



ACTIVITY: Is it WGR using the Rule of Three?

1. Read each ingredient list to determine if the item is whole grain-rich (WGR) using the **Rule of Three**.
2. Write down the grain ingredients on the lines. Include grain derivatives. Note, there may be more than 3 grain ingredients.
3. For each grain ingredient, check the type of grain it is.
4. In the box below, check the correct answer.

100% Whole Wheat Pizza Crust
Ingredients: Whole Wheat Flour, Water, Palm Oil, Yeast, Wheat Gluten, Milk Casein, Salt, Mozzarella Cheese (Milk, Cheese Cultures, Salt And Enzymes), Sugar

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient (or 2 nd after water): _____					
2 nd grain ingredient: _____					
3 rd grain ingredient: _____					
4 th grain ingredient: _____					

Is this product: Whole grain-rich Not WGR, but still creditable as a grain

Ultragrain Tortilla
Ingredients: Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Glycerine, Cornstarch, Dextrose, Cultured Wheat Flour, Wheat Gluten, Salt, Honey, Sodium Bicarbonate

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient (or 2 nd after water): _____					
2 nd grain ingredient: _____					
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Wheat Breadsticks
Ingredients: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamine, Riboflavin, Folic Acid), Wheat Starch, Yeast, Sugar. Contains Less Than 2% Of: Soybean Oil, Salt, Oat Fiber, Honey

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1 st Ingredient (or 2 nd after water): _____					
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Crackers Made with Whole Grain

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), whole wheat flour, vegetable oil, cheese made with skim milk (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color). Contains 2% or less of salt, paprika, yeast, paprika extract color, soy lecithin

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
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Multigrain Waffles 8 Whole Grains

Ingredients: Water, 8 whole grains mix (whole wheat, oat, barley, brown rice, dark rye, quinoa, amaranth and millet flours), canola oil, wheat bran, oat fiber, cane sugar, baking powder, malt extract, sea salt, organic honey, cinnamon, soy lecithin

	WG	Enriched	Bran/ Germ	Grain Derivative	Non- creditable
1 st Ingredient (or 2 nd after water): _____					
2 nd grain ingredient: _____					
3 rd grain ingredient: _____					
4 th grain ingredient: _____					

Is this product: Whole grain-rich Not WGR, but still creditable as a grain