

OUNCE EQUIVALENTS OF **GRAINS** IN THE CACFP

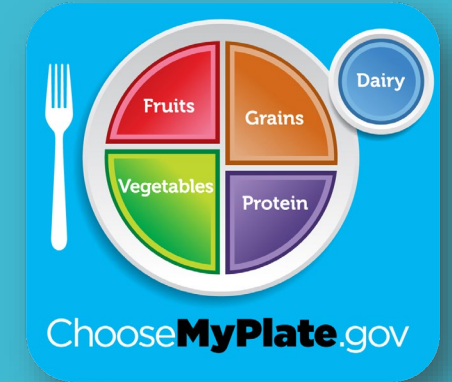
(곡식 또는 곡식 제품 제공시 Oz equivalents (온스의 동등한 기준)으로 제공 합니다)



2022년 7월 1일부터 CACFP(Child and Adult Care Food Program)에서 제공 되는 모든 곡식 또는 곡식 제품의 제공 기준을 종전의 방식(예: 컵, slice 또는 serving) 에서 Ounce Equivalents (Oz eq) 으로 변경 하며 Oz eq 에 맞게 제공 하실경우에 식사 또는 스낵이 상환됨을 알려 드립니다.

또한 이 방식은 Infant 시단 패턴에도 포함됩니다.

온스의 동등한 제공 방식이 중요한 이유



아마도 많은 프로그램 참가자들께서 온스제공 방식의 변경을 궁금해 할 것입니다. 원칙적으로는 온스 동등(Oz eq) 제공 방식의 도입이 2021년 10월 부터 실행되었어야 하지만 United States Department of Agriculture(USDA) 미 농수산부의 코로나 19에 관련된 식단 면제부 사용으로 실행이 약 1년 정도 미루어 졌습니다. 하지만 이 면제부의 유효기간이 이번달 (2022년 6월) 말에 끝나므로 부득히 하게 실행 하게 되었습니다.

이 Oz Eq 제공 방식의 목적은 CACFP 프로그램에 참가하는 아이들에게 제공 되는 곡식 또는 곡식 제품의 제공량이 크기가 아닌 그래딧 받는 곡식성분을 제공하자는 취지를 갖고 있습니다.

온스란?

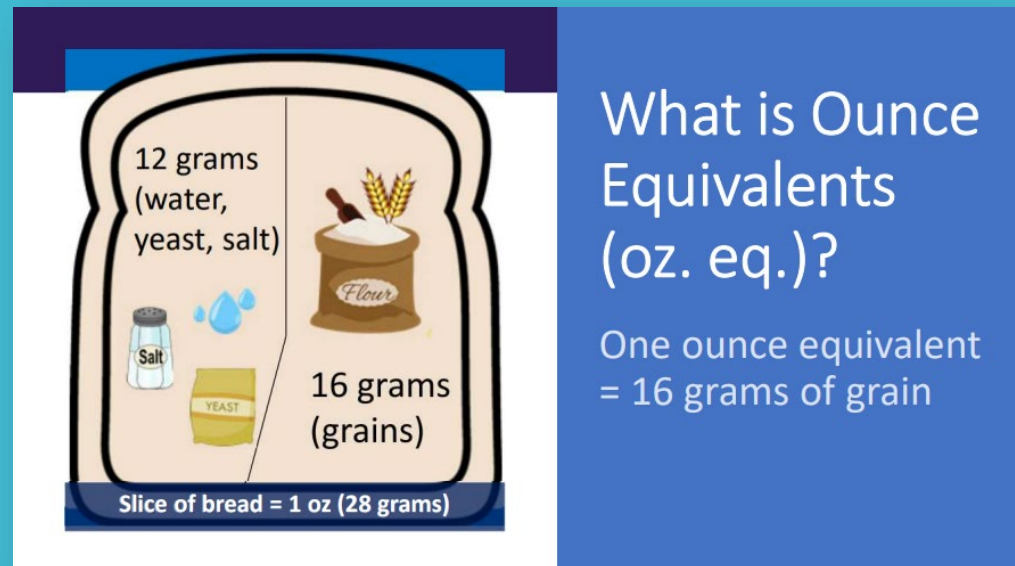
온스는 무게의 단위입니다

Example: 1 oz. = 28.35 grams of a weight

온스 동등제공 (oz eq) 은 무엇입니까?

1 온스 Eq 는 제공하는 곡물제품 또는 곡식이 16g의 크래릿받는 곡물을 제공하는 데 필요한 양입니다.

1 oz. eq. 는 16g 의 인정받는곡식을 포함 한다는 것과 같습니다.



예를 들어, 위의 그래픽에서 빵 한 조각을 보시면 빵 한 조각의 무게는 1온스 또는 28그램이며, 그 무게 중 16그램은 곡물로 구성되어 있습니다. 나머지 12g의 무게는 물, 효모 및 소금과 같은 다른 성분에서 나옵니다. 따라서 품목의 총 중량은 28g이지만 16g의 곡물은 1온스에 해당하는 곡물입니다.



(Select all three components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	½ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice

OLD Method 이전 제공양 방법

식빵인 경우 이전에는 CACFP 차트에서 어린이의 연령에 따라 필요한 빵의 갯수만 언급했지만 7월 1일부터는 Oz eq. 에 맞게 제공 하셔야 합니다. 그러기 위해서는 옆에 보이는 곡식/곡식 제품의 Nutrition Fact Label 그리고 제공해드리는 Grains Ounce Equivalents chart 가 필요 할것입니다. 다음 섹션부터 여러가지 방법으로 어떻게 곡식/곡식 제품의 Oz eq 으로 계산 하는지 미농수산부에서 제공한 여러가지 자료를 통하여 알아보겠습니다.

NEW Method 새로 시행되는 제공양 방식

Grains Ounce Equivalents Chart



1-5 yrs 6-12 yrs

ITEM	¼ oz eq equals	½ oz eq equals	¾ oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Bulk Enriched Wheat*	7 g	14 g	21 g	28 g	56 g
Cereal	1 g	1 g	1 g	1 g	2 g
Cereal-type Coating	6 g	11 g	17 g	22 g	44 g
Cornmeal	6 g	11 g	17 g	22 g	44 g

Nutrition Facts

18 servings per container
Serving size 1 Slice (32g/ .1oz)

Amount per serving

Calories 80

% Daily Value*

Total Fat 1g 1%

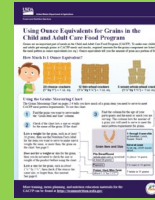
Saturated Fat 0g 0%

Trans Fat 0g 0%

Total Fat 1g 1%

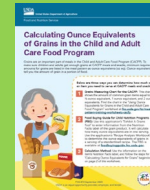


옆을 보시면 4 개의 oz eq. 을 사용량을 판단 하는 자료를 출력할수 있는 주소가 있습니다. 각 자료를 출력 하시고 다음 페이지에서 각자료를 어떻게 사용하시는지 설명 해드리겠습니다. 참고로 에버그린에서 방문을 받으실경우 옆의 방법중에서 어떤 한 방식으로 oz eq. 을 계산 하시는지 알려 주셔야 합니다.



6 pages

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>



6 pages

<https://www.fns.usda.gov/tn/calculating-ounce-equivalents-grains-cacfp>



6 pages

<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>



6 pages

<https://www.fns.usda.gov/tn/feeding-infants-using-ounce-equivalents-grains-cacfp>



CACFP Meal Pattern Chart가 업데이트 됐습니다



새로운 곡식 및 곡식 제품 제공단위 가 반영된 새 Meal Pattern Chart for Children 그리고 Meal Pattern Chart for Infant을 출력 하셔서 7월 1 일 이전에 업데이트 된 차트로 바뀌어서 식사 준비하는곳 또는 잘보이는 곳에 붙여 주세요.

다음 페이지에서 각 차트를 다운 받으실수 있습니다.

방문 받으실 경우 업데이트된 식사 차트를 보여 주셔야 합니다.

Child Meal Pattern Chart (Children 1yr +)

5 PAGES

Includes meal pattern for Breakfast, Lunch/Dinner, and Snacks

Infant Meal Pattern Chart (0-11 months old)

1 PAGE

Child and Adult Care Food Program Breakfast (Select the appropriate components for a reimbursable meal)					
Minimum quantities					
Food components and food items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹ (at-risk afterschool program and emergency shelter) participants	Adult participants
Fluid Milk ²	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ³	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Cereals (oz. eq.) ^{4,5,6}	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
Endnotes:					
¹ Must serve all three components for a reimbursable meal. Offer various serve in an option for at-risk afterschool participants.					
² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.					
³ Must be unflavored whole milk for the children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for the children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for the children 6 years old and older and adults. For adult participants, 8 ounces (weight) or 1 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meal alternate in the same meal.					
⁴ Potentiated full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.					
⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain requirement.					
⁶ Must and must alternate may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.					
Refer to FNS guidance for additional information on crediting different types of grains.					
⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry weight).					

Child and Adult Care Food Program Lunch and Supper (Select the appropriate components for a reimbursable meal)					
Minimum quantities					
Food components and food items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹ (at-risk afterschool program and emergency shelter) participants	Adult participants
Fluid Milk ²	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates (edible portion as served)	1 ounce	2 1/2 ounces	2 ounces	2 ounces	2 ounces
Lean meat, poultry, or fish	1 ounce	2 1/2 ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products ³	1 ounce	2 1/2 ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	2 1/2 ounces	2 ounces	2 ounces	2 ounces
Large egg	1/2	1/2	1	1	1
Cooked dry beans or peas	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butter	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored unswweetened or sweetened ⁴	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 10% of the requirement:					
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce = 50%	1/2 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Must and must alternate may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.					
Refer to FNS guidance for additional information on crediting different types of grains.					
¹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry weight).					
² At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain requirement.					
³ Must and must alternate may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.					
Refer to FNS guidance for additional information on crediting different types of grains.					
⁴ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry weight).					

Child and Adult Care Food Program Snack (Select two of the five components for a reimbursable meal)					
Minimum quantities					
Food components and food items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹ (at-risk afterschool program and emergency shelter) participant	Adult participant
Fluid Milk ²	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates (edible portion as served)	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Tofu, soy products, or alternate protein products ³	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Cheese	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Large egg	1/2	1/2	1	1	1
Cooked dry beans or peas	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butter	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Yogurt, plain or flavored unswweetened or sweetened ⁴	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Vegetables ⁵	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Fruit ⁶	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Cereals (oz. eq.) ^{7,8}	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
Endnotes:					
Select two of the five components for a reimbursable meal. Only one of the two components may be a beverage.					
¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.					
² Must be unflavored whole milk for the children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for the children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for the children 6 years old and older and adults. For adult participants, 8 ounces (weight) or 1 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meal alternate in the same meal.					
³ Must be unflavored whole milk for the children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for the children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for the children 6 years old and older and adults. For adult participants, 8 ounces (weight) or 1 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meal alternate in the same meal.					
⁴ Potentiated full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.					
⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain requirement.					
⁶ Must and must alternate may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.					
Refer to FNS guidance for additional information on crediting different types of grains.					
⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry weight).					
⁸ Potentiated full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.					

(CACFP) Infant Meal Patterns			
Infants	Birth through 5 months	6 through 11 months	
Breakfast, Lunch, or Supper	4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and	
		0-1/2 ounce equivalent infant cereal ^{3,4} or meat, fish, poultry, whole egg, or cooked dry beans; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁵ ; or a combination of the above ⁶ ; and	
		0-2 tablespoons vegetable or fruit, or a combination of both. ^{6,8}	
Snack	4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and	
		0-1/2 ounce equivalent breast ^{7,9} or 0-1/2 ounce equivalent cereals ^{3,4} ; or 0-1/2 ounce equivalent infant cereal ^{3,4} ; or 0-1/2 ounce equivalent unflavored breakfast cereal ^{3,7,9} ; and	
		0-2 tablespoons vegetable or fruit, or a combination of both. ^{6,8}	
Endnotes:			
¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.			
² Infant formula and dry infant cereal must be iron fortified.			
³ Refer to FNS guidance for additional information on crediting different types of grains.			
⁴ Yogurt must contain no more than 22 grams of sugar per 6 ounces.			
⁵ A serving of this component is required when the infant is developmentally ready to accept it.			
⁶ A serving of grains must be whole grain-rich, enriched flour, or enriched flour.			
⁷ Breastfed cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry weight).			
⁸ Potentiated full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.			
⁹ Yogurt must contain no more than 22 grams of sugar per 6 ounces.			

The updated CACFP Meal Pattern Charts are now available in our website
www.evergreencacfp.org

Here are the direct links to the meal pattern charts

Child Meal Pattern Chart (5 pgs): [http://www.evergreencacfp.org/uploads/1654893757cacfp-child-meal-pattern-\(2022\).pdf](http://www.evergreencacfp.org/uploads/1654893757cacfp-child-meal-pattern-(2022).pdf)

Infant Meal Pattern Chart (1 pg): [http://www.evergreencacfp.org/uploads/1654893793cacfp-infant-meal-pattern-\(2022\).pdf](http://www.evergreencacfp.org/uploads/1654893793cacfp-infant-meal-pattern-(2022).pdf)

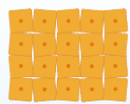


United States Department of Agriculture
Food and Nutrition Service

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

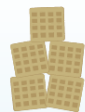
How Much Is 1 Ounce Equivalent?



20 cheese crackers
(1" by 1") = 1 oz. eq.



12 thin wheat crackers
(1 1/4" by 1 1/4") = 1 oz. eq.



5 woven whole-wheat crackers
(1 1/2" by 1 1/2") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- 1 Find the grain you want to serve under the "Grain Item and Size" column.
- 2 Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

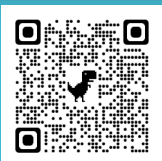
Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.

- 3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	
Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams)	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least 1/2 oz. eq., which equals about...
Popcorn	1/4 pita or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")	1 1/2 cups or 14 grams
	7 twists or 11 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.

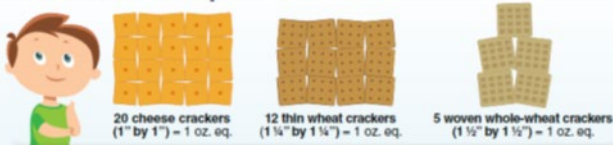


1. Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

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How Much Is 1 Ounce Equivalent?



Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

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- 2 Check if the chart lists a size or weight by the name of the grain. If the chart:
- 3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.

Grain Item and Size	
Pita Bread/Round (about 56 grams or enriched) (at least 56 grams)	1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")	7 twists or 11 grams

1-through 5-year-olds
at Breakfast, Lunch,
Supper, Snack

Serve at Least
1/2 oz. eq., which equals
about...

- 이 가이드는 총 6 장으로 구성 되어있으며 제공하는 각 곡식제품의 사이즈와 양에 의거하여 각 연령층 아이들 마다 얼마 만큼의 곡식 제품이 OZ eq. 로 크래딧 받는지 알려주고 있습니다.

- 3장의 Grains Measuring Chart 포함

우선 이 자료를 사용 하시기 위해서는 제품의 Nutrition Fact Label 그리고 이자료의 페이지 2-4 에서 사용하실 제품을 찾으셔야 합니다.


예를 몇가지를 들어 보겠습니다.

예 1) Sara Lee Bagels plain 을 사용시



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 Servings Per Container		Total Fat 1.5g	2%	Sodium 390mg	17%
Serving Size 1 bagel (95g)		Saturated Fat 0g	0%	Total Carbohydrate 45g	16%
Calories per serving 230		Trans Fat 0g		Dietary Fiber 2g	7%
		Polyunsaturated Fat 0g		Total Sugars 5g	
		Monounsaturated Fat 0g		Includes 5g Added Sugars	10%
		Cholesterol 0mg	0%	Protein 8g	
		Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 2.5mg 15% • Potassium 80mg 0%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.




United States Department of Agriculture
Food and Nutrition Service


Using Ounce Equivalents for Grains

Child and Adult Care Food Program


Grains are an important part of meals in the Child and Adult Care Food Program and adults get enough grains at CACFP meals and snacks, required amounts for the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the

How Much Is 1 Ounce Equivalent?





20 cheese crackers
(1" by 1") = 1 oz. eq.



12 thin wheat crackers
(1 1/4" by 1 1/4") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much CACFP meal pattern requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 1/4" by 1 1/4"*, then check if the item is the same size, or larger than, this amount. See page 6.

Grain Item and Size

Pasta (whole grain-rich or enriched, all shapes)

Pita Bread/Round (whole grain-rich or enriched) at least 56 grams

Pretzel, Hard, Thin Stick (about 1 1/2" long)

Pretzel, Soft (at least 56 grams)

Rice (all types)

Rice Cake (at least 8 grams)

Rice Cake, Mini (about 1 1/2")

Popcorn

Pretzel, Hard (about 1 1/4" by 1 1/4")

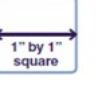
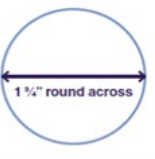
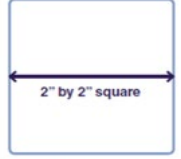
Grains Measuring Chart for the Child and Adult Care Food Program


Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Pasta (whole grain-rich or enriched, all shapes)	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 14 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams	1 pita or 14 grams	1 pita or 14 grams	1 pita or 14 grams
Pretzel, Hard, Thin Stick (about 1 1/2" long)	7 twists (~1/2 cup) or 11 grams	14 twists (~1/2 cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Soft (at least 56 grams)	1/2 pretzel or 14 grams	1 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 14 grams dry	1 cup cooked or 28 grams dry
Rice Cake (at least 8 grams)	1 cake or 8 grams	1 cake or 8 grams	1 cake or 8 grams
Rice Cake, Mini (about 1 1/2")	1 cake or 8 grams	1 cake or 8 grams	1 cake or 8 grams
Popcorn	1 cup or 28 grams	1 cup or 28 grams	1 cup or 28 grams
Pretzel, Hard (about 1 1/4" by 1 1/4")	1 pretzel or 14 grams	1 pretzel or 14 grams	1 pretzel or 14 grams

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.


Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.





우선 페이지 2-4 에서 Bagel 을 찾으시고 찾으신 이후 제공 하실 Bagle 의 Nutrition Fact Label 에서 Serving size 와 양을 확인 하시고 (1 bagel 95 grams) 이 차트 사용이 가능하신지를 확인 합니다.

페이지 2를 보시면 Bagel 의 무게가 최소 56 gram 이라는 전제하에 이 차트 사용이 가능 합니다.
사용원하시는 Sara Lee plain bagel 의 한개의 무게가 95 grams 이상임으로 각 연령층 (1-5살 , 6-18살) 마다 아래의 차트를 통하여 얼마만큼 Bagel 을 제공시 1 Oz Eq. 을 충족 시킬수 있는지 보실수 있습니다.


Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll)			

그러므로 Sara Lee plain Bagel(1 serving 95 grams) 1-5 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 ¼ Bagel 을 제공시 1/2 oz eq. 으로 크래딧 받으시며 6-18에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 ½ Bagel 을 제공시 1 oz eq. 으로 크래딧 받으십니다.

예 2) Popcorn

팝콘일 경우 아래의 차트를 보시면 제품의 무게나 사이즈가 정해져 있지 않습니다.

그러므로 팝콘 제품의 크기와 무게에 상관없이 페이지 2-4 에서 Popcorn 을 찾으시고 연령층 마다 적혀 있는 양을 제공 하시면 됩니다.

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅓ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick			

1-5 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 1 1/2 cups 을 제공시 1/2 oz eq. 으로 크래딧 받으시며 6-18에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 3 cups 을 제공시 1 oz eq. 으로 크래딧 받으십니다. 참고로 Cup 사이즈는 Measuring cup 을 사용 하셔야 합니다.

예 3) Rice

	1-5 yrs	6-18 yrs	
(about 2 1/2" long)			
Pretzel, Soft at least 56 grams*	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 1 1/2" x 1 1/2" x 1/2"	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams

페이지 4를 보시면 Rice 제공시 1-5 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 1/4 cup cooked 을 제공시 1/2 oz eq. 으로 크레딧 받으시며 6-18살 아이에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 1/2 cup cooked 을 제공시 1 oz eq. 으로 크레딧 받으십니다. 참고로 Cup 사이즈는 Measuring cup 을 사용 하셔야 합니다.

예 4) Saltine crackers

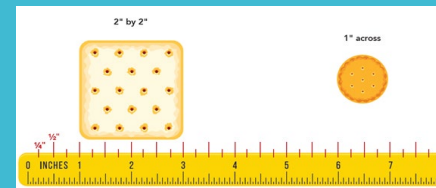


Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat			

위를 보시면 Nabisco Original Saltine Crackers 를 예를 들었고 크래커 하나의 사이즈가 2"by 2" 입니다.

페이지 3를 보시면 Saltine Crackers(2"by 2") 제공시 1-5 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 4 개의 크래커를 제공시 1/2 oz eq. 으로 크래딧 받으시며 6-18살 아이에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 8개를 제공시 1 oz eq. 으로 크래딧 받으십니다.

*혹시 제공 하시기 원하는 크래커등의 사이즈가 Grain Measuring Chart 에 포기 되어 있지 않았으면 에버그린과 상의 하시고 도움을 받으세요.



Measuring Cups

곡식물들의 제공량을 일반적으로 Cup 을 주로 사용하니 Measuring cup 셋트를 구입하셔서 사용하시기를 부탁드립니다.



Uncooked pasta, 1/4 cup

Cooked pasta, 1/2 cup




1/2 Cup Cooked Pasta

Measuring Cups

$\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, 1 cup 그리고 2 tablespoon 의 양의 이해를 돕기 위해 주위에서 쉽게 찾을수 있는 물건과 비교하여 차트를 만들었습니다.



1 cup =		Baseball
$\frac{3}{4}$ cup =		Tennis Ball
$\frac{1}{2}$ cup =		Computer Mouse
$\frac{1}{4}$ cup =		Egg
3 oz. =		Deck of Cards
2 tablespoons =		Ping Pong Ball

Calculating Ounce Equivalents of Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

Below are three ways you can determine how much of an item you need to serve at CACFP meals and snacks:

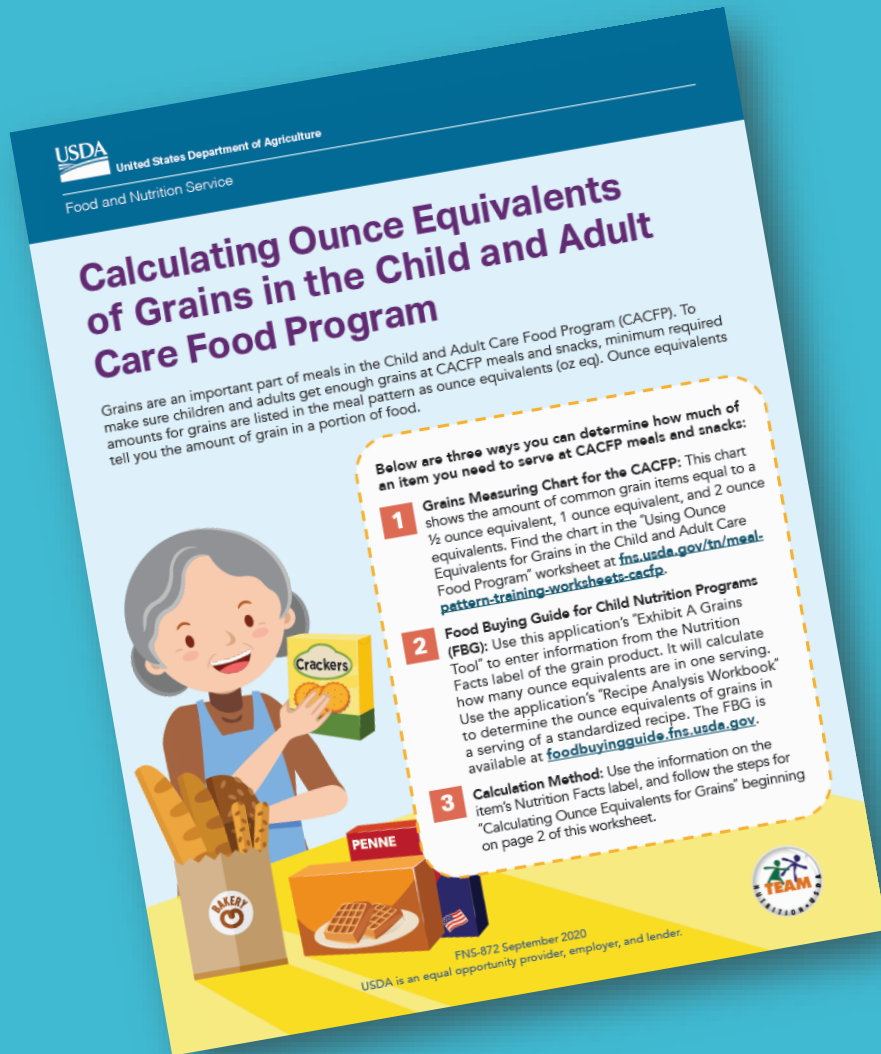
- 1 Grains Measuring Chart for the CACFP:** This chart shows the amount of common grain items equal to a ½ ounce equivalent, 1 ounce equivalent, and 2 ounce equivalents. Find the chart in the "Using Ounce Equivalents for Grains in the Child and Adult Care Food Program" worksheet at fns.usda.gov/tm/meal-pattern-training-worksheets-cacfp.
- 2 Food Buying Guide for Child Nutrition Programs (FBG):** Use this application's "Exhibit A Grains Tool" to enter information from the Nutrition Facts label of the grain product. It will calculate how many ounce equivalents are in one serving. Use the application's "Recipe Analysis Workbook" to determine the ounce equivalents of grains in a serving of a standardized recipe. The FBG is available at foodbuyingguide.fns.usda.gov.
- 3 Calculation Method:** Use the information on the item's Nutrition Facts label, and follow the steps for "Calculating Ounce Equivalents for Grains" beginning on page 2 of this worksheet.

FNS-872 September 2020

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2. Calculating Ounce Equivalents of Grains in the Child and Adult Care Food Program



□ 이 가이드 또한 6 장으로 구성 되어 있으며 곡식 제품을 차트를 통하여 Oz Eq 으로 제공할수 있게 보여줍니다.

□ 일반 곡물 품목에 대한 2개의 차트 포함

OPTION #1: 제공 원하시는 제품의 제공량을 Grains Ounce Equivalents Chart 에서 바로 찾으실수 있습니다.

“*”로 표시 되어있는 모든 곡식 또는 곡식 제품의 무게(gram) 는 **dry/uncooked** 입니다. Rice, Breakfast Cereal, Cereal Grains 등은 꼭 dry/uncooked 일때 무게를 사용 하셔야 합니다.

Grains Ounce Equivalents Chart

1-5 yrs
6-12 yrs

ITEM	1/4 oz eq equals	1/2 oz eq equals	3/4 oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Bulgur/Cracked Wheat*	7 g	14 g	21 g	28 g	56 g
Buns	7 g	14 g	21 g	28 g	56 g
Cereal, Breakfast (all types, including grits, oatmeal, ready-to-eat, etc.)*	7 g	14 g	21 g	28 g	56 g
Cereal Grains (barley, quinoa, etc.)*	7 g	14 g	21 g	28 g	56 g
Chow Mein Noodles (ready-to-eat)	6 g	11 g	17 g	22 g	44 g
Corn Muffins	9 g	17 g	26 g	34 g	68 g
Cornbread	9 g	17 g	26 g	34 g	68 g
Crackers, Savory	6 g	11 g	17 g	22 g	44 g
Crackers, Sweet	7 g	14 g	21 g	28 g	56 g
Croissants	9 g	17 g	26 g	34 g	68 g
Croutons	6 g	11 g	17 g	22 g	44 g

oz eq = ounce equivalent(s)
g = grams

*Weights listed refer to the dry/uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.



Nutrition Facts

8 Servings Per Container

Serving Size 1 bagel (46g)

예 1)
옆의 Grains Ounce Equivalents Chart의 Bagels 를 찾으시면 하나의 Bagel 이 28 gram 이상이 되면 1 oz eq. 로 크래딧 받는다고 적혀 있습니다.

옆의 bagel Nutrition Facts label 의하면 한개의 Bagel 의 무게가 46grams 입니다. 그러므로 1개의 Bagel 을 제공할시 6살 이상에게 제공 하셔야 하는 1 oz eq 을 충족 하실수 있습니다. 또한 차트에 의거하면 1-5 살 아이에게는 14 grams 이 1/2 oz eq 으로 크래딧 받으므로 반개의 bagel (46/2=23 grams)제공시 1/2 oz eq 으로 크래딧 받습니다.

OPTION #2: 각 크래커 사이즈에 상관없이 제공 양을 계산 할경우

REMEMBER THIS


1-5살의 아동은 최소
 $\frac{1}{2}$ oz equivalent의 곡식 또는
곡식 제품을 제공 하셔야
합니다.

6-12살의 아동은 최소
1 oz equivalent의 곡식
또는 곡식 제품을 제공
하셔야 합니다

1) 제공하셔야
하는 양을
연령층에 맞게
선택 합니다.
 $\frac{1}{2}$ oz eq Or 1 oz eq

2) 제공을 원하시는
제품을 차트에서
 찾으세요. (page 3
& 4)


Grains Ounce
Equivalents Chart



ITEM	$\frac{1}{2}$ oz eq equals	$\frac{1}{2}$ oz eq equals	$\frac{1}{2}$ oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Bulgur/Cracked Wheat*	7 g	14 g	21 g	28 g	56 g
Buns	7 g	14 g	21 g	28 g	56 g
Cereal, Breakfast (all types, including grits, oatmeal, ready-to-eat, etc.)*	7 g	14 g	21 g	28 g	56 g
Cereal Grains (barley, quinoa, etc.)*	7 g	14 g	21 g	28 g	56 g
Chow Mein Noodles (ready-to-eat)	6 g	11 g	17 g	22 g	44 g
Corn Muffins	9 g	17 g	26 g	34 g	68 g
Cornbread	9 g	17 g	26 g	34 g	68 g
Crackers, Savory	6 g	11 g	17 g	22 g	44 g
Crackers, Sweet	7 g	14 g	21 g	28 g	56 g
Croissants	9 g	17 g	26 g	34 g	68 g
Croutons	6 g	11 g	17 g	22 g	44 g

oz eq = ounce equivalent(s)
g = grams

*Weights listed refer to the dry/uncooked version of the item.
For example, 28 grams of uncooked barley, breakfast cereal,
rice, etc. equals 1 ounce equivalent of grains.



• 4 •

그럼 4살 아이에게 얼마만큼의 양을 제공 해야 $\frac{1}{2}$ oz eq. 을
충족 하는지 알아 봅니다.
다시 한번 말씀드리지만 이번에 사용 하는 차트는 제품종류에
따라 아이들 연령구분마다 제공 하셔야 하는 양을
지정하였습니다. 위의 차트를 보시면 아시겠지만
치즈 그랙커(Crackers, Savory)인 경우 4살 아이에게 $\frac{1}{2}$ oz eq.
을 제공 하실려면 11 grams의 크래커를 제공 하셔야 합니다.
다음 슬라이드의 설명을 참조 하세요.

OPTION #2: 각 크래커 사이즈에 상관없이 제공 양을 계산 할경우

Brand C Cheese Crackers

Nutrition Facts

about 16 servings per container

Serving Size **16 pieces (32g)**

Amount per serving
Calories 140

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **8%**

Total Carbohydrate 48g **8%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 32mg **2%**

Iron 0.87 mg **4%**

Potassium 90mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

옆의 Nutrition Facts Label 의 serving size 를 보시면 16개의 크래커의 무게가 32 gram 으로 표시 되어 있습니다. 우선 1 serving size 무게를 갯수로 나누어서 크래커 한개의 무게를 찾습니다.

$$32\text{grams} / 16 \text{ pieces} = 2 \text{ grams per cracker (크래커 1개의 무게)}$$

* 4 살 아이에게 얼마만큼의 양을 제공 해야 ½ oz eq. 을 충족 하나요? 오른쪽 차트에서 Crackers, Savory 를 찾고 ½ oz eq. 칸을 보시면 11g 을 보실수 있으시며 그만큼의 양을 제공시 크래딧 받으십니다.

크래커 1 개의 무게를 계산 하였으니 필요로 하는 11g 제공할려면 몇개의 크래커를 제공 해야 하나 다시 계산 하겠습니다.

$$11 \text{ grams}(1/2 \text{ oz eq. 충족시키는 양}) / 2 \text{ grams(크래커 1개의 무게)} = 5.5 \text{ 개 (반올림 하여 6 개)}$$

(Reminder: 소수점 이후 5, 6, 7, 8, or 9 는 항상 반올림 합니다).

그러므로 4 살 아이에게는 **6 개의 크래커를 ½ oz eq.** 충족 하기 위해 제공 하셔야 합니다.

Grains Ounce Equivalents Chart



ITEM	1/2 oz eq equals	1/2 oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g
Batter-Type Coating	7 g	14 g	21 g	28 g
Biscuits	7 g	14 g	21 g	28 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g
Bread-Type Coating	6 g	11 g	17 g	22 g
Breads	7 g	14 g	21 g	28 g
Bulgur/Cracked Wheat*	7 g	14 g	21 g	28 g
Buns	7 g	14 g	21 g	28 g
Cereal, Breakfast (all types, including grits, oatmeal, ready-to-eat, etc.)*	7 g	14 g	21 g	28 g
Cereal Grains (barley, quinoa, etc.)*	7 g	14 g	21 g	28 g
Chow Mein Noodles (ready-to-eat)	6 g	11 g	17 g	22 g
Corn Muffins	9 g	17 g	26 g	34 g
Cornbread	9 g	17 g	26 g	34 g
Crackers, Savory	6 g	11 g	17 g	22 g
Crackers, Sweet	7 g	14 g	21 g	28 g
Croissants	9 g	17 g	26 g	34 g
Croutons	6 g	11 g	17 g	22 g

oz eq = ounce equivalent(s)

g = grams

*Weights listed refer to the dry/uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.



Grains Ounce Equivalents Chart



ITEM	1/4 oz eq equals	1/2 oz eq equals	3/4 oz eq equals	1 oz eq equals	2 oz eq equals
Egg Roll Wrappers	7 g	14 g	21 g	28 g	56 g
English Muffins	7 g	14 g	21 g	28 g	56 g
French Toast	18 g	35 g	52 g	69 g	138 g
Muffins (all, except corn)	14 g	28 g	42 g	55 g	110 g
Pancakes	9 g	17 g	26 g	34 g	68 g
Pasta (whole grain-rich or enriched; all types)*	7 g	14 g	21 g	28 g	56 g
Pie Crust (for savory pies)	9 g	17 g	26 g	34 g	68 g
Pita Bread	7 g	14 g	21 g	28 g	56 g
Pizza Crust	7 g	14 g	21 g	28 g	56 g
Pretzels, Hard	6 g	11 g	17 g	22 g	44 g
Pretzels, Soft	7 g	14 g	21 g	28 g	56 g
Rice*	7 g	14 g	21 g	28 g	56 g
Rolls	7 g	14 g	21 g	28 g	56 g
Stuffing (weights apply to bread in stuffing)*	6 g	11 g	17 g	22 g	44 g
Taco Shells	7 g	14 g	21 g	28 g	56 g
Tortilla Chips	7 g	14 g	21 g	28 g	56 g
Tortillas	7 g	14 g	21 g	28 g	56 g
Waffles	9 g	17 g	26 g	34 g	68 g

oz eq = ounce equivalent(s)

g = grams

*Weights listed refer to the dry/uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.



URGENT REMINDER ON RICE, UNCOOKED BARLEY AND BREAKFAST CEREALS

이차트에 별(asterisk symbol)표시 " * " 가 되어 있는 모든 곡식 또는 곡식제품은 꼭 **dry/uncooked(조리전)** 을 기준으로 양을 측정 하셔야 합니다.

예 1: 쌀(조리하지 않은 기준)

1-5 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 14 grams 제공시 1/2 oz eq. 으로 크레딧 받으시며 6-12 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 28 grams 을 제공시 1 oz eq. 으로 크레딧 받으십니다.

예 2: Breakfast Cereal

1-5 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 14 grams 제공시 1/2 oz eq. 으로 크레딧 받으시며 6-12 살에게는 Breakfast, Lunch, Dinner 그리고 Snack 에서 28 grams 을 제공시 1 oz eq. 으로 크레딧 받으십니다.

OPTION #3: 제공 원하시는 곡물 또는 곡식 제품이 옵션 #1 과 옵션 #2 에 해당 되지 않는 경우

Example: 곡물인 쿠스쿠스는 제공된 차트에 없는 관계로 [foodbuyingguide](https://foodbuyingguide.fns.usda.gov/) 를 사용 하여 계산 하셔야 합니다.
혹시라도 이런경우는 에버그린에 연락주시면 도움 받으실수 있습니다.



<https://foodbuyingguide.fns.usda.gov/>

A screenshot of a web browser displaying the USDA Food Buying Guide for Child Nutrition Programs website. The page is titled "Exhibit A Grains Tool - Enter Product". It features a navigation bar with links like HOME, MEAL COMPONENTS, FOOD ITEMS, TOOLS, APPENDICES, HELP, and LOG OUT. The main content area has a header with the USDA logo and the text "Food Buying Guide for Child Nutrition Programs U.S. DEPARTMENT OF AGRICULTURE". Below this, there's a section for "Exhibit A Grains Tool - Enter Product" with instructions and a form. The form includes fields for "Product Name", "Date", "Choose Method" (with radio buttons for "Ounce Equivalent" and "Grains/Breads Servings"), and "Item keywords". There are also "Search" and "Clear Search" buttons. At the bottom, there's a note about saving the Exhibit A Product prior to printing and buttons for "Save" and "Back to List".

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Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grains in a portion of food.



How Much is 1 Ounce Equivalent?

0.8 ounce (22 grams) of Cheese Crackers	1 ounce (28 grams) of Toasted O's Cereal	2 ounces (55 grams) of Blueberry Muffin
		
Net Wt: 0.8 OZ (22g)	Net Wt: 1 OZ (28g)	Net Wt: 2 OZ (55g)
= 1 oz eq of grains	= 1 oz eq of grains	= 1 oz eq of grains

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3. Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program (1인분 패키지로 곡식 또는 곡식제품이 제공 될경우)

USDA United States Department of Agriculture
Food and Nutrition Service

Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grains in a portion of food.

How Much is 1 Ounce Equivalent?

0.8 ounce (22 grams)
of **Cheesy Crackers**



Net Wt: 0.8 OZ (22g)

= 1 oz eq of grains

1 ounce (28 grams)
of **Toasted O's Cereal**



Net Wt: 1 OZ (28g)

= 1 oz eq of grains

2 ounces (55 grams)
of **Blueberry Muffin**



Net Wt: 2 OZ (55g)

= 1 oz eq of grains

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□ 6 장으로 구성 되어 있으며
1인분으로 포장되어 있는
상품의 oz eq 제공량을
찾아볼수 있는 가이드 입니다

□ 준비된 차트에 표기되지않은
제품은 에버그린으로 연락
하셔서 도움을 받으세요


Grains Measuring Chart for Single-Serving Packages

Child and Adult Care Food Program
Age Group and Meal

Grain Item and Package Weight*	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Oatmeal at least 28 grams or 1 ounce	Serve at Least 1 oz eq, which equals about 1 package	Serve at Least 1 oz eq, which equals about 1 package	Serve at Least 2 oz eq, which equals about 2 packages
Crackers, Savory (e.g., cheese, salmon, etc.) at least 22 grams or 0.8 ounces	10 packages	1 package	2 packages
Crackers, Sweet (e.g., animal, graham, etc.) at least 28 grams or 1 ounce	10 packages	1 package	2 packages
Craisins at least 34 grams or 1.2 ounces	10 packages	1 package	2 packages
Cereal, Dry at least 28 grams or 1 ounce	10 packages	1 package	2 packages
Muffin, All Types (except corn) at least 22 grams or 0.8 ounces	10 packages	1 package	2 packages
Muffin, Corn at least 34 grams or 1.2 ounces	10 packages	1 package	2 packages
Cornmeal, Dry (unflavored or flavored)** at least 28 grams or 1 ounce	10 packages	1 package	2 packages
Pita Chips at least 28 grams or 1 ounce	10 packages	1 package	2 packages
Pretzels, Hard*** at least 22 grams or 0.8 ounces	10 packages	1 package	2 packages
Poppovers at least 34 grams or 1.2 ounces	10 packages	1 package	2 packages
Blue Cakes at least 22 grams or 0.8 ounces	10 packages	1 package	2 packages
Tortilla Chips at least 28 grams or 1 ounce	10 packages	1 package	2 packages

*Assumes that the package you want to serve weighs the amount, or more, than the weight of the package listed. **Must contain 6 grams of sugar or less per dry ounce. ***Must be heated for children under the age of 4. All grains served in the CACFP must be whole grain-rich, enriched, or fortified.

• 3 •

Grains Measuring Chart for Single-Serving Packages			
Grain Item and Package Weight*	Child and Adult Care Food Program Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz eq, which equals about...	Serve at Least 1 oz eq, which equals about...	Serve at Least 2 oz eq, which equals about...
 Oatmeal, Dry (unflavored or flavored)** at least 28 grams or 1 ounce	½ package	1 package	2 packages
Crackers, Savory (e.g., cheese, saltines, whole-wheat, etc.) at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
Crackers, Sweet (e.g., animal, graham, etc.) at least 28 grams or 1 ounce	½ package	1 package	2 packages
Croissant at least 34 grams or 1.2 ounces	½ package	1 package	2 packages
Grits, Dry at least 28 grams or 1 ounce	½ package	1 package	2 packages
Muffin, All Types (except corn) at least 55 grams or 2 ounces	½ package	1 package	2 packages
Muffin, Corn at least 34 grams or 1.2 ounces	½ package	1 package	2 packages
Oatmeal, Dry (unflavored or flavored)** at least 28 grams or 1 ounce	½ package	1 package	2 packages
Pita Chips at least 28 grams or 1 ounce	½ package	1 package	2 packages
Pretzels, Hard*** at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
Popcorn*** at least 14 grams or 0.5 ounce	1 package	2 packages	4 packages
Rice Cakes at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
Tortilla Chips at least 28 grams or 1 ounce	½ package	1 package	2 packages

*Check that the package you want to serve weighs this amount, or more. See "Finding the Weight of Single-Serving Packages" on page 4 for more information.

**Must contain 6 grams of sugar or less per dry ounce.

***Choking hazard for children under the age of 4.

All grains served in the CACFP must be whole grain-rich, enriched, or fortified.

예 1) Hard Pretzels

Grain Item and Package Weight*	Child and Adult Care Food Program Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz eq, which equals about...	Serve at Least 1 oz eq, which equals about...	Serve at Least 2 oz eq, which equals about...
Pretzel, Hard at least 22 grams or 0.8 ounces	½ package	1 package	2 packages



Nutrition Facts	
1 Serving Per Container	
Serving Size	1 package (28g)

패키지 또는 Nutrition Facts label에 표기 되어있는 serving size의 무게를 확인한후 Grains Measuring Chart for Single-Serving Packages 차트에서 제품의 종류를 찾은후 제품 패키지무게가 차트에 표기된것과 같던 아님더 많은지 확인 후 각 연령층에 따라 ½ oz eq. 또는 1 oz eq. 의 제공 양을 찾습니다.


예 2) Bagel Chips (28 grams single package)

3 살 어린이에게 얼마 만큼에 베이글 칩스를 스낵에 제공 해야 1/2 oz eq. 을 충족 시킬수 있나요?

답) 1/2 패키지

설명)

1. 팩케지의 내용물의 무게를 찾습니다.(net weight : 28 grams)
2. 제공 원하시는 제품 및 내용물 무게가 차트에 있는지 확인 합니다.
3. Grains Measuring chart for Singel-Serving Packages 에서 1- 5 살 아이의 1/2 oz eq 의 팩케지 양을 찾습니다 (1/2 package)

Grains Measuring Chart for Single-Serving Packages			
Grain Item and Package Weight*	Child and Adult Care Food Program Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack	Adults at Breakfast, Lunch, Supper
	Serve at Least 1/2 oz eq, which equals about...	Serve at Least 1 oz eq, which equals about...	Serve at Least 2 oz eq, which equals about...
 Bagel Chips at least 28 grams or 1 ounce	1/2 package	1 package	2 packages

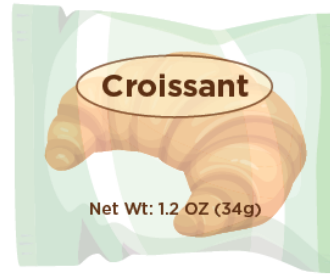
What If My Grain Is Different?

If the package of grains you are serving:

- is lighter in weight than the item listed in the Grains Measuring Chart, or
- does not list the weight of one package, or
- is not listed on the Grains Measuring Chart,

you will need to use another method to determine how many packages are needed to meet CACFP meal pattern requirements. To do this, you could:

- Use the "Food Buying Guide for Child Nutrition Programs (FBG) Exhibit A Grains Tool" available at foodbuyingguide.fns.usda.gov.
- Use Team Nutrition's "Calculating Ounce Equivalents for Grains in the CACFP" worksheet available at TeamNutrition.USDA.gov.
- Contact your State agency or sponsoring organization for assistance.



혹시라도 제공 원하시는 1인용 제품이 차트에 없거나 또는
있더라도 적혀있는 내용물량(Net weight)이 적을 경우
에버그린으로 연락주시면 도와드리겠습니다.




United States Department of Agriculture
Food and Nutrition Service

Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.


Reminder!

Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.

All grains served must be enriched, fortified, or whole grain-rich.

Breakfast/Lunch/Supper	
Grain Item	Requirements
Iron-Fortified Infant Cereal; or meats/meat alternates; or both	0-½ oz eq

Snack (choose at least one item below)	
Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¼ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¼ oz eq

For more information on the CACFP infant meal pattern, see the "Feeding Infants in the Child and Adult Care Food Program" guide at [TeamNutrition.USDA.gov](https://www.teamnutrition.gov).

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4. Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program (유아 식단에서의 Oz eq 제공)

❑ 이 차트는 6-11 개월 유아에게 제공되는 곡식 또는 곡식 제품의 제공량을 Ounce Equivalent (oz eq) 보기 쉽게 표기 하였습니다.

❑ 사용원하시는 곡식 제품의 oz eq. 제공양 계산법은 1살 이상과 동일 합니다.



United States Department of Agriculture

Food and Nutrition Service

Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.

Reminder!

Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce. All grains served must be enriched, fortified, or whole grain-rich.

For more information on the CACFP infant meal pattern, see the "Feeding Infants in the Child and Adult Care Food Program" guide at [TeamNutrition.USDA.gov](https://www.teamnutrition.gov).

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Breakfast/Lunch/Supper

Grain Item	Requirements
Iron-Fortified Infant Cereal; or meats/meat alternates; or both	0-½ oz eq

Snack

(choose at least one item below)

Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¾ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¾ oz eq



페이지 3 과 4 를 보시면 제품종류에 따라 제공하시는 oz eq. 양이 다른 것을 확인 하실수 있습니다.

페이지 3을 보시면 빵/빵종류의 제품 그리고 철분강화 유아 시리얼은 1/2 oz eq.의 양을 식사또는 스낵제공시 제공하셔야 합니다.

BREAD/BREAD-LIKE ITEMS = 1/2 oz eq			
IRON-FORTIFIED INFANT CEREAL = 1/2 oz eq			
Grains Measuring Chart for the CACFP Infant Meal Pattern			
Grain Item and Size		1/2 oz eq is about...	Creditable at Meals or Snacks?
Biscuit at least 28 grams	★	1/2 biscuit or 14 grams	Snack only
Bread at least 28 grams	★	1/2 slice or 14 grams	Snack only
Bun or Roll (entire bun or roll) at least 28 grams	★	1/2 bun/roll or 14 grams	Snack only
Corn Muffin at least 34 grams	★	1/2 muffin or 17 grams	Snack only
English Muffin (top and bottom) at least 56 grams	★	1/4 muffin or 14 grams	Snack only
Iron-Fortified Infant Cereal (single and multigrain)		4 tablespoons (1/4 cup) dry	Breakfast, lunch, supper, snack
Pancake at least 34 grams	★	1/2 pancake or 17 grams	Snack only
Pita Bread/Round at least 56 grams	★	1/4 pita or 14 grams	Snack only
Tortilla, Soft, Corn (about 5 1/2")	■	3/4 tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 6")	■	1/2 tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 8")	■	1/4 tortilla or 14 grams	Snack only
Waffle at least 34 grams	★	1/2 waffle or 17 grams	Snack only

★ Check that the item you want to serve weighs this amount, or more.
See "Using the Nutrition Facts Label" on page 5 for more information.


■ Check that the item you want to serve is about this size or larger.
See "Grains Measuring Tools" on page 6 for more information.

• 3 •

페이지 4를 보시면 크래커 또는씨리얼등의 (1살 이상에게 제공하신는) 제품등은 ¼ oz eq.의 양을 스낵제공시 제공하셔야 합니다.

CRACKERS = ¼ oz eq		
READY-TO-EAT CEREALS = ¼ oz eq		
Grains Measuring Chart for the CACFP Infant Meal Pattern		
Grain Item and Size	¼ oz eq is about...	Creditable at Meals or Snacks?
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 tablespoons (¼ cup) or 7 grams	Snack only
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 tablespoons (~½ cup) or 7 grams	Snack only
Cracker, Animal (about 1 ½" by 1")	4 crackers or 7 grams	Snack only
Cracker, Bear-shaped or Similar, Sweet (not honey flavored) (about 1" by ½")	6 crackers or 7 grams	Snack only
Cracker, Cheese, Square, Savory (about 1" by 1")	5 crackers or 6 grams	Snack only
Cracker, Fish-shaped or Similar, Savory (about ¾" by ½")	11 crackers or 6 grams	Snack only
Cracker, Graham (not honey flavored) (about 5" by 2 ½")	½ cracker or 7 grams	Snack only
Cracker, Round, Savory (about 1 ¾" across)	2 crackers or 6 grams	Snack only
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 grams	Snack only
Cracker, Saltine (about 2" by 2")	2 crackers or 6 grams	Snack only
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")	3 crackers or 6 grams	Snack only
Cracker, Zwieback (not honey flavored)	1 cracker or 6 grams	Snack only

 Honey should never be fed to babies younger than 1 year.

 Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

• 4 •



2 가지 방법으로 곡식또는 곡식 제품을 ounce equivalents 으로
제공하실수 있습니다.

1. Grains Measuring Chart for the CACFP Infant Meal Pattern 을
사용하여 제공 되는 양을 사용합니다.
2. 제공 원하시는 곡식 제품이 위의 차트에 적용되은 않는 경우
Food Buying Guide (FBG) 을 사용하십니다. (이 방법필요시
에버그린으로 연락주셔서 도움을 받으세요)

예 1) Rice Infant Cereal

아래의 보이는 Grains Measuring Chart for the CACFP Infant Meal Pattern 에서 Iron-Fortified Infant Cereal 을 찾으시고 ½ oz eq 섹션의 제공량을 찾으시면 4 Tablespoons(¼ cup) dry 라는 것이 찾으실수 있으실 겁니다. 그러므로 6-11 개월 유아에게 제공하셔야 하는 ½ oz eq 의 양은 Dry 4 tablespoons 또는 ¼ cup 입니다.

BREAD/BREAD-LIKE ITEMS = ½ oz eq			
IRON-FORTIFIED INFANT CEREAL = ½ oz eq			
Grains Measuring Chart for the CACFP Infant Meal Pattern			
Grain Item and Size		½ oz eq is about...	Creditable at Meals or Snacks?
Biscuit at least 28 grams	★	½ biscuit or 14 grams	Snack only
Bread at least 28 grams	★	½ slice or 14 grams	Snack only
Bun or Roll (entire bun or roll) at least 28 grams	★	½ bun/roll or 14 grams	Snack only
Corn Muffin at least 34 grams	★	½ muffin or 17 grams	Snack only
English Muffin (top and bottom) at least 56 grams	★	¼ muffin or 14 grams	Snack only
Iron-Fortified Infant Cereal (single and multigrain)		4 tablespoons (¼ cup) dry	Breakfast, lunch, supper, snack



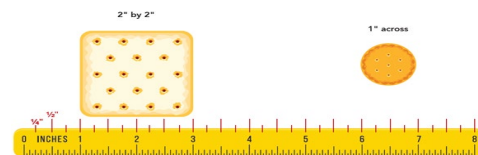
Nutrition Facts	
30 servings per container	
Serving size ¼ cup (15g)	
Amount per serving	
Calories	60
	% Daily Value
Total Fat 0.5g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 10mg	
Total Carbohydrate 12g	12%
Dietary Fiber 0g	
Total Sugars <1g	
Includes <1g Added Sugars	
Protein 1g	3%
Vitamin D 0mcg	0%
Calcium 65mg	25%
Iron 6.75mg	60%
Potassium 45mg	6%
Vitamin C 8.7mg	15%
Vitamin E 0.6mg	10%
Thiamin 0.075mg	25%
Riboflavin 0.1mg	25%
Niacin 1mg	25%
Vitamin B6 0.075mg	25%
Folate 12mcg DFE (7mcg folic acid)	15%

예2) 7개월 유아에게 PM snack 제공시 몇개의 Saltine Crackers(2"by 2") 제공 해야 1/4 oz eq 충족 시킬수 있나요?

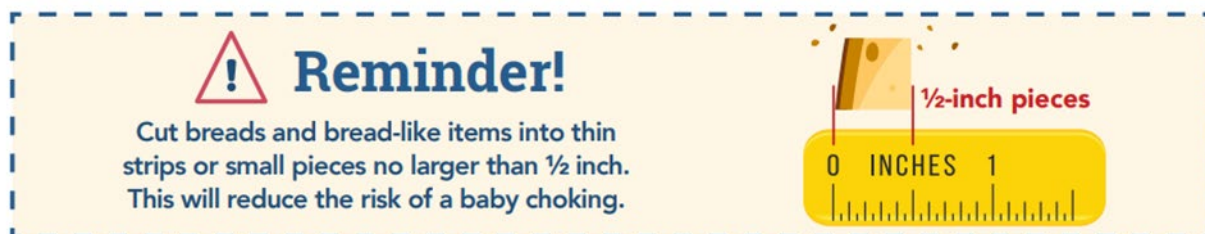
답) 2 개 또는 6 grams

설명)

Nabisco Original Saltine Crackers 의 크랙커 하나의 사이즈가 2"by 2" 입니다.



페이지 4의 차트를 보시면 Saltine Crackers(2"by 2") 제공시 1/4 oz eq 으로 크래딧 받으실려면 2 개 또는 6 grams 의 Saltine crackers 를 제공 해야 한다고 표시 되어있습니다.



CRACKERS = 1/4 oz eq

READY-TO-EAT CEREALS = 1/4 oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size	1/4 oz eq is about...	Creditable at Meals or Snacks?
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 tablespoons (1/4 cup) or 7 grams	Snack only
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 tablespoons (~1/3 cup) or 7 grams	Snack only
Cracker, Animal (about 1 1/2" by 1")	4 crackers or 7 grams	Snack only
Cracker, Bear-shaped or Similar, Sweet (not honey flavored) (about 1" by 1/2")	6 crackers or 7 grams	Snack only
Cracker, Cheese, Square, Savory (about 1" by 1")	5 crackers or 6 grams	Snack only
Cracker, Fish-shaped or Similar, Savory (about 3/4" by 1/2")	11 crackers or 6 grams	Snack only
Cracker, Graham (not honey flavored) (about 5" by 2 1/2")	1/2 cracker or 7 grams	Snack only
Cracker, Round, Savory (about 1 3/4" across)	2 crackers or 6 grams	Snack only
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 grams	Snack only
Cracker, Saltine (about 2" by 2")	2 crackers or 6 grams	Snack only



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