

Determining the Crediting Amount

ANSWERS

Using the accompanying product labels, determine the crediting amount for the portion size specified for each food item. Use this form to record your answer and calculations.

2. Frosted Mini Spooners

Portion Size	Crediting (oz eq)
1 cup	1.75 oz eq

1 cup = 55 g. 28 g = 1 oz.
 $55 \text{ g} / 28 \text{ g} = 1.96 \text{ oz} = 1.75 \text{ oz eq}$

4. Rice Krispies made with WG Brown Rice

Portion Size	Crediting (oz eq)
1 container	1 oz eq

1 container = 28 g = 1 oz eq

6. Mini Waffles Cinnamon

Portion Size	Crediting (oz eq)
1 pouch	2 oz eq

1 pouch = 75 g. Per Exhibit A: 75 g = 2 oz eq

9. Hamburger Bun

Portion Size	Crediting (oz eq)
1 Bun	1.75 oz eq

8 buns per package. Package weighs 14.5 oz
 $14.5 \text{ oz} / 8 \text{ buns} = 1.8 \text{ oz} = 1.75 \text{ oz eq}$

11. Breaded Nugget Shaped Chicken Breast Patties

Portion Size	Meat/Meat Alt. Crediting (oz eq)	Grain Crediting (oz eq)
5 pieces	1.5 oz eq	1 oz eq
6 pieces	2 oz eq	1.25 oz eq

CN Label states: 6 pieces = 2 oz eq M/MA and 1.25 oz eq grain

Therefore, each piece = 0.333 oz eq M/MA and 0.208 oz eq grain

5 pieces = 1.67 oz round down to 1.5 oz eq M/MA and 1.04 oz round down to 1 oz eq grain

14. Yogurt

Portion Size	Meat/Meat Alt. Crediting (oz eq)
6 oz	1.5 oz eq

4 oz (1/2 cup) = 1 oz eq
 $6 \text{ oz} = 1.5 \text{ oz eq}$

15. American Cheese

Portion Size	Meat/Meat Alt. Crediting (oz eq)
1 slice	0.5 oz eq

1 slice = 19 g
 $19 \text{ g} / 28 \text{ g} = 0.68 \text{ oz} = 0.5 \text{ oz eq}$