



# Ask the DIETITIAN

— Today's Topic: *Grains* —

**What is the new meal pattern requirement for whole grain-rich foods?**

The requirement for the new meal pattern is that at least one of the grains offered each day is a whole grain-rich food.

**Do enriched grains still count for the CACFP?**

Yes! All grains must be either enriched or whole grains to credit for the CACFP. Only one grain per day is required to be whole grain-rich. The other grains on your menu should be enriched if they are not whole grains.

**Can I switch to serving all whole grains?**

Absolutely. There is no limit to the number of grains each day that are whole grain-rich.

**Does each child need to be offered a whole grain every day?**

No. The requirement is that you offer a whole grain-rich food once per day, not once for each child.

**What is the definition of “whole grain-rich”?**

The USDA definition of whole grain-rich is that the grain component of a product is 51% or more whole grain by weight.

**What is the difference between 100% whole grain and whole grain-rich?**

100% whole grain means that ALL the grains are whole grain. In a whole grain-rich food, only 51% of the grains need to be whole grains.

**How do I figure out if one of my recipes is whole grain-rich?**

To analyze a recipe for the whole grain-rich requirement, you would want to figure out the weight of grains in the recipe and then make sure that at least 51% of the weight of the grains comes from whole grains. For a quick tip, whole grain flour weighs more than white flour. So if your recipe calls for equal amounts of whole wheat flour and white flour, then that recipe meets the criteria for whole grain-rich if those are the only grain ingredients.

**What happens to my claim if I forget a whole grain-rich food on a certain day?**

Meals or snacks are disallowed in a way that still gets you the most reimbursement. So if you offered a grain at breakfast, lunch and snack and none of them contained a whole grain-rich food, then you would not be paid for snack. If you offered a grain at only breakfast and lunch (but not snack), then breakfast would not be paid. If you only offered a grain at lunch (but not breakfast or snack), then lunch would not be paid.

**How often can I serve a meat/meat alternate instead of a grain at breakfast?**

You can substitute a meat/meat alternate for a grain at breakfast up to three times per week. Remember that you can always serve a meat/meat alternate alongside a grain at breakfast. In that case the meat/meat alternate would be an “extra”.

**Do I have to substitute a meat/meat alternate for a grain at breakfast?**

No. It is not a requirement that you substitute meat/meat alternate for grain at breakfast.

**How does My Food Program help with documenting compliance with the whole grain-rich requirement?**

We want to make it easy to participate in the CACFP! We help with the whole grain-rich requirement in several ways.

1. Our food database lists foods with specific brand names. These products have been evaluated by our registered dietitian to determine if they meet the whole grain-rich requirement
  2. Our system has a reminder at the top of each menu on each day that lets you know if you've met the whole grain-rich requirement for the day or not
  3. We provide sponsors the option to disallow meals when a whole grain-rich food is missing or allow them to be paid, but provide you with a reminder. This flexibility will be removed on October 1, 2018 when the USDA flexibility expires.
- No. It is not a requirement that you substitute meat/meat alternate for grain at breakfast.