



WHOLE GRAINS

New Standard

School Food Authorities shall offer one whole grain in all serving lines at least three times per week at breakfast and at least three times per week at lunch.

A whole grain food is defined as:

- Purchased Foods: the whole grain must be listed first in the ingredient list.
- Homemade Foods: more than 50% of the grains in the recipe must be whole grains.

Rationale

School Food Authorities should increase the amount and variety of whole grain products offered to students.

The consumption of whole grains is strongly encouraged in the *2005 Dietary Guidelines for Americans* with the recommendation that at least half of the grains consumed each day should come from whole grains.

What is a Whole Grain?

Whole grains consist of the entire grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm.

