



Whole Grains and Enriched Grains

What Kentucky Child Care regulations say about serving Whole Grains and Enriched Grains?

*922 KAR 2:120. Child-care center health and safety standards.
Section 9. Food and Meal Requirements.
A serving of bread shall only consist of whole or enriched grain.*

Whole-grain flour or meal is the product derived by grinding the entire grain. If a flour or meal does not contain the bran and the germ, it is not whole grain. If a food product is made from whole grain, the product name on the label will usually include the word **“whole”** or **“entire”** and is the primary grain ingredient and stated as such on the label.

Enriched means that the product conforms to the Food and Drug Administration’s standard of identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms “enriched,” “fortified,” or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements. If a food product is enriched, the product name on the label will include the word **“enriched”** and is the primary ingredient. Some examples include: “enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, and folic acid)”, enriched corn meal, enriched self rising flour.

Examples of foods that qualify as grains/breads

Foods that qualify as grains/breads in the Child Nutrition Programs are **Enriched** or **Whole-Grain**, or are made from enriched or whole-grain meal and/or flour. **Bran** and **Germ** (two components of grain) are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

- **Breads** that are enriched or whole-grain or made from enriched or wholegrain meal and/or flour, bran, and/or germ. Examples: whole wheat bread, entire wheat bread, oat bran bread.
- **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or Whole-grain meal and/or flour, bran, and/or germ. Examples: whole wheat rolls, enriched rolls, entire wheat buns.
- **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat, or couscous** that are enriched, whole-grain, or fortified. Examples: brown rice, quick cooking /old fashioned oatmeal.
- **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.
- **Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies, or breading on fish or poultry** when the cereal or bread ingredients are enriched or whole-grain, or when the cereal is fortified.
- **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour. Examples: whole wheat macaroni, enriched macaroni.
- **Sweet food products such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products** when made with whole grain, enriched or whole-grain meal and/or flour, bran and/or germ are permitted.
- **Pie crust** when made with enriched or whole-grain meal and/or flour.
- **Non-sweet snack food products such as hard pretzels, hard bread sticks, and tortilla chips** made from enriched or whole-grain meal and/or flour.

CHILD CARE FLOW CHART FOR DETERMINING GRAINS/BREADS CREDIBILITY

