



Despite Rollbacks by Trump Administration, Schools Should Not Reverse Progress on Whole Grains

In 2010, the Healthy, Hunger-Free Kids Act (HHFKA) made the first major improvements to school meal nutrition in 15 years. The updated standards, set in 2012, aligned school meals with the latest nutrition science, established by the Dietary Guidelines for Americans (DGAs) and the National Academy of Sciences.

Under the HHFKA's implementing rules, all grains served were required to be "whole grain-rich," meaning at least 51 percent of the grains in the product are whole grain. This was based on the DGA's recommendation that half of our daily grains should be whole. According to the USDA, 85 percent of schools were fully compliant with the whole grain-rich requirement (while some 15 percent had requested a waiver for individual products).

In 2018, the U.S. Department of Agriculture changed the requirements so that only half of grains (as opposed to all) be whole-grain rich. As a result, despite increased availability and acceptability of whole grain-rich products, many schools are replacing their whole grain-rich offerings with enriched grains.

On average, children between the ages of 4 and 18 years eat almost double the recommended amount of refined grains and less than half the recommended whole-grain intake. Eating more whole grains is associated with reduced risk of heart disease and provides more nutrients. Whole grains are also a healthful source of fiber. To safeguard the health and well-being of children and be consistent with the DGAs and expert recommendations from the National Academy of Sciences, schools should continue to offer whole-grain rich options to meet nutritional recommendations and ensure that children are receiving the important nutrients they need to learn and grow.

Below are some examples of whole grain-rich products from food manufacturers directed at the K-12 school food service market.

Biscuits



- [Bake Crafters Biscuits, Honey Wheat, WG, RS, Sliced, IW](#) (pictured)
- [Baker Boy Baked Biscuits with Whole Grain, Sliced](#)
- [Pillsbury™ Baked Biscuit Easy Split™ Whole Grain 2 oz](#)
- [Pillsbury™ Frozen Biscuit Dough Whole Grain-Rich Mini 1.25 oz](#)

Breadsticks & Dinner Rolls



- [Bake Crafters Bread Sticks, WG, RS, Garlic, 5"](#)
- [Baked for Schools Dinner Roll made with Whole Grains](#)
- [Baked for Schools Plain Breadstick made with Whole Grains, 1 oz.](#)
- [Baker Boy Baked Dinner Rolls with Whole Grain 6/30 ct. \(pictured\)](#)

Breakfast

Note: some of these products are higher in added sugars but could fit within a weekly meal pattern that limited added sugars to no more than 10 percent of calories.



- [Aunt Jemima Whole Grain Pancakes](#)
- [Bake Crafters WG Blueberry Sliced Bagels](#)
- [Bake Crafters WG Blueberry Muffins, RF](#)
- [Bake Crafters WG Plain Sliced Bagels](#)
- [Bake Crafters WG Wholesome Choice Buttermilk Pancakes](#)
- [Bake Crafters WG Wholesome Choice Maple Waffles](#)
- [Cheerios Single Serve Bowlpack \(pictured\)](#)
- [Country Corn Flakes Single Serve Bowlpack](#)
- [Kashi Chewy Granola Bars Trail Mix](#)
- [Kashi Honey Almond Flax Chewy Granola Bar](#)
- [Kellogg's Nutri-Grain Cereal Bars Strawberry for Schools](#)
- [Kellogg's Nutri-Grain Cereal Bars Blueberry for Schools](#)
- [Kellogg's Nutri-Grain Cereal Bars Apple Cinnamon for Schools](#)
- [Kellogg's Rice Krispies Whole Grain Single Serve](#)
- [Kind Kids Chewy Chocolate Chip](#)
- [Kind Kids Chewy Honey Oat](#)
- [Kind Kids Chewy Peanut Butter Chocolate Chip](#)
- [Kix Single Serve Bowlpack](#)
- [Quaker Old Fashioned Oats](#)
- [Smart Choice Muffin Top, Blueberry](#)

Buns & Hoagie Rolls



- [Alpha Baking 4" White Wheat Hamburger Bun](#) (pictured)
 - [Bake Crafters Hoagie Rolls, WG, Split Top, Hinge Sliced, 5.5"](#)
 - [Baked For Schools 3.5" Hamburger Bun made with Whole Grains, Sliced](#)
 - [Baker Boy Baked Wheat Philly Hoagie w/ WG, Sliced](#)
 - [Baker Boy Hamburger Bun Dough with Whole Grain](#)
 - [Rich's Foodservice Proof & Bake Roll Dough With 51% Whole Grain Mini Submarine](#)
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Grits

- [Freeman's Mill White Grits](#)
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Pasta



- [Marzetti Lasagna Cheese Rollups with Whole Grain](#) (pictured)
 - [Marzetti Lasagna Sheets with Whole Grain - Rippled](#)
 - [Marzetti Penne Rigati with Whole Grain](#)
 - [Marzetti Spaghetti with Whole Grain- Short Cut](#)
 - [Marzetti Twisted Elbows with Whole Grain](#)
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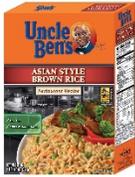
Pizza



- [BIG DADDY'S® Primo 16" 51% WG Four Cheese Pizza](#)
 - [Rich's Foodservice Parbaked 16" Whole Grain Rich Pizza Crust](#)
 - [Rich's Foodservice 5 in Proof & Bake Sheeted Pizza Dough Whole Grain Rich](#) (pictured)
 - [TONY'S® Deep Dish 5" 51% Whole Grain 100% Mozz Cheese Pizza](#)
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Rice



- [UNCLE BEN'S Whole Grain Brown Rice](#)
- [UNCLE BEN'S Asian Style Brown Rice](#) (pictured)
- [UNCLE BEN'S Whole Grain Brown Rice Red Pepper & Quinoa](#)
- [UNCLE BEN'S Whole Grain Brown Rice & Quinoa](#)

Sliced Sandwich Bread



- [Bake Crafters Pullman Bread, Whole Grain White, 1/2 in. Sliced Loaf](#)
- [Baked for Schools 100% Whole Wheat Pullman Bread, 25 oz.](#) (pictured)
- [Baked for Schools White Pullman made with Whole Grains, 24 oz.](#)

Tortillas



- [Mexican Original® Receta De Oro® 6" Shelf Stable Whole Grain Thin Yellow Corn Tortillas](#)
- [Mexican Original® Receta De Oro® 9" Shelf Stable Whole Grain Reduced Sodium Sun Dried Tomato Basil Flour Tortillas](#) (pictured)
- [Mexican Original® Receta De Oro® 9" Shelf Stable Whole Grain Reduced Sodium Cheese Jalapeno Flour Tortillas](#)

USDA



- Despite rolling back the whole grain-rich requirement, USDA Foods (commodity foods available to schools) includes a number of whole grain-rich options for schools: cereal, flour, pancakes, pasta, rice, and tortillas.