

Do your Tortilla Chips Credit as a Grain?

Grains are required for a reimbursable breakfast, lunch and supper meal. Grains are an optional component at snack. To be creditable, all grain products served in the CACFP must be made with enriched or whole grains. At least one serving of grains per day must be at least Whole Grain Rich (WGR), this means that at least 50% of the products' grains are made with a whole grain and the other grains are enriched. We will not dive into the specifics of WGR, however, if you are looking for more information on how to determine if your grain items credit, please reference the "[Crediting Handbook for CACFP](#)" or email us at dpicnfd@nd.gov and we will provide you with additional information.

We wanted to review a common question in grain products: Tortilla Chips.

For Tortilla Chips to be creditable as a grain component, they must be labeled as:

1. "Whole Corn"
2. "Corn (folic acid, riboflavin, niacin, and thiamine)"
3. Corn that has been treated with Lime 'nixtamalization' (this process is used to make hominy, corn masa, corn flour and certain types of cornmeal).

Or include one of these terms on the label:

- Corn masa
- Corn masa flour
- Ground corn with trace of lime
- Ground corn treated with lime
- Nixtamalized corn
- Whole corn
- Whole grain corn

Look for these on your ingredient label!

Additional Resources:

- [Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs \(azureedge.us\)](http://azureedge.us)
- [Whole-Grain-Rich-Tortilla-Chip-Examples-2-2022.pdf \(acdkids.org\)](http://acdkids.org)

Tortilla Chip Examples of Creditable and Non-Creditable for Grain Component.

NDDPI does not endorse specific brands. The products shown are for educational purposes.

Please check all product labels prior to purchasing to ensure your products comply with grain requirements.

Here are some examples of creditable and non-creditable tortilla chips:



This is Creditable! The ingredients list shows 'Whole Corn'.
This would be a product likely purchased through a large distributor.
(16 oz bag)

★ This product could count as your WGR item for the day! ★

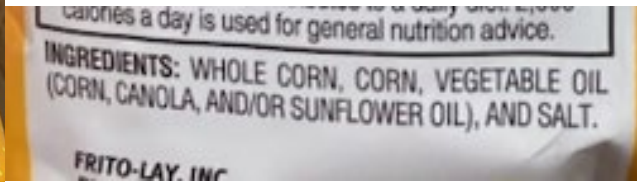
Ingredients

Whole Corn, Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil), and Salt.



This is Creditable! The ingredients list shows 'Whole Corn'.
This would be a product likely purchased through a large distributor.
(0.875 oz individual bag)

★ This product could count as your WGR item for the day! ★



This is NOT Creditable! The ingredients list shows 'Corn', and does not include the terms to indicate it would be a whole, enriched or treated with lime.
This would be a product likely purchased in a grocery store.

INGREDIENTS

Corn, Vegetable Oil (Corn, Canola and/or Sunflower Oil), and Salt.

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This is Creditable! The ingredients list shows 'Corn Masa Flour'.

This would be a product likely purchased in a grocery store setting.

★ This product could count as your WGR item for the day! ★

INGREDIENTS

Corn Masa Flour, Water, Vegetable Oil (Cottonseed, Corn and/or Sunflower), Sea Salt



This is NOT Creditable! The ingredients list shows 'Corn', and does not include the terms to indicate it would be a whole, enriched or treated with lime.

This would be a product likely purchased in a grocery store or large warehouse setting.

INGREDIENTS: Corn, Vegetable Oil (Contains one or more of the following: Canola, Corn, Cottonseed, Safflower, and/or Soybean Oil), and Sea Salt.



ABOUT NUTRITIONALS

INGREDIENTS: Organic Whole Ground Corn, Organic Sunflower Oil and/or Organic Safflower Oil, Sea Salt.

This is Creditable! The ingredients list shows 'Whole Ground Corn'.

This would be a product likely purchased in a grocery store.

★ This product could count as your WGR item for the day! ★

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This is NOT Creditable! The ingredients list shows 'White Corn', and does not include the terms to indicate it would be a whole, enriched or treated with lime.

This would be a product likely purchased in a grocery store setting.

INGREDIENTS

WHITE CORN, VEGETABLE OIL (CONTAINS CORN AND/OR COTTONSEED OIL), SALT AND A TRACE OF LIME.



This is Creditable! The ingredients list shows 'Masa Flour', along with the explanation that it is 'ground white corn and a trace of lime'.

This would be a product likely purchased in a grocery store setting.

★ This product could count as your WGR item for the day! ★

INGREDIENTS

MASA FLOUR (GROUND WHITE CORN WITH A TRACE OF LIME), VEGETABLE OIL (CONTAINS SUNFLOWER, CORN, AND/OR SOYBEAN OIL WITH TBHQ AND CITRIC ACID [TO HELP PROTECT FLAVOR]).



This is Creditable! The ingredients list shows 'Masa Flour', along with the explanation that it is 'ground white corn and a trace of lime'.

This would be a product likely purchased in a grocery store setting.

★ This product could count as your WGR item for the day! ★

INGREDIENTS

MASA FLOUR (GROUND WHITE CORN AND A TRACE OF LIME), VEGETABLE OIL (CONTAINS SOYBEAN, CORN, COTTONSEED AND/OR SUNFLOWER OIL), TOASTED CORN GERM, SALT.

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