

## **WHOLE GRAIN CALCULATOR**

### **Frequently Asked Questions**

**Q1: Do products that contain water as the primary ingredient by weight followed by a whole grain ingredient listed second meet the criteria for having a whole grain primary ingredient?**

A1: No. Water listed as the primary ingredient by weight does not meet WIC criteria for having a whole grain primary ingredient.

**Q2: Is “white whole wheat flour” the same as “whole white wheat flour”?**

A2: FDA does not have a standard of identity for white whole wheat flour and therefore name variations are not standardized. However, the use of the word “whole” in front of grain name is an indication that the ingredient is a whole grain ingredient, and therefore both product name examples shown in the question above would meet the whole grain ingredient requirement.

**Q3: On the product package, can the health claim wording vary? I also see the health claim as listing, “... heart disease and certain cancers.”**

A3: The health claim wording cannot vary. Other health claims sound similar but they are not the health claim that is required by WIC regulations for determining whole grain product eligibility.

**Q4: I received a pop-up box that tells me to “Stop.....product is not an eligible whole grain product”, do I need to answer the remaining questions?**

A4: No. The pop-up box is to alert you that the product does not meet eligibility criteria. This can occur after just a few questions or for some it may take all the questions to be answered in order to determine whole grain eligibility.

**Q5: How can we get a whole grain ingredient added to the whole grain calculator drop down list of whole grain ingredients?**

A5: Please email written verification from the manufacturer on whole grain status of the ingredient that you wish to add to the calculator to your regional nutritionist.

**Q6: I received a pop-up box that tells me the product is approved after only answering “yes” to two questions. Does the product not have to be reviewed against the nutrient requirements (dietary fiber, total fat, saturated fat, *trans fat*, cholesterol)?**

A6: It is possible to have the product be approved without entering the nutrient data information into the calculator. For example, bread products could be approved if they meet the standard of identity and have whole wheat as the primary ingredient by weight

or if their package bears the health claim and has a whole grain listed as the primary ingredient by weight in the ingredient panel. Cereal products could be approved if their package bears the health claim and has a whole grain ingredient listed as the primary ingredient by weight in the ingredient panel.

**Q7: Is there any way to determine if my product's primary ingredient is a whole grain ingredient without asking the manufacturer?**

A7: The Whole grain calculator drop-down list captures the more common whole grain ingredient names whose whole grain status has been confirmed. There are several guidance documents available in the Whole Grain Resource Guide ([http://www.nal.usda.gov/wicworks/Learning\\_Center/FP/wg\\_resource.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/FP/wg_resource.pdf)), specifically the FDA Draft Guidance on Whole Grains and the Healthier US School Challenge - Whole Grain Resource that provide helpful tips in identifying whole grains. However, any questions/concerns regarding the whole grain status of the product's primary ingredient should be verified with the product's manufacturer.