

## Tortilla Chips

Tortilla chips can be part of a creditable snack or meal in the CACFP if they meet certain criteria. Read below to ensure the product you choose is a creditable grain or a whole grain-rich grain.

### When do tortilla chips count as a WHOLE GRAIN-RICH component?

- If the first ingredient is a whole grain and there are no other grains in the product (e.g., “Whole corn”); **or**,
- If the first ingredient is whole grain (e.g., “Whole corn,” “Corn masa,” “Corn masa flour,” “Masa harina,” or “Corn treated with lime”) and the remaining grains are enriched (e.g., enriched corn flour); **or**,
- If the product packaging has the following FDA whole grain health claim:  
⇒ “Diets rich in whole grain foods and other plant food and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers.”
- **Examples:** *Mission Organics Yellow Corn Tortilla Chips, Mission Tortilla Rounds, Calidad Round Tortilla Chips, Late July Organic Chia & Quinoa Restaurant Style Tortilla Chips, Late July Sea Salt Multigrain Tortilla Chips*



**Ingredients:** Corn masa flour, water, vegetable oil (cottonseed, corn, and/or sunflower), sea salt.

### When do tortilla chips count as a GRAIN component (but not a whole grain)?

- If “Enriched” corn is listed in the ingredient list or statement; **or**,
- If the primary ingredient is a whole grain (such as whole corn), but the remaining grains (such as corn) are not enriched
- **Example:** *Tostitos Baked Scoops*



**Ingredients:** Whole corn, corn, vegetable oil (corn, sunflower, and/or canola oil), and salt.

### When are tortilla chips are **NOT CREDITABLE** in the CACFP?

- If the tortilla chips only list “corn” as the grain ingredient
- Do not serve the examples below as a grain component in the CACFP
- **Examples of non-creditable corn chips:** *Santitas Tortilla Triangles, Tostitos Scoops, Tostitos Simply Organic Blue Corn Tortilla Chips*



**Ingredients:** Corn, vegetable oil (corn, canola, and/or sunflower oil), and salt.

**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](mailto:cacfptraining@dhhs.nc.gov)

#### Sources:

- [Food Buying Guide for Child Nutrition Programs](#)
- [Policy Memo NC CACFP 19-14 – Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs](#)
- [Policy Memo SP 02-2013 – Corn Masa \(Dough\) for Use in Tortilla Chips, Taco Shells, and Tamales](#)
- [Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List](#)