

What is “Whole Grain-Rich” (WGR)?

- WGR is the standard for whole grain content of foods in the School Meals and CACFP programs
- WGR is the level of whole grain recommended for **all** WIC breakfast cereals by the National Academies of Sciences in their 2017 review of the WIC Food Packages
- WGR allows foods that may be naturally lower in whole grain to qualify as “whole grain” under various USDA nutrition program requirements
- There is a 3-pronged criteria under the WGR definition:
 - Meets the FDAMA-approved health claim which requires at least 51% of the product’s net weight be whole grain and the product must provide a good source of fiber (used as a marker to help identify a whole grain food) **or**
 - Lists “Whole” as the first ingredient **or**
 - Provides at least 8g of whole grain per serving



The National Academies 2017 review of WIC Food Packages* identifies that “whole grain remains a “priority food group” for women and children.