waffle Mix
Kodiak Power Flap Jacks- Buttermilk
Wheat Montana Farms and Bakery 100% Whole Grain Pancake Mix
Hodgson Mill Whole Wheat Pancake Mix-Buttermilk
Hy-Vee Whole Wheat Pancake and Waffle Mix
King Arthur Essential Goodness Super Grain Pancake Mix

ENGLISH MUFFIN-
Udi's Gluten Free Whole Grain English Muffin
Trader Joe's English Muffin- Whole Wheat
Hy-Vee 100% Whole Wheat English Muffin-NOTE- there are several versions so the ingredient list must say, "wheat flour, yeast, honey" (water can be ignored) then goes into the less than 2% ingredient list-if it includes degermed yellow cornmeal is before the 2% it is not a whole grain, only creditable
Ezekiel Sprouted Whole Grain English Muffin
Ezekiel Sprouted Grain Flax English Muffin
Ezekiel Cinnamon Raisin Sprouted Whole Grain English Muffins
NOTE-The very popular Thomas brand English Muffins do NOT meet CACFP whole-grain rich criteria although they are creditable to serve. They contain farina which is not wg unless "whole farina"

BAGEL-
Lenders Bagels Pre- Sliced 100% Whole Wheat
Lenders Refrigerated 100% Whole Wheat Bagel
Udi's Gluten Free Whole Grain Bagel (yellow and green pkg)
Pepperidge Farm Whole Grain Mini Bagel-100% Whole Wheat
Hy-Vee Bagel- 100% Whole Wheat Larger Bakery Style Bagel-5 pre-sliced

BREAD-This list is by No means all inclusive because there are too many to list. If the package says 100% whole wheat or 100% whole grain no need to look at label.
Oroweat Sandwich Thins 100% Whole Wheat
Oroweat Oatnut- green package
Oroweat 100% Whole Wheat
Oroweat Whole Grain Oatnut- red pkg.
Oroweat 12 grain-red package(not grain and seed variety due to cultured wheat flour as 3rd ing)
Market Pantry (Target) -100% Whole Wheat
Great Value (Walmart) -Round Top 100% Whole Wheat
Great Value (Walmart)-12 Grain and Seed Sandwich Loaf
Great Value (Walmart)- Multigrain Bread
Nature's Own 100% Whole Grain
Live G Free ((Aldi)- Seeds and Grains Bread
Loven Fresh (Aldi) 100% Whole Wheat
Fit and Active (Aldi)-Wheat Bread
Fit and Active (Aldi)-Multigrain Bread
Sara Lee Delightful White Bread 45 Calorie
Sara Lee Delightful Healthy Multi-Grain Bread 45 Calorie
Sara Lee Delightful 45 Calorie - white bread
Sara Lee Delightful 100% Whole Grain 45 Calorie
Sara Lee Delightful 100% Whole Wheat
Loven Fresh Sandwich Skinny-Multigrain-(Aldi)

HAMBURGER BUNS-
Nature's Own Hamburger Bun 100% Whole wheat
Great Value Hamburger Buns 100% Whole Wheat
Pepperidge Farm 100% Whole Wheat Bun
Arnold Sandwich Buns-100% Whole Wheat

ROLLS- please let your visitor analyze any you would like to use as WG

PASTA/NOODLES-
Barilla Whole Grain Penne
Barilla Whole Grain Elbows
Barilla Rotini Whole Grain
Barilla Spaghetti Whole Grain
Ronzoni Pasta- Rotini Whole Grain
Great Value (Walmart) Whole Wheat Penne- High in Fiber
Market Pantry (Target) Whole Grain Spaghetti
Great Value (Walmart) Whole Wheat Spaghetti
Great Value Whole Wheat Rotini
Simply Nature (Aldi) Whole Wheat Spaghetti
Hy-Vee Whole Wheat Rotini
Good And Gather (Target) Whole Wheat Rotini

OTHER AUTOMATIC WHOLE GRAINS-probably won't say "whole"
Brown Rice
Wild Rice
Quinoa

CORN PRODUCTS-MUST say whole or enriched to serve at all – this list is whole-grain corn products

Tortilla Chips:
Mission Tortilla Strips(corn masa first ingredient)
Mission Restaurant Style Thin and Crispy (corn masa first ingredient)
Mission Tortilla Rounds (corn masa first ingredient)
Way Better Snacks Tortilla Chips Multi-Grain
Tostitos Crispy Rounds (several versions so make sure Whole White Corn is 1st Ingredient)
Late July Chia and Quinoa Tortilla Chips
Wild Roots Red Quinoa Chia Tortilla Chips(Sam's/Walmart)
NOTE- Fritos are not creditable

Tortillas-
Mission Whole Wheat Original Tortillas
Great Value (Walmart) Whole Wheat Flour Tortillas
Market Pantry (Target) 100% Whole Wheat Tortillas
Romero's Corn Tortillas, Whole Grain
Ortega Whole Wheat Tortillas
Best Choice (Price Chopper) Whole Wheat Tortilla
Hy-Vee Whole Wheat Flour Tortilla

Taco Shells-
Ortega Whole Grain Corn Taco Shells
Old El Paso Taco Shells Stand and Stuff
Guerrero Tostadas(flat shell)

Cornbread Mix-
Bob's Red Mill Cornmeal
Bob's Red Mill Gluten Free Cornbread Mix
Kodiak Cornbread Mix

Other WG corn ingredients-
Hominy Grits
Corn Masa
Masa Harina
Limed Corn

SNACKS/ CRACKERS-
Popcorn
Pepperidge Farm Goldfish baked with 12 g whole-grain cheddar crackers
Wheat Thins
Triscuit
Triscuit Thin Crisps- Original
Triscuit Minis Original
Savoritz (Aldi)Crackers Thin Wheat
Savoritz (Aldi) Woven Whole Wheat Crackers Original
Scooby- Doo Graham Crackers Cinnamon
Scooby- Doo Graham Crackers Honey
Teddy Grahams-chocolate, honey, cinnamon, chocolate chip
Pepperidge Farm Goldfish Giant Graham Cracker Cinnamon
Belly Bears by Readi-Bake(Walmart)- chocolate, honey, cinnamon
Ritz Toasted Chips- Multigrain
Ritz Cracker Sandwiches Baked With Whole Grain Wheat- White Cheddar Filling
Great Value (Walmart) Rice Cakes-Lightly Salted
Great Value (Walmart) Rice Cakes-Caramel
Quaker Rice Cakes- Salt Free
Quaker Rice Cakes-Lightly Salted
Quaker Rice Chocolate Rice Cakes
NOTE: many rice cakes contain degerminated corn so that negates the whole-grain volume and they are only a creditable item and not WG-we can help analyze

Cheez-It Baked Snack Crackers Made With Whole Grain-only the ones sold in individual packages are WG
SunChips
SIMPLY Chex Snack Mix- cheddar and strawberry
NOTE-Traditional Chex Mix in blue pkg not WG due to degerminated corn meal, nor regular cheddar Chex mix

Pita chips or bread-please let us individually analyze if you find one you believe could be whole-grain
Wasa Crispbread- Whole Grain- brown package