



**International
Standard**

ISO 20810

**Whole grain — Definition and
technical criteria**

Céréales complètes — Définition et critères techniques

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Foreword

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This document was prepared by Technical Committee ISO/TC 34, *Food products*, Subcommittee SC 4, *Cereals and pulses*.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at www.iso.org/members.html.

Introduction

The purpose of this document is to provide the definition and technical criteria for whole grain as a food ingredient (or “raw material”) for use by the food and beverage industry at a global level, as well as technical criteria for food labelling and claims for whole-grain foods and foods containing whole grains.

In drafting these technical criteria, the Technical Committee has taken into account the consensus definitions of whole grain as a food ingredient, and that of whole-grain foods^[1] developed by the Whole Grain Initiative Working Group of the International Association for Cereal Science and Technology (ICC), and ratified by the Cereals & Grains Association (formerly American Association of Cereal Chemists International), ICC and the European-based Health Grain Forum. In addition to the technical criteria itself, the publication and its supplementary materials provide referenced background information, with explanations, and recommendations for matters to be determined at national level.

It is noted that current definitions for whole grain as food ingredient only refer to cereal grains and certain pseudocereals and are similar around the globe, whereas definitions of whole-grain foods show major differences. Both the existence of two types of definitions and the major differences in whole-grain food definitions are causing confusion. This document therefore includes one whole-grain definition: for whole grain as food ingredient. For whole-grain foods technical criteria for food labelling and claims are provided, derived from the definition in Reference [1].

Conformity to this document helps to ensure a level playing field and fair practices in business-to-business relationships, international trade, and food labelling and claims.

NOTE Legally required information, food labelling or claims, or other applicable legal requirements can apply.

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