
(con't) WHOLE GRAINS

Terms that do not indicate whole grains:

- Flour
- Enriched flour
- Wheat flour
- Bread flour
- Durum flour
- Grits
- Hominy
- Semolina
- Cornmeal
- Degerminated cornmeal
- Corn flour
- Rice
- Rice flour
- Couscous
- Pearled barley/pot barley
- Multi-grain
- Stone-ground
- Seven-grain
- Bran

Terms that do indicate whole grains:

- Whole wheat
- Whole oats/oatmeal
- Whole grain corn
- Whole grain cornmeal
- Popcorn
- Brown rice
- Wild rice
- Whole rye
- Whole grain barley
- Buckwheat
- Tritacale
- Bulgur
- Millet
- Quinoa
- Sorghum

Using Commodities to Meet This Standard

Schools can order whole wheat flour and whole grain pastas (spaghetti and rotini) through the USDA Food Distribution Program. Idaho is also participating in the USDA Whole Grain Pilot Program which will offer whole grain pancakes and whole grain tortillas to schools.

Menu Tips

- Gradually add whole grains to your menus to allow time for students to get used to them.
- Provide taste tests of new whole grain foods prior to serving them.

- Identify whole grains on your menu to let families know you are serving a whole grain item. For example, instead of listing “roll” list “whole wheat roll” on your menu. This will also encourage families to try whole grain items at home.

Recipe Ideas

- Introduce whole grains in popular products like pizza crust, breads and rolls, hamburger buns, pasta, breakfast foods, and mixed dishes, such as meatballs. For more variety, include some less common whole grains.
- Modify recipes to add more whole grains. For example, start with smaller amounts of whole wheat flour in your favorite roll recipe and work up to more whole grains over time.
- Share successful recipes with other schools.

Whole grain recipes can be found on the Idaho Nutrition Standards web site at www.sde.idaho.gov/site/cnp/nutritionStandards/

Sample Whole Grain Ingredient Label:

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), WATER, ~~WHEAT GLUTEN, BROWN SUGAR, YEAST, RAISIN JUICE, CANOLA OIL (NON-HYDROGENATED) CULTURED WHEY, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, VINEGAR, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DISTILLED MONOGLYCERIDE, CALCIUM PEROXIDE, ASCORBIC ACID, AZODICARBONAMIDE, ENZYMES), CALCIUM SULFATE, SOY FLOUR, CORN STARCH, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE).~~ **CONTAINS:**