

CACFP Product Review Tip Sheet: Cream of Wheat®

Cream of Wheat® is a hot, enriched cereal made from wheat farina. There are many varieties of Cream of Wheat® on the market. Some are creditable as a grain in the CACFP; some are not. Two varieties meet the criteria for a whole grain-rich grain. Please see the list below for more information.

Creditable as a grain, but not a whole grain (made with enriched wheat):

- Original 1 minute
- Original 2 ½ minute
- Original Instant



Ingredients: Wheat Farina, Calcium Carbonate, Salt, Defatted Wheat Germ, Guar Gum, Natural Flavor, Ferric Orthophosphate, Niacinamide, Thiamine Mononitrate, Pyridoxine Hydrochloride, BHT, Riboflavin, Folic Acid, Cholecalciferol.

Creditable as a whole grain:

- Whole Grain 2 ½ minute
- Whole Grain Instant



Ingredients: Whole Grain Wheat, Whey Protein Isolate, Calcium Carbonate, Salt, Defatted Wheat Germ, Guar Gum, Natural Flavor, Ferric Orthophosphate, BHT, Niacinamide, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Cholecalciferol.

Not Creditable:

- Bananas & Cream Instant
- Banana with Real Walnuts Instant
- Cinna-Apple Walnut with Real Apples Instant
- Cinnabon® Instant
- Cocoa Nut with Real Almonds Instant
- Maple Brown Sugar Instant
- Maple Brown Sugar with Real Walnuts Instant
- Mixed Berry with Real Almonds Instant



Ingredients: Wheat Farina, Sugar, Calcium Carbonate, Natural Flavors, Guar Gum, Salt, Defatted Wheat Germ, Dry Molasses, Caramel Color, Ferric Orthophosphate, Niacinamide, BHT, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Cholecalciferol.

Per the company's [website](#), the sugar content for these varieties is 10-14 grams per 35 gram serving, which exceeds the sugar limit for this serving size.

Note: Product ingredients can change – always check the ingredient list to ensure the product is creditable. Feel free to contact the NC CACFP Training Team for guidance: CACFPtraining@dhhs.nc.gov.