

# OUNCE EQUIVALENTS OF **GRAINS** IN THE CACFP

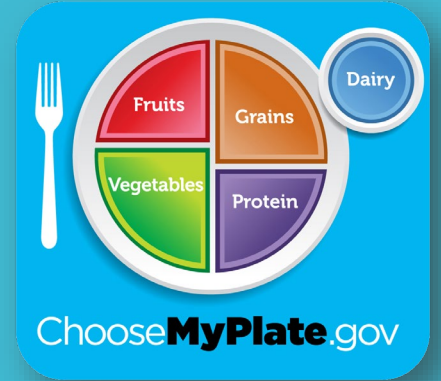


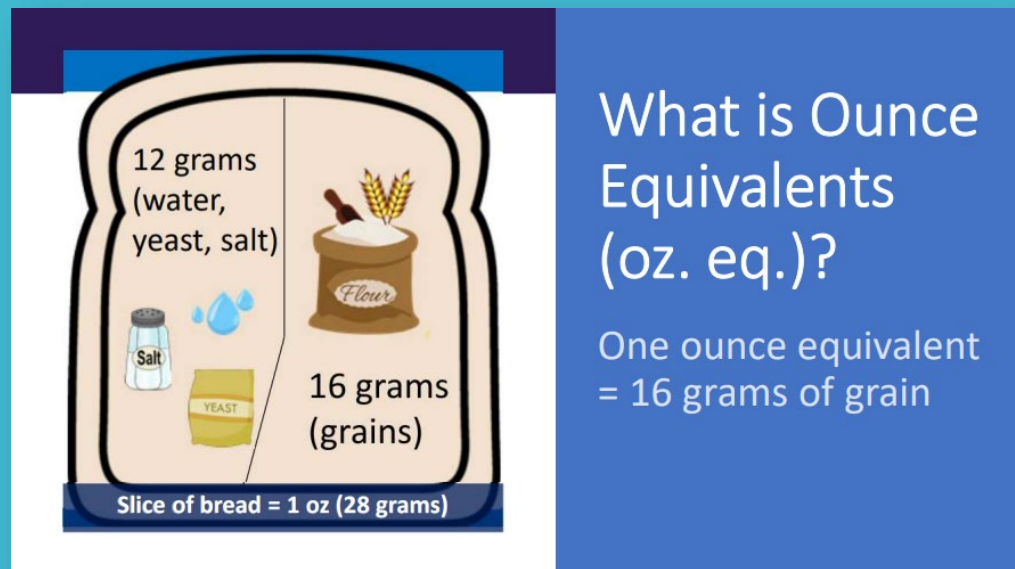
Effective **July 1, 2022**, ounce equivalents (oz. eq.) will be used as measurements for creditable grains (**bread/bread alternate**) in the Child and Adult Care Food Program (CACFP). You will be required to use ounce equivalents as the method of measuring and portioning items in the grains component in the CACFP. **This includes in the infant meal pattern as well.**

## Why are Ounce Equivalents Important?

Many of you may be wondering why the change to ounce equivalents. Using oz. eq. helps streamline the CACFP with other child nutrition programs, such as the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), that already use oz. equivalents. It is also how grains are referred to in the National Dietary Guidelines for Americans and in consumer messaging, such as MyPlate. So, we are getting CACFP up to speed with what is going on in the realm of other nutrition programs.

*Most importantly, ounce equivalents helps us know we are serving the right portions of grains to meet the nutritional needs of our participants.*





So, what are ounce equivalents? **Ounce equivalents tell you the amount of grain in a portion of food**

*1 oz. eq. of grains is the amount of food needed to provide 16 grams of grain.*

For example, you see in this graphic a slice of bread. The slice of bread weighs 1 oz., or 28 grams, and of that weight, 16 grams is made up of grains. The remaining 12 grams of weight comes from the other ingredients, such as water, yeast and salt. So, the total weight of the item is 28 grams, but the 16 grams of grains makes it 1-ounce equivalent of grains.

We do not expect you to walk around knowing the different gram weights of ingredients in grain items. **We will go through tools today that will help you determine how much of different types of grains you need to serve.** However, hopefully this graphic gives you an understanding of where ounce equivalents for grains comes from.

It is important to understand that different grains vary in sizes. For example:

- 1 slice of bread = 16 grams of creditable grains
- 1 waffle = 16 grams of creditable grains
- ½ a muffin = 16 grams of creditable grains

*All equal to 1 oz. equivalent*

**Note:**

- The amount of grams in 1 slice of bread or grain item varies depending on the manufacturer.
- Ensure to look at the nutrition facts label.





(select all three components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both <sup>4</sup>	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq) <sup>5,6,7</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice

## OLD Method

The current practice of serving grains is being replaced by ounce equivalents (oz. eq.)

### Lets use bread as an example :)

Previously the CACFP meal pattern charts only mentioned how much of slice of bread was needed depending on the child's age. NOW that we are moving to oz. eq., you will need to refer to the Nutrition Facts label to check the weight of the slice and make sure it complies with the required portion listed on the grains oz eq chart.

## NEW Method

### Grains Ounce Equivalents Chart



ITEM	1-5 yrs			6-12 yrs	
	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
Batter-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Brilliant (Cracked) Wheat*	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Biscuits (large)	9 g	18 g	27 g	36 g	72 g
Biscuits (small)	6 g	12 g	18 g	24 g	48 g

### Nutrition Facts

18 servings per container  
Serving size 1 Slice (32g/1.1oz)

Amount per serving

**Calories 80**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Saturated Fat 0g **0%**

Total Fat 1g **1%**

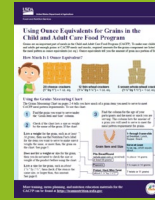


## ***ACTION REQUIRED BEFORE PROCEEDING***

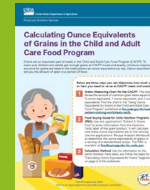
Please visit the 4 links on the right to download and print the training resources, as you will be needing them daily.

The 4 training resources provided by the USDA will assist you in using ounce equivalents to determine the amount of grains for meals and snacks.

***During monitoring visits we will ask the method you utilized to determine the amount of grains.***



6 pages



6 pages



6 pages



6 pages

### **Resource #1**

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

### **Resource #2**

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

### **Resource #3**

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

### **Resource #4**

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



# The CACFP Meal Pattern Charts Were Updated!



Please make sure to **PRINT** the updated CACFP Meal Pattern Charts and post them in your kitchen (see next page for the link)

- The updated CACFP Meal Pattern Charts now show the serving sizes in **oz. eq.**
- During the monitoring visits, ECCL staff will ask to see your updated CACFP Meal Pattern Charts.

## 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 component for a reimbursable meal)					
Minimum quantities					
Food components and food items <sup>1</sup>	Ages 1-2 4 fluid ounces	Ages 3-5 8 fluid ounces	Ages 6-12 8 fluid ounces	Ages 13-18 <sup>2</sup> (at-risk afterschool program and emergency shelter) participants 8 fluid ounces	Adult participants 8 fluid ounces
Fluid Milk <sup>3</sup>	4 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both <sup>4</sup>	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz. eq.) <sup>5,6,7,8</sup>	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

**Endnotes:**  
<sup>1</sup> Must serve all three components for a reimbursable meal. Offer various serve in an option for at-risk afterschool participants.  
<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.  
<sup>3</sup> 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, 1 ounce (weight) or 1/2 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 meat alternate in the same meal.  
<sup>4</sup> Potentiated full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.  
<sup>5</sup> At least one serving per day, across all eating occasions, must be whole grains-rich. Grain-based desserts do not count towards meeting the grain requirement.  
<sup>6</sup> Larger portion sizes than specified may need to 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.  
<sup>7</sup> Refer to FNS guidance for additional information on crediting different types of grains.  
<sup>8</sup> 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 component for a reimbursable meal)					
Minimum quantities					
Food components and food items <sup>1</sup>	Ages 1-2 4 fluid ounces	Ages 3-5 8 fluid ounces	Ages 6-12 8 fluid ounces	Ages 13-18 <sup>2</sup> (at-risk afterschool program and emergency shelter) participants 8 fluid ounces	Adult participants 8 fluid ounces
Fluid Milk <sup>3</sup>	4 fluid ounces	8 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 <sup>4</sup>	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 (unsweetened or sweetened)	4 ounces	8 ounces or 1 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 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables <sup>5</sup>	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Fruits <sup>6</sup>	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz. eq.) <sup>7,8</sup>	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

Child and Adult Care Food Program Snack (Select two of the five components for a reimbursable meal)					
Minimum quantities					
Food components and food items <sup>1</sup>	Ages 1-2 4 fluid ounces	Ages 3-5 8 fluid ounces	Ages 6-12 8 fluid ounces	Ages 13-18 <sup>2</sup> (at-risk afterschool program and emergency shelter) participant 8 fluid ounces	Adult participant 8 fluid ounces
Fluid Milk <sup>3</sup>	4 fluid ounces	8 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 <sup>4</sup>	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	1/4 cup	1/4 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 (unsweetened or sweetened)	2 ounces or 1/2 cup	2 ounces or 1/2 cup	4 ounces or 1 cup	4 ounces or 1 cup	4 ounces or 1 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Vegetables <sup>5</sup>	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Fruits <sup>6</sup>	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz. eq.) <sup>7,8</sup>	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

**Endnotes:**  
<sup>1</sup> Select two of the five components for a reimbursable meal. Only one of the two components may be a beverage.  
<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.  
<sup>3</sup> 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, 1 ounce (weight) or 1/2 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 meat alternate in the same meal.  
<sup>4</sup> Potentiated full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.  
<sup>5</sup> Vegetables must contain no more than 25 grams of total sugars per 100 grams of dry weight.

(CACFP) Infant Meal Patterns		
Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and 0-1/2 ounce equivalent infant cereal <sup>3,4</sup> or meat, fish, poultry, whole egg, 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 <sup>5</sup> ; or a combination of the above <sup>6</sup> ; and 0-2 tablespoons vegetable or fruit, or a combination of both. <sup>6,8</sup>
Snack	4-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and 0-1/2 ounce equivalent breast <sup>7,9</sup> ; or 0-1/2 ounce equivalent endosteal <sup>7,9</sup> ; or 0-1/2 ounce equivalent endosteal breakfast cereal <sup>7,9</sup> ; and 0-2 tablespoons vegetable or fruit, or a combination of both. <sup>6,8</sup>

<sup>1</sup> 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 formula may be offered, with additional breastmilk offered at a later time if the infant will consume more.  
<sup>2</sup> Infant formula and dry infant cereal must be iron fortified.  
<sup>3</sup> Refer to FNS guidance for additional information on crediting different types of grains.  
<sup>4</sup> Yogurt must contain no more than 22 grams of total sugars per 100 grams.  
<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.  
<sup>6</sup> A serving of grains must be whole grains-rich, enriched meat, or enriched flour.  
<sup>7</sup> 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).



The updated CACFP Meal Pattern Charts are now available in our website  
[www.evergreencacfp.org](http://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)

Lets go over the 4 training resources :)

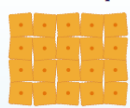


United States Department of Agriculture  
Food and Nutrition Service

## 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.

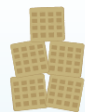
### How Much Is 1 Ounce Equivalent?



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:
- 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.

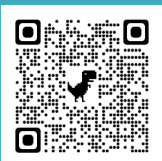
Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

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 (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>.



## RESOURCE #1

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



❑ This training material of 6 pages contains 3 Charts for common grain foods. The charts indicate how much of a grain item you need to serve to meet the serving size in oz eq.

❑ Shows you how to find out the weight of a food item if there is more of an item mentioned in a serving size.


❑ Reminds you to use the Food Buying Guide if your food item is not listed in the chart or is smaller/lighter than the size mentioned in the chart.

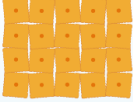
**USDA**  
United States Department of Agriculture  
Food and Nutrition Service

### 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:

- 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 1/2"*, 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.

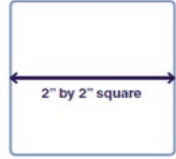
Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	1/4 pita or 14 grams	1/4 pita or 14 grams	1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams	1 1/2 cups or 14 grams	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams	7 twists or 11 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>.


#### 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.




2" by 2" square



1 1/4" round across



1" by 1" square



**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 Breakfast, Lunch, Supper
<b>Cheese, Graham</b> (about 2" by 2 1/2")**	Serve at Least 1 oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...
<b>Cracker, Round</b> (about 1 1/2" across)	1 cracker or 14 grams	1 cracker or 14 grams	1 cracker or 14 grams
<b>Cracker, Square</b> (about 2" by 2")**	4 crackers or 11 grams	2 crackers or 28 grams	2 crackers or 28 grams
<b>Cracker, Thin Wheat, Square</b> (about 1 1/4" by 1 1/2")**	4 crackers or 11 grams	2 crackers or 28 grams	2 crackers or 28 grams
<b>Cracker, Woven Whole-Wheat</b> (about 1 1/2" by 1 1/2")**	6 crackers or 11 grams	4 crackers or 28 grams	4 crackers or 28 grams
<b>Cornmeal, Ready-to-Eat</b> at least 56 grams*	3 crackers or 11 grams	12 crackers or 22 grams	16 crackers or 44 grams
<b>Cornmeal, Muffin</b> (top and bottom at least 4" across)	1/4 muffin or 17 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>French Toast Stick</b> at least 56 grams*	1/4 muffin or 14 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Grits</b>	2 sticks or 56 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Muffin</b> (about 3 1/2" by 1 1/2")**	1/4 muffin or 14 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Muffin and Quick Bread</b> (about 1 1/2" by 1 1/2")**	1/4 muffin or 14 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Outmeal</b> at least 56 grams*	1/4 muffin or 14 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Pancake</b> at least 56 grams*	1/4 muffin or 14 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/4 cup cooked or 28 grams dry	1/4 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	1/4 pita or 14 grams	1/4 pita or 14 grams	1/4 pita or 14 grams
<b>Popcorn</b>	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 1/4" by 1 1/2")**	7 twists (-1/2 cup) or 11 grams	14 twists (-1/2 cup) or 22 grams	27 twists (-1 cup) or 44 grams
<b>Pretzel, Hard, Thin Stick</b> (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
<b>Pretzel, Soft</b> (about 1 1/2" by 1 1/2")**	1/4 muffin or 14 grams	1/4 muffin or 22 grams	1/4 muffin or 22 grams
<b>Rice</b>	1/4 cup cooked or 14 grams dry	1/4 cup cooked or 28 grams dry	1/4 cup cooked or 56 grams dry
<b>Shells</b>	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Tortillas</b>	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Waffles</b>	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams





# These 3 charts will be your best friends :)



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) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams	
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams	
Cereal, Ready-to-Eat: Granola	¾ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams	
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams	
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams	
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams	
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams	
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~½ cup) or 22 grams	40 crackers (~¾ cup) or 44 grams	
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams	

! \*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.

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, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams	
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams	
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams	
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams	
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams	
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams	
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams	
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams	

! \*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.

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...	
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 (~½ cup) or 11 grams	14 twists (~¾ cup) or 22 grams	27 twists (~1 cup) or 44 grams	
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams	
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams	
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams	
Rice Cake, Mini (about 1 ¼" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams	
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams	
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams	
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams	
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams	
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams	

! \*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.

## Using the Grains Measuring 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 ¼" by 1 ½"*, 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.

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

## Grains Measuring Chart for the Child and Adult Care Food Program

  <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack <b>Adults</b> at Snack only	<b>Adults</b> at Breakfast, Lunch, Supper
	<b>Serve at Least</b> <b>½ oz. eq.</b> , which equals about...	<b>Serve at Least</b> <b>1 oz. eq.</b> , which equals about...	<b>Serve at Least</b> <b>2 oz. eq.</b> , which equals about...
<b>Bagel</b> (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
<b>Bagel, Mini</b> (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
<b>Biscuit</b> at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
<b>Bread</b> (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
<b>Bun or Roll</b> (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
<b>Cereal Grains</b> (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry



**Serving Size** 1 roll (28g/1oz)  
**Servings per Container** 12

Amount per serving

**Calories 90**

	% Daily Value*
--	----------------

**Total Fat 2.5g** **3%**

# Using the Grains Measuring Chart

## 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 ¼" by 1 ½"*, 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	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
	Serve at Least ½ oz. eq., which equals about...
	Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*
	¼ pita or 14 grams
Popcorn	1 ½ cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists or 11 grams

# If the weight is provided

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.

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



Nutrition Facts	
6 Servings per Container	
Serving Size	1 bagel (95g)
Amount Per Serving	

1-5 yr old will need ¼ bagel or 14 grams, to meet the ½ oz eq requirement

6-18 year old will need ½ bagel or 28 grams, to meet the 1 oz eq requirement

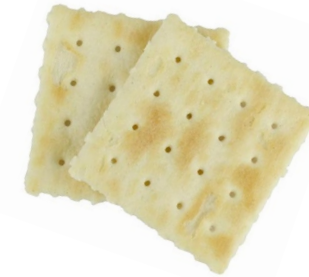
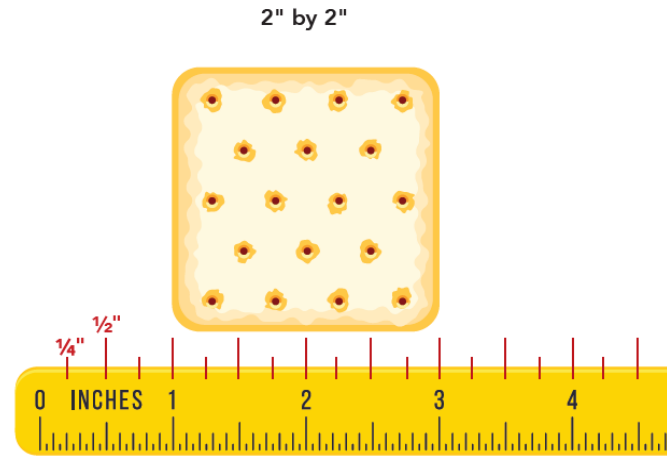


# If the size is provided

If the chart lists a size for the grain, such as about 1 ¼" by 1½", then check if the item is the same size, or larger than, this amount.

If the size is not available on the packaging, you will need to measure it yourself with a ruler :)

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 4 grams	2 crackers or 8 grams	4 crackers or 16 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, Square, Savory	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams



(about 1 ¾" across)**			
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

! \*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.



6 inch CORN Tortilla



6 inch FLOUR tortilla




8 inch FLOUR tortilla


# If the weight or size is not provided

If the chart 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.



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 <b>Adults</b> at Snack only	<b>Adults</b> 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 4 grams	½ pita or 8 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams	

## 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 <b>Adults</b> at Snack only	<b>Adults</b> 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...
<b>Pasta</b> (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
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~1 cup) or 22 grams	27 twists (~1 cup) or 44 grams
<b>Pretzel, Hard, Thin Stick</b> (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
<b>Pretzel, Soft</b> at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
<b>Rice</b> (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry






# What if the Nutrition Facts Label mentions the serving size of more of an item?

**Divide :)**

Divide the serving weight by the serving size to find the weight of each item.

Lets look at this example. They list 3 pancakes. Lets find out the weight of each pancake.



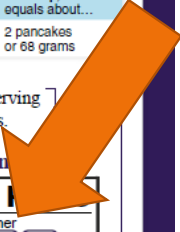



### Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

- Find the grain item and its minimum weight in the Grains Measuring Chart.  
For example, the minimum weight for a pancake is at least 34 grams.
- Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.
- Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.
- If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes. Divide the serving weight by the number of items in one serving to find the weight of each item.

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
<b>Pancake</b> (at least 34 grams*)	Serve at Least ½ oz. eq., which equals about... ½ pancake or 17 grams	Serve at Least 1 oz. eq., which equals about... 1 pancake or 34 grams	Serve at Least 2 oz. eq., which equals about... 2 pancakes or 68 grams







**Brand P Pancakes**  
**Nutrition Facts**  
4 servings per container  
Serving size 3 Pancakes (117g)  
Amount per serving  
**Calories 280**  
% Daily Value\*  
Total Fat 8g 12%  
Saturated Fat 1.5g 8%  
Trans Fat 0g

$$\begin{array}{ccccc} 117 \text{ grams} & \div & 3 \text{ pancakes} & = & 39 \text{ grams per pancake} \\ \text{Serving Weight} & & \text{Serving Size} & & \text{Weight of Each Item} \end{array}$$


Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?



**Yes:** Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.



**No:** Use another method to determine how much of a grain item to serve. See “What If My Grain Is Different?” on page 6 for more information.

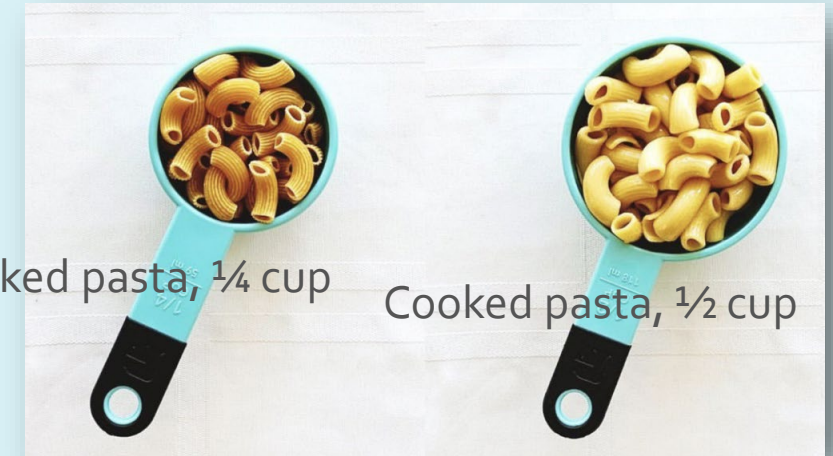


-5-

# Measuring Cups

Please be advised, there are measuring cups for dry foods and liquids. Technically, liquid and dry measuring cups hold the same volume, but they are specially designed to measure more accurately of their respective ingredients. We highly recommend using the measuring cups for dry foods to measure your grains for better accuracy.

When using the charts in the guides, make sure you pay attention if the serving size is referring to cooked or uncooked.



# How to distinguish portion sizes to common household items

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](https://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](https://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.

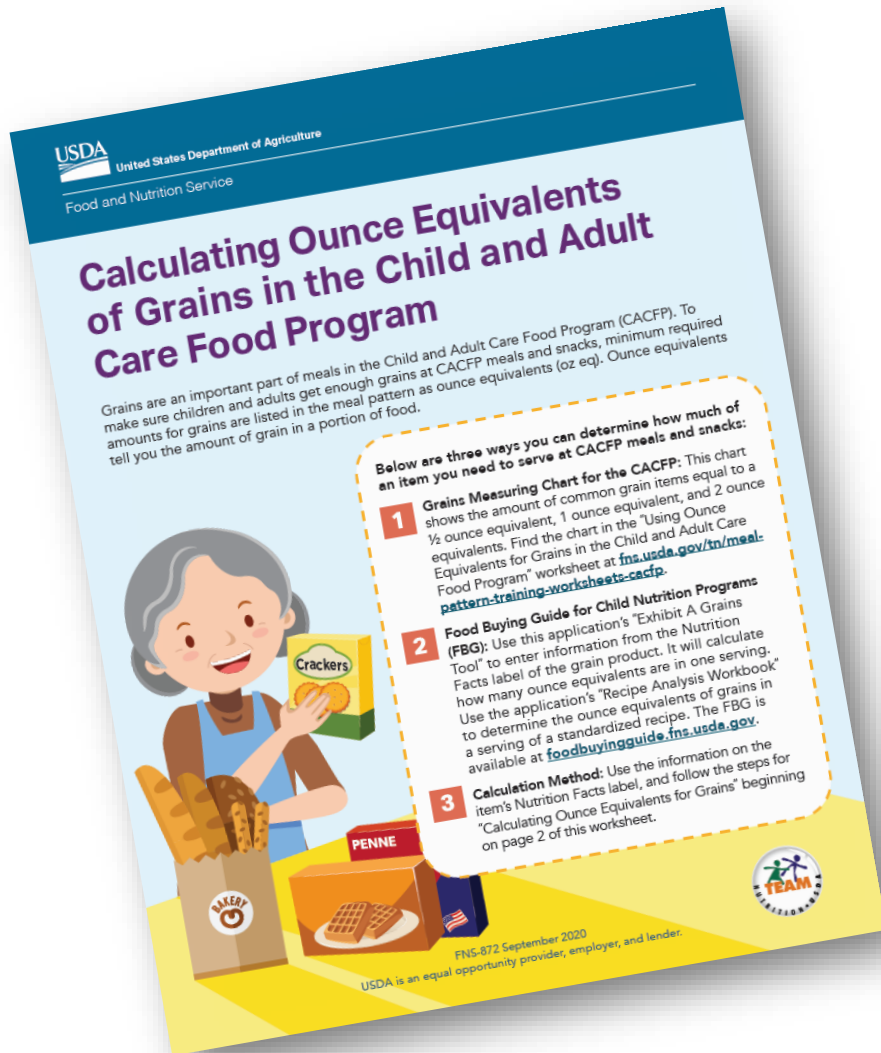
FNS-872 September 2020

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## RESOURCE #2

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



- ☐ This training material of 6 pages demonstrates the **3 ways** you can determine how much of a grain item you need to serve
- ☐ Provides **2 charts** of **common grain items**



# OPTION #1: Simply find your **GRAIN** component in this chart :)

This chart informs you the minimum amount of grains needed in 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**

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.

**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 Shells	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	36 g	54 g	72 g	144 g
Muffins (all except hard)	14 g	28 g	42 g	56 g	112 g
Pancakes	9 g	17 g	26 g	34 g	68 g
Pasta (whole grains or enriched all types)	7 g	14 g	21 g	28 g	56 g
Pasta (dry) (any type)	9 g	17 g	26 g	34 g	68 g
Pasta Cook	7 g	14 g	21 g	28 g	56 g
Potatoes, Baked	7 g	14 g	21 g	28 g	56 g
Potatoes, Soft	9 g	17 g	26 g	34 g	68 g
Rice	7 g	14 g	21 g	28 g	56 g
Rolls	7 g	14 g	21 g	28 g	56 g
Stuffing (any type)	7 g	14 g	21 g	28 g	56 g
Taco Shells	9 g	17 g	26 g	34 g	68 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	7 g	14 g	21 g	28 g	56 g
Whole Grain (any type)	7 g	14 g	21 g	28 g	56 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)

**Bagel Example:**  
The **Grains Ounce Chart** states that a 6 yr old needs 28 grams of a bagel.

This bagel's Nutrition Facts label states that each bagel is 46grams. Therefore, you can serve this whole bagel to a 6yr old, as this bagel exceeds the requirement of 28 grams.





## 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.

## 3) CALCULATE.

See the Nutrition Facts Label. Divide the serving size **weight (32g)** by the **number of pieces (16 pieces)** to find out how much **EACH** piece weights.

$$32 \text{ divided by } 16 = \mathbf{2 \text{ grams per cracker (weight of each cracker)}}$$

\* Remember what the chart asked us to serve for a 4 yr old? (previous slide) The **REQUIRED** serving size was **11 grams**

Now lets divide the **REQUIRED** serving size by the weight of each cracker

**11 grams** divided by **2 grams** gives us 5.5, so **round up** to 6.

(Reminder: When a number ends in 1, 2, 3, or 4 round down. When a # ends in 5, 6, 7, 8, or 9 round up).

Therefore, a 4 year old will need **6 crackers** to fulfill the serving size listed on the chart.

## Grains Ounce Equivalents Chart



ITEM	1 oz eq	1 oz eq	1 oz eq	1 oz eq	2 oz eq
	equival	equival	equival	equival	equival
Bagels	7 g	14 g	21 g	28 g	56 g
Butter-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
Crabmeat	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.



## Grains Ounce Equivalents Chart



ITEM	¼ oz eq equals	½ oz eq equals	¾ 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

Weights listed with the asterisk symbol \* on this chart 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.



# OPTION #3: Use the online Food Buying Guide if your grain food item is not on the chart

Example: Couscous is not on the chart.

Therefore, visit the following website to calculate the ounce equivalents

<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 for HOME, MEAL COMPONENTS, FOOD ITEMS, TOOLS, APPENDICES, HELP, and LOG OUT. The main content area includes a "Product Name" field, a "Date" field (MM/DD/YYYY), a "Choose Method" section with radio buttons for "Ounce Equivalent (oz eq) Grains" and "Grains/Breads Servings", and an "Item keywords" field with a "Search" button. At the bottom, there are "Save" and "Back to List" buttons.

If this is your case,  
please contact us and  
we will assist you.



## 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.

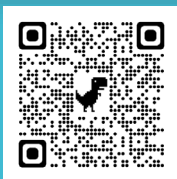
In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grains in a portion of food.



### How Much is 1 Ounce Equivalent?

0.8 ounce (22 grams) of <b>Cheese Crackers</b>	1 ounce (28 grams) of <b>Toasted O's Cereal</b>	2 ounces (55 grams) of <b>Blueberry Muffin</b>
= 1 oz eq of grains	= 1 oz eq of grains	= 1 oz eq of grains

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## RESOURCE #3

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



❑ This training material of 6 pages gives you **1 chart** containing a list of single serving grain packages and the minimum weight required to meet the serving size by age category.

❑ Reminds you to use the Food Buying Guide if your food item is not listed in the chart or is smaller/lighter than the size mentioned in the chart.


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

\*Check that the package you want to serve weighs the amount, or more. See "Finding the Weight of Single-Serving Packages" on page 5 for more information.  
\*\*Must contain 3 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 •

Although these packages have different weights, all yield to 1oz. eq. of grains :)



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...
 <b>OATMEAL</b> Net Wt. 1 OZ (28g)			
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.

## Example: 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...
<b>Pretzel, Hard</b> at least 22 grams or 0.8 ounces	½ package	1 package	2 packages



The weight is listed in the front of the package or in the Nutrition Facts Label.

After reviewing this information, refer to the grains measuring chart for single serving packages. The chart indicates that children ages 1-5 will require ½ package and children age 6-12 will require 1 package .

### 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](http://foodbuyingguide.fns.usda.gov).
- Use Team Nutrition's "Calculating Ounce Equivalents for Grains in the CACFP" worksheet available at [TeamNutrition.USDAGov](http://TeamNutrition.USDAGov).
- Contact your State agency or sponsoring organization for assistance.



**If this is your case, please  
contact us and we will assist  
you.**





## 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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## RESOURCES #4

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

❑ This training material of 6 pages contains the Grains Measuring Chart for common infant grain foods. The charts indicate how much of a grain item you need to serve to meet the serving size in oz eq.

❑ Shows you how to find out the weight of a food item if there is more of an item mentioned in the serving size.

❑ Reminds you to use the Food Buying Guide if your food item is not listed in the chart or is smaller/lighter than the size mentioned in the chart.

## 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

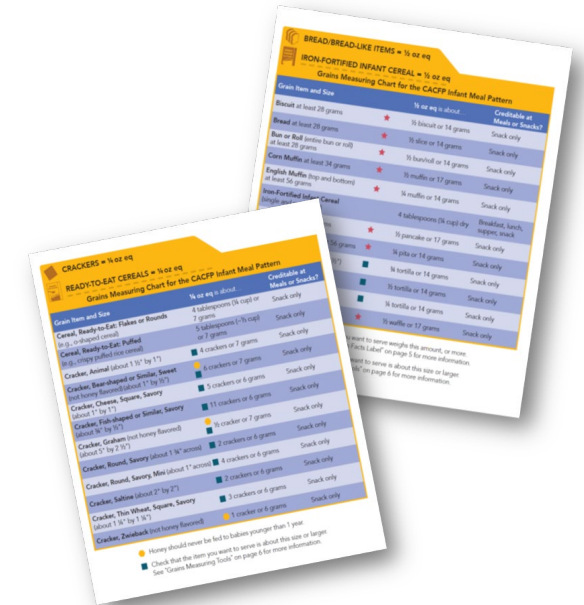
#### Snack

(choose at least one item below)

Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¾ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¾ 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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There are 2 methods to measure ounce equivalents:

1. Grains Measuring Chart for the CACFP Infant Meal Pattern
2. Food Buying Guide (FBG)

**Please Note-** Iron-fortified infant cereal is the **ONLY** grain that may count toward a reimbursable **BREAKFAST, LUNCH, or DINNER** in the CACFP infant meal pattern.



For Iron-Fortified Infant Cereals, ½ oz eq is required if the infant is physically ready for solids. ½ oz eq is about **4 tablespoons** (1/4 cup) dry

**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
Pancake at least 34 grams	★ ½ pancake or 17 grams	Snack only
Pita Bread/Round at least 56 grams	★ ¼ pita or 14 grams	Snack only
Tortilla, Soft, Corn (about 5 ½")	■ ¾ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 6")	■ ½ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 8")	■ ¼ tortilla or 14 grams	Snack only
Waffle at least 34 grams	★ ½ 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.

**All other bread/ bread like items are for SNACKS ONLY**

**CRACKERS = ¼ oz eq**

**READY-TO-EAT CEREALS = 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?
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.

# 1/2 oz eq foods

**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
<b>Bread at least 28 grams</b>	<b>1/2 slice or 14 grams</b>	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.

Page 3 of this chart is for grain foods that require 1/2 oz eq (if the infant is physically ready for solid foods).

## Iron-Fortified Infant Cereal, Bread-like items & Tortillas :)

Example: **Bread**

**Locate the grain item and size first.**

The bread weight will need to be at least 28 grams.

**What is the required serving size?** The chart tells us that an infant will require **1/2 slice of bread or 14 grams**, to meet the 1/2 oz eq requirement.





# 1/4 oz eq foods

Page 4 of this chart is for grain foods that require 1/4 oz eq (if the infant is physically ready for solid foods).

## Ready-to-eat cereals & Crackers



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., e-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 1/4" 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
Cracker, Thin Wheat, Square, Savory (about 1 1/4" by 1 1/4")	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.

Example: **Puffed ready-to-eat cereal**

**Locate the grain item first.**

The cereal weight is not listed. If the weight or size is not listed, it is not needed.

**What is the required serving size?** The chart tells us that for puffed ready-to-eat cereal, an infant will require **5 table spoons (1/3 cup) or 7 grams**, to meet the 1/4 oz eq requirement.



# Food Buying Guide (FBG)

## What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If the answer is "yes", you will need to use another method to determine how much of a grain item to serve in order to meet CACFP infant meal pattern requirements. You could:

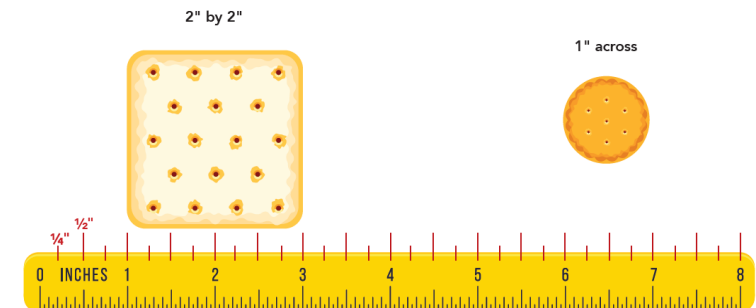
- Enter information from the Nutrition Facts label into the "Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool."\* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the "FBG Recipe Analysis Workbook (RAW)"\* to determine the ounce equivalents per serving for standardized recipes.

\*Available at [foodbuyingguide.fns.usda.gov](https://foodbuyingguide.fns.usda.gov).

If this is your case, please contact us and we will assist you.



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





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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) fax: (202) 690-7442; or  
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