

OUNCE EQUIVALENTS OF **GRAINS** IN THE CACFP

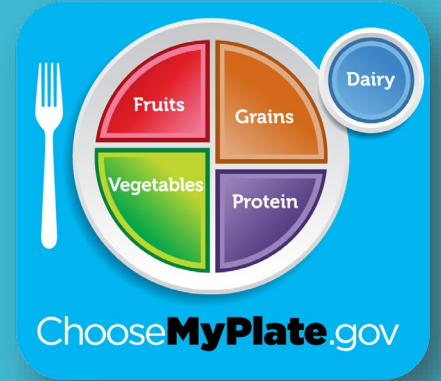


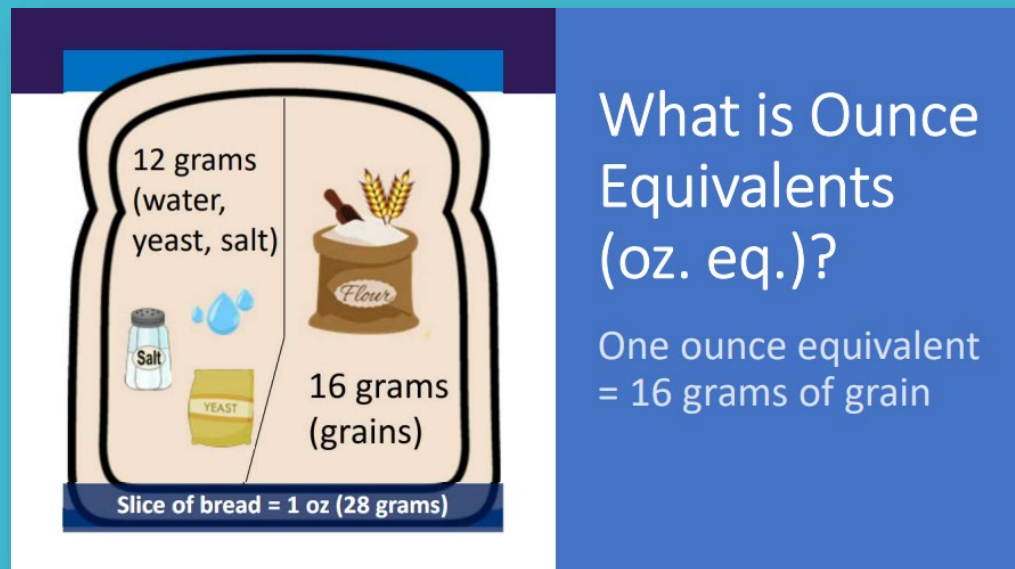
Effective **July 1, 2022**, ounce equivalents (oz. eq.) will be used as measurements for creditable grains (**bread/bread alternate**) in the Child and Adult Care Food Program (CACFP). You will be required to use ounce equivalents as the method of measuring and portioning items in the grains component 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 ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	¾ cup	¾ cup
Grains (oz eq) ^{5,6,7}				
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.)

Let's 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
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
Bisque	7 g	14 g	21 g	28 g	56 g
Bisque (abe Cornud)	7 g	14 g	21 g	28 g	56 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%**

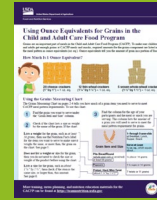


ACTION REQUIRED BEFORE PROCEEDING

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.

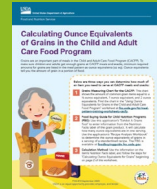
During monitoring visits we will ask the method you utilized to determine the amount of grains.



6 pages

Resource #1

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



6 pages

Resource #2

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



6 pages

Resource #3

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



6 pages

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)					
Food components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool program and emergency shelters) participants	Adult participants
Fluid Milk ³	4 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternatives (edible portions as served)	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products ⁴	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Large egg	1/2	1/2	1	1	1
Cooked dry beans or peas	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Peas or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored (unsweetened or sweetened) ⁵	4 ounces or 1/4 cup	6 ounces or 1/4 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 50% of the requirement:					
Peanut, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above	1/2 ounce = 50%	1/2 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables ⁶ (or fish)	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Fruit ⁷	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Cranes (oz. eq.) ¹¹	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

Child and Adult Care Food Program Lunch and Supper (Select the appropriate components for a reimbursable meal)					
Food components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool program and emergency shelters) participants	Adult participants
Fluid Milk ³	4 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternatives (edible portions as served)	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products ⁴	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Large egg	1/2	1/2	1	1	1
Cooked dry beans or peas	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Peas or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored (unsweetened or sweetened) ⁵	4 ounces or 1/4 cup	6 ounces or 1/4 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 50% of the requirement:					
Peanut, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above	1/2 ounce = 50%	1/2 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables ⁶ (or fish)	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Fruit ⁷	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Cranes (oz. eq.) ¹¹	1/2 ounce equivalent	1/2 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)					
Food components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool program and emergency shelters) participants	Adult participants
Fluid Milk ³	4 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternatives (edible portions as served)	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Tofu, soy products, or alternate protein products ⁴	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	1/4 cup	1/4 cup	1/4 cup
Peas or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored (unsweetened or sweetened) ⁵	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
Peanut, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce	1 ounce	1 ounce
Vegetables ⁶	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Fruit ⁷	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Cranes (oz. eq.) ¹¹	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

(CACFP) Infant Meal Patterns		
Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-8 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 0-4 tablespoons meat, poultry, whole egg, cooked dry beans, or cooked dry peas; 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. ^{6,7}
Snack	4-8 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² and 0-1/2 ounce equivalent cereal ^{3,4} ; or 0-1/2 ounce equivalent meat, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-1/2 ounce equivalent cottage cheese; or 0-1/2 ounce equivalent yogurt ⁵ ; or a combination of the above ⁶ ; and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{6,7}



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)

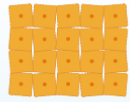
Infant Meal Pattern Chart (1 pg): [http://www.evergreencacfp.org/uploads/1654893793cacfp-infant-meal-pattern-\(2022\).pdf](http://www.evergreencacfp.org/uploads/1654893793cacfp-infant-meal-pattern-(2022).pdf)

Lets go over the 4 training resources :)

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.

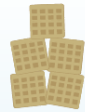
How Much Is 1 Ounce Equivalent?



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 1/2" 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	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Pita Bread/Round (whole grain-rich 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

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



RESOURCE #1

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



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	¼ cup or 14 grams	½ cup or 28 grams	1 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

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**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 ¾" 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

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- 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 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Grain Item and Size	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

Dinner Roll Example for a 6 year old

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
Grain Item and Size	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

1

2



Nutrition Facts	
Serving Size	1 roll (28g/1oz)
Servings per Container	12
Amount per serving	
Calories 90	
Total Fat 2.5g	
% Daily Value*	
	3%

Using the Grains Measuring 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 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

 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



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

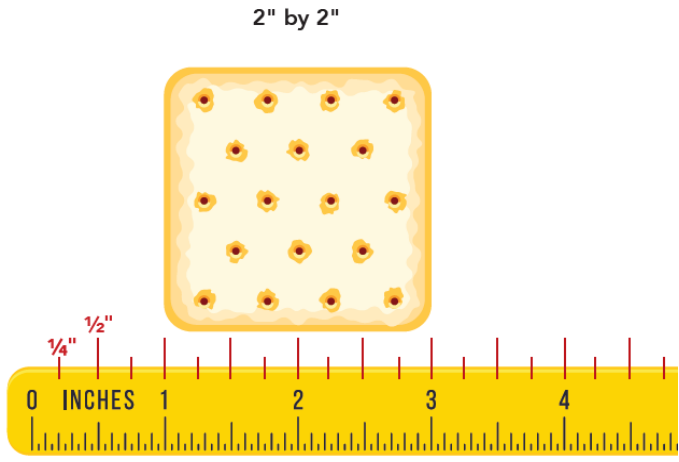
6-18 year old will need ½ bagel or 28 grams, to meet the 1 oz eq requirement

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



6 inch CORN Tortilla



6 inch FLOUR tortilla



8 inch FLOUR tortilla

! *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.

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 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

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	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 (~1 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



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:

1

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.

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
Pancake (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

2

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.

3

Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

4

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.

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	

$$\frac{117 \text{ grams}}{\text{Serving Weight}} \div \frac{3 \text{ pancake}}{\text{Serving Size}} = \frac{39 \text{ grams per pancake}}{\text{Weight of Each Item}}$$

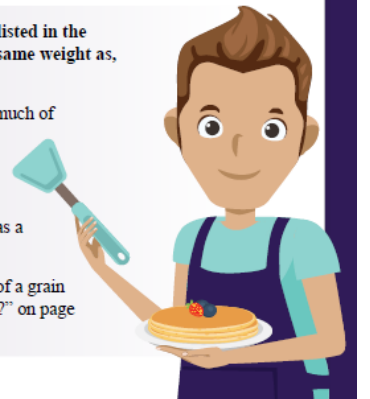
Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?



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.



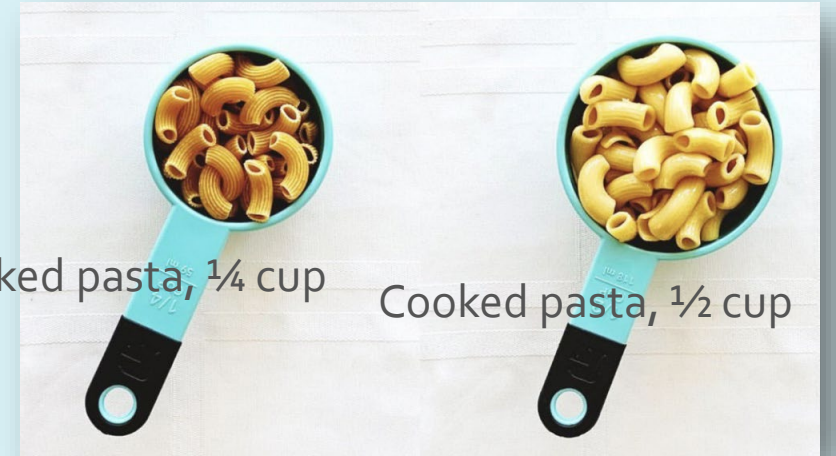
No: Use another method to determine how much of a grain item to serve. See "What If My Grain Is Different?" on page 6 for more information.



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/tn/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.



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RESOURCE #2

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

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 Facts" 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.




- ❑ 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


Grains Ounce Equivalents Chart



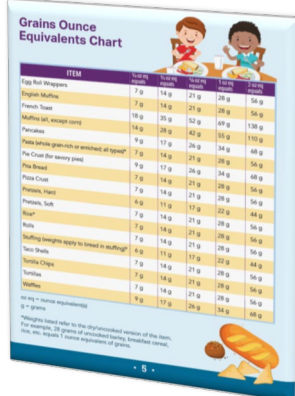
ITEM	1/4 oz eq equals	1/2 oz eq equals	3/4 oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	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



* 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.

OPTION #2: Calculate (use if the item has multiple pieces, like crackers)

Brand C Cheese Crackers



REMEMBER THIS

Children ages 1-5 need $\frac{1}{2}$ oz equivalent of grains

Ages 6-12 need **1 oz** equivalent of grains



1) Determine how much grains the child needs based on their age.

$\frac{1}{2}$ oz eq OR 1 oz eq

2) Find your Food item on the chart (page 3 & 4)

ITEM	1/2 oz eq	1 oz eq	1 1/2 oz eq	2 oz eq
Bagels				
Butter-type Coating	7 g	14 g	21 g	28 g
Biscuits	7 g	14 g	21 g	28 g
Bread Sticks (hard)	7 g	14 g	21 g	28 g
Bread-type Coating	6 g	11 g	17 g	22 g
Breads	6 g	11 g	17 g	22 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 gms, 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)	7 g	14 g	21 g	28 g
Corn Muffins	6 g	11 g	17 g	22 g
Combread	6 g	11 g	17 g	22 g
Crackers, Savory	9 g	17 g	26 g	34 g
Crackers, Sweet	6 g	11 g	17 g	22 g
Croissants	7 g	14 g	21 g	28 g
Doughnuts	9 g	17 g	26 g	34 g
Flour	6 g	11 g	17 g	22 g

Lets do the example that is on the training material together. Lets find out the serving requirement of **crackers** for a **4 year old**.

Based on the child's age, the child needs $\frac{1}{2}$ oz of grains. If we take a look at the chart and locate crackers, it states that the child will require **11grams** (which is equivalent to $\frac{1}{2}$ oz). Now lets calculate! (next page)

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.

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

* 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	1/2 oz eq	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq
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
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.

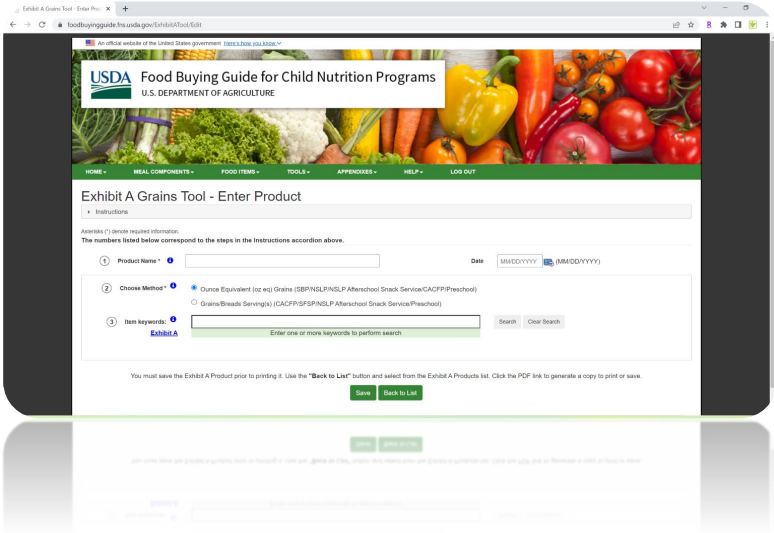


OPTION #3: Use the online Food Buying Guide if your grain food item is not on the chart

Example: Couscous is not on the chart.
Therefore, visit the following website to calculate the ounce equivalents



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



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

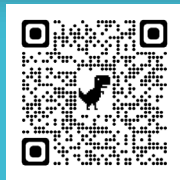
Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

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 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



RESOURCE #3

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

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 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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□ 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.

Grains Measuring Chart for Single-Serving Packages

Child and Adult Care Food Program

Grain Item and Package Weight*	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
 Oatmeal	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, Savory (e.g., cheese, saltines, etc.) at least 22 grams or 0.8 ounces	1/2 package	1 package	2 packages
Crackers, Sweet (e.g., animal, graham, etc.) at least 28 grams or 1 ounce	1/2 package	1 package	2 packages
Craisins	1/2 package	1 package	2 packages
Cereal, Dry at least 28 grams or 1 ounce	1/2 package	1 package	2 packages
Granola	1/2 package	1 package	2 packages
Muffin, All Types (except corn) at least 25 grams or 0.9 ounces	1/2 package	1 package	2 packages
Muffin, Corn at least 34 grams or 1.2 ounces	1/2 package	1 package	2 packages
Chapati, Dry (unleavened or flavored)**	1/2 package	1 package	2 packages
Pita Chips at least 28 grams or 1 ounce	1/2 package	1 package	2 packages
Pretzels, Hard***	1/2 package	1 package	2 packages
Pretzels, Soft*** at least 22 grams or 0.8 ounces	1/2 package	1 package	2 packages
Popcorn	1/2 package	1 package	2 packages
Blue Cakes at least 14 grams or 0.5 ounces	1 package	1 package	2 packages
Blue Cakes at least 22 grams or 0.8 ounces	1/2 package	1 package	2 packages
Tortilla Chips at least 28 grams or 1 ounce	1/2 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 6 for more information.
**Must contain a grain of sugar or less per dry ounce.
***Must be heated to eliminate the risk of the age of 4.
All grain served in the CACFP must be whole grain-rich, branched, 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...
 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...
Pretzel, Hard at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
Pretzel, Soft at least 28 grams or 1 ounce	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.
- 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.



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.usda.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.

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



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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.usda.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, 1/2 oz eq is required if the infant is physically ready for solids. 1/2 oz eq is about **4 tablespoons** (1/4 cup) dry

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.

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

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 (~1/2 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
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.

1/2 oz eq foods



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.

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 .

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., 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 1/4" 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?

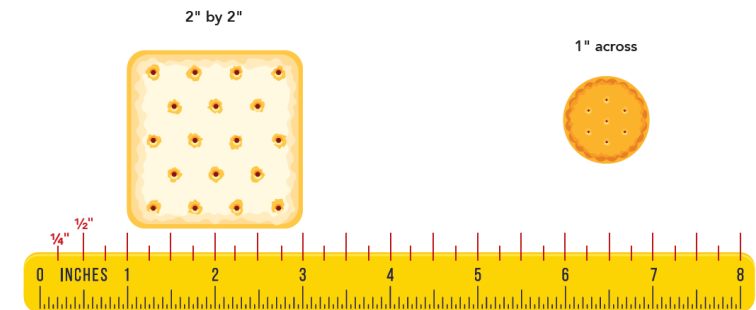
If the answer is "yes", you will need to use another method to determine how much of a grain item to serve in order to meet CACFP infant meal pattern requirements. You could:

- 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.



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