

# ***Whole Grains***

## **Resource Guide for WIC State and Local Agencies**



**Prepared by the Supplemental Food Programs Division  
Food and Nutrition Service  
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## ***Table of Contents***

<b><i>Topic</i></b>	<b><i>Page</i></b>
<i>Overview</i>	<b>3</b>
<b><i>1. Training Materials for State and Local Staff</i></b>	<b>3</b>
• <b>Whole Grains – The Basics</b>	<b>3</b>
1. Dietary Guidelines – Whole Grain Recommendations	<b>3</b>
2. MyPyramid Grain Resources	<b>3</b>
• <b>General Information, Handouts, Fact Sheets</b>	<b>4</b>
3. American Dietetic Association and the Whole Grains Council – Whole Grains Made Easy	<b>4</b>
4. PA Nutrition Education Network – A Guide to Whole Grains	<b>4</b>
5. Nebraska Extension – Meet the Grain Group	<b>4</b>
6. Kansas State Extension – Healthful Whole Grains	<b>4</b>
• <b>Government Resources – FDA Draft Guidance, Health Claim, Standard of Identity, and Child Nutrition Whole Grain Resource.</b>	<b>4</b>
1. FDA Draft Guidance on Whole Grains	<b>5</b>
2. FDA Approved Health Claim for Whole Grain Foods	<b>5</b>
3. Standard of Identity for Whole Wheat Bread, Rolls, and Buns	<b>5</b>
4. Healthier US Schools Challenge – Whole Grain Resource	<b>5</b>
• <b>Tools for Determining WIC Whole Grain Food Eligibility</b>	<b>6</b>
1. How to Determine Whole Grain Cereal Eligibility	<b>6</b>
2. How to Determine Whole Grain Bread Eligibility	<b>6</b>
3. List of Whole Grain Ingredients	<b>6</b>
<b><i>2. Education Materials for WIC Moms and Caregivers</i></b>	<b>6</b>
• <b>General Information, Handouts, Fact Sheets</b>	<b>6</b>
1. MyPyramid Resources	<b>6</b>
2. CNPP – Get on the Whole Grain Train (coming soon)	<b>6</b>
3. NIH/NCI Action Guide for Whole Grains	<b>6</b>
• <b>Guidebook</b>	<b>7</b>
1. The Healthy Family Guidebook	<b>7</b>
• <b>Menus and Recipes</b>	<b>7</b>
1. MyPyramid sample menu	<b>7</b>
2. Food Stamp Nutrition Connection and NAL RecipeFinder	<b>7</b>
<b><i>3. Educational Materials for Children</i></b>	<b>8</b>
• <b>Activity Sheets and Book</b>	<b>8</b>
1. Whole Grain Choo Choo Train book	<b>8</b>
2. MyPyramid coloring sheet for kids	<b>8</b>
3. PowerPanther Activity Sheets	<b>8</b>
<b><i>4. Research Resources</i></b>	<b>9</b>
• <b>ERS/ARS Research on Whole Grains</b>	<b>9</b>

## **Overview**

The addition of whole grains to the WIC Food Packages responds to new dietary guidance to increase consumption of whole grains.

This resource guide provides training and educational resources to support the implementation of the new WIC food packages – specifically consumption of whole grains. The guide highlights materials that are consistent with the 2005 *Dietary Guidelines for Americans*, MyPyramid, and Healthy People 2010 Goals. This guide is by no means comprehensive and may not have resources for all ethnic groups served by WIC.



### **1. Training Materials for State and Local Staff**

#### **Whole Grains – The Basics**

The Dietary Guidelines for Americans and MyPyramid provide the primary source of dietary health information for policymakers, nutrition educators and health providers. For complete information, go to <http://www.mypyramid.gov/guidelines/> and <http://www.mypyramid.gov/>. The following items may be of special interest to WIC staff:

#### **Dietary Guidelines Whole Grain Recommendation -**

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>

- Chapter Five describes key recommendations on food groups to encourage including at least 3 ounce equivalents or more of whole grains per day.

**MyPyramid Grains Group -** <http://www.mypyramid.gov/pyramid/grains.html>

- Provides comprehensive information on the importance of grains in a healthy diet, including tips on how to increase consumption of whole grains, what counts as a serving in the grains group, health benefits of grains, and contains several images of whole grain servings. Also see MyPyramid Education Framework for key concepts to the MyPyramid food guidance system: ([www.mypyramid.gov/downloads/MyPyramid\\_education\\_framework.pdf](http://www.mypyramid.gov/downloads/MyPyramid_education_framework.pdf))



## **General Information, Handouts, Fact Sheets**

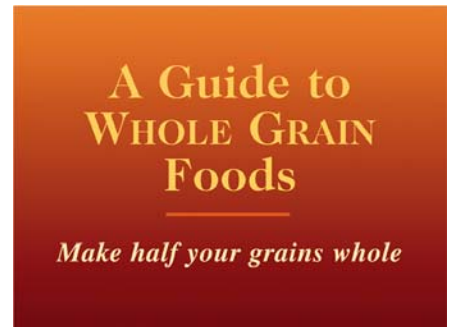
**American Dietetic Association and the Whole Grains Council –Whole Grains Made Easy** [http://www.eatright.org/ada/files/Whole\\_Grains.pdf](http://www.eatright.org/ada/files/Whole_Grains.pdf)

- This two page fact sheet provides an overview on what is a whole grain, the health benefits of whole grains, as well as how to include whole grains at meals, including a one-week sample menu.

**Pennsylvania Nutrition Education Network – A Guide to Whole Grain Foods**

[http://panen.psu.edu/DPR/WholeGrains\\_DPR.pdf](http://panen.psu.edu/DPR/WholeGrains_DPR.pdf)

- This 16 slide PowerPoint presentation on whole grain foods, developed for the Pennsylvania Food Stamp Program, provides excellent whole grain illustrations.



**Extension of Nebraska – Meet the Grain Group**

<http://lancaster.unl.edu/food/grains.shtml>



- This PowerPoint interpretation of the MyPyramid recommendations for grains provides comprehensive information on how to use nutrition fact labels and ingredient panels to identify whole grain products. This website also provides a summary handout on whole grains.

**Kansas State Extension – “Healthful Whole Grains”**

<http://www.oznet.k-state.edu/humannutrition/mf2560.pdf>

- Provides good information on how whole grains affect health, the definition of a whole grain and more tips on getting whole grains into your daily diet.

## **Government Resources – Food and Drug Administration (FDA) Draft Guidance, Health Claim, Standard of Identity, and Child Nutrition Whole Grain Guide.**

The following documents represent authoritative information from the FDA regarding the whole grain label statements, approved whole grain health claim, and the FDA’s Standard of Identity for food products named whole wheat bread, whole wheat rolls and whole wheat buns. These documents are of particular interest to WIC State Agencies as they are referenced documents in the revised WIC Food Package Regulation.

### **FDA Draft Guidance on Whole Grain Label Statements -**

<http://www.cfsan.fda.gov/~dms/flgragui.html>

- The Food and Drug Administration which oversees the safety and integrity of our food supply, issued draft guidance in February 2006 on whole grain label statements to assist industry and manufacturers in labeling their products. The document contains useful background information, definitions, and Q & A's related to the identification of whole grain products.



### **FDA Health Claim Notification for Whole Grain Foods with Moderate Fat Content**

<http://www.cfsan.fda.gov/~dms/flgrain2.html>

- Provides narrative on the FDA approved health claim submitted through notification by Kraft Foods, August 2003. The health claim reads, “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

### **FDA Standard of Identity for Whole Wheat Bread, Rolls and Buns**

<http://www.cfsan.fda.gov/~lrd/FCF136.html>

- Provides regulatory information for manufacturers on the FDA standard of identity for products that bear the name “whole wheat bread, whole wheat rolls and whole wheat buns” on their product label.



### **Child Nutrition Healthier US Schools Challenge – Whole Grain Guide**

- Provides excellent information on determining whole grain products, specifically for the Child Nutrition school programs participating in the Healthier US Schools Challenge. It should be noted that the information found in this resource guide is not specific to the eligibility of whole grains in the WIC Program; however State agencies may find the background information useful.

<http://www.fns.usda.gov/tn/HealthierUS/WholeGrainsforHealthierUS.pdf>



## **Tools for Determining WIC Whole Grain Food Eligibility**

The following links are tools to assist State agencies in determining whole grain product eligibility for their State WIC Food lists. These documents are housed on the WIC Works Resource System website ([www.nal.usda.gov/wicworks/](http://www.nal.usda.gov/wicworks/)) under the New WIC Food Packages section heading.

### **How to Determine Whole Grain Cereal WIC Eligibility**

([http://www.nal.usda.gov/wicworks/Learning\\_Center/FP/wgbread\\_flow.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/FP/wgbread_flow.pdf))

- This decision tree provides a step-by-step approach for WIC State Agencies to use in determining whole grain cereal product eligibility.

### **How to Determine Whole Grain Bread WIC Eligibility**

([http://www.nal.usda.gov/wicworks/Learning\\_Center/FP/wgcereal\\_flow.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/FP/wgcereal_flow.pdf))

- This decision tree provides a step-by-step approach for WIC State Agencies to use in determining whole grain bread product eligibility.

### **List of Whole Grain Ingredients (coming soon)**

- To be used as a reference in the determination of whole grain product eligibility. It is important to note this list is **NOT** comprehensive and therefore may not contain all possible representations of whole grain ingredient names on food labels. State agencies should obtain written documentation from the manufacturer when the grain name is listed without a descriptor, such as “corn”. Further clarification of whole grain ingredients should be addressed with the State Agency’s Regional Office.

## ***2. Education Materials for WIC Moms and Caregivers***

### **General Information, Handouts, Fact Sheets**

**MyPyramid Grains Group** <http://www.mypyramid.gov/pyramid/grains.html>

- Provides consumer information on whole grains, including the health benefits of whole grains, what counts as a serving, and tips to include whole grains as part of a healthy diet.





## Center for Nutrition Policy and Promotion - Get on the Whole Grain Train

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/GrainTrain-revisedMar08.pdf>

- This colorful multi-page handout provides consumer friendly information on whole grains that supports nutrition education messages from the MyPyramid food guidance system.



## National Institutes of Health /National Cancer Institute Action guide for whole grains

[http://www.pueblo.gsa.gov/cic\\_text/food/guideeat/grains.html](http://www.pueblo.gsa.gov/cic_text/food/guideeat/grains.html)

- Provides user-friendly facts on whole grains, and helpful tips on how to increase whole grain consumption at meals.

## **Guidebook**

### Food Stamps – Loving Your Family Feeding Their Future

<http://www.nal.usda.gov/fsn/Loving/HealthyFamilyGuidebookEnglish.pdf>

- This great resource developed by the Food Stamp program provides “*The Healthy Family Guidebook*” in English and Spanish and has a chapter on whole grains, plus 2-weeks of low-cost menus and recipes that meet the Dietary Guidelines.

## **Menus and Recipes**

### Eat Smart. Play Hard.™ Healthy Lifestyles web page

<https://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>

- Designed for parents and caregivers, the web page provides quick, easy, and healthy recipes and menus that taste good. For additional Eat Smart. Play Hard.™ Resources for parents check out: [http://www.fns.usda.gov/eatsmartplayhard/collection/parent\\_broch.html](http://www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html)



### MyPyramid Sample Menu

[www.mypyramid.gov/downloads/sample\\_menu.pdf](http://www.mypyramid.gov/downloads/sample_menu.pdf)

- Provides a 1-week sample menu for a 2000-calorie diet that meets MyPyramid recommendations for all food groups.

### Food Stamp Nutrition Connection and National Agricultural Library – RecipeFinder

<http://recipefinder.nal.usda.gov/>

- This website allows one to search for recipes by cost, menu item (soup, side dish, main dish, etc.), audience (older adults, parents of young children, Hispanic, etc), cooking equipment needed, and cooking/preparation time.

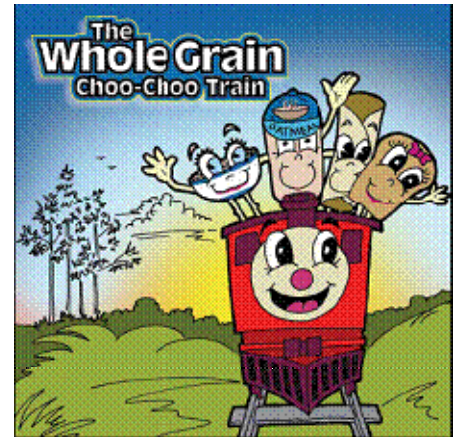
### 3. Educational Materials for Children

#### **Activity Sheets and Book**

##### **Florida Department of Health -Whole Grain Choo Choo Train book**

[http://www.doh.state.fl.us/family/WIC/Documents/whole\\_grain\\_choo-choo\\_train\\_book/index.html](http://www.doh.state.fl.us/family/WIC/Documents/whole_grain_choo-choo_train_book/index.html)

- *The Whole Grain Choo-Choo Train* is a 33-page children’s book emphasizing the importance of eating whole grains. The book is geared to preschoolers to 1st graders, and includes characters called *Bonita Brown Rice*, *Ollie Oatmeal*, *Tito Soft Corn Tortilla*, and *Haley Whole Wheat Bread*.



##### **MyPyramid for Kids Coloring Page**

<http://teamnutrition.usda.gov/Resources/mypyramidcoloringpage.html>

- Provides a MyPyramid for kids coloring page.

##### **Power Panther Grocery Store Treasure Hunt**

<http://www.fns.usda.gov/eatsmartplayhardkids/Travel/grocerystore.pdf>



- Provides an interactive, fun activity for both parents and children to enjoy while shopping at the grocery store. The activity helps parents and children track down where healthy foods, including whole grains are located in the grocery store.

##### **Power Panther’s Picnic**

<http://www.fns.usda.gov/eatsmartplayhardkids/Library/actsheets.htm>

- Provides an activity sheet on healthy eating for ages 4-6, as part of the Eat Smart. Play Hard™ Resources. Also of interest, “Let’s Go on a Snack Hunt” which can also be found at the above web address.



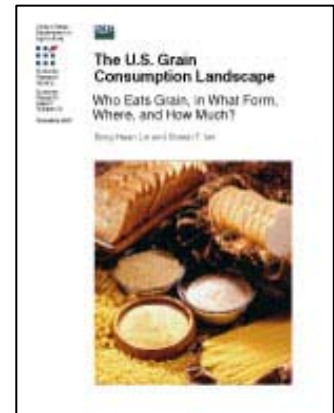
#### 4. Research Resources

### **Economic Research Service (ERS) and Agricultural Research Services (ARS) – Research on Whole Grains**

#### **ERS – The US Grain Consumption Landscape – who eats what, how much and in what form?**

<http://www.ers.usda.gov/Publications/ERR50/>

This study compared Americans' consumption of grains with the recommendations in the 2005 Dietary Guidelines, using data from USDA's Continuing Survey of Food Intakes by Individuals, 1994-96 and 1998, with data stratified by economic and demographic characteristics of participants. Results confirmed a national preference for refined grains.



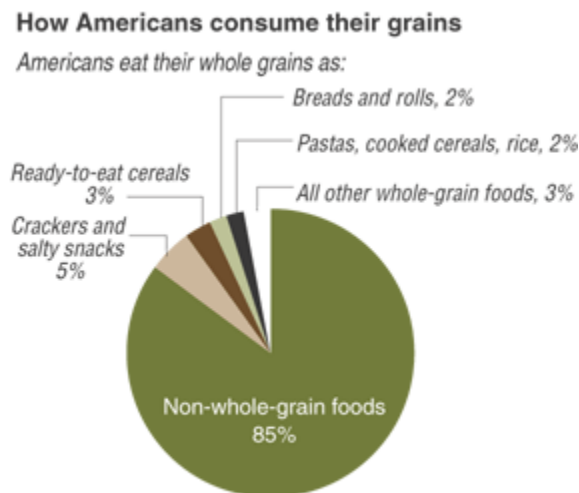
#### **ARS – A Grain of Truth about Fiber intake**

<http://www.ars.usda.gov/is/AR/archive/dec04/fiber1204.pdf>

This research brief summarizes the findings from ARS study (NP #107) which found that Americans who eat three or more servings of whole grain foods per day were less likely to have metabolic syndrome.

#### **ERS - Americans Whole Grain Consumption below Guidelines**

<http://www.ers.usda.gov/Amberwaves/April05/Findings/WholeGrainConsumption.htm>



Source: ERS analysis of 1999-2000 National Health and Nutrition Examination Survey (NHANES) data.

This research brief summarizes grain consumption patterns of Americans, using data from the 1999-2000 National Health and Nutrition Examination Survey (NHANES).

**ERS – Will 2005 be the year of the Whole Grain?**

<http://www.ers.usda.gov/AmberWaves/June05/pdf/FeatureWholeGrainJune05.pdf>