Determining the Crediting Amount

**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.**

|  |  |
| --- | --- |
| **Portion Size** | **Crediting (oz eq)** |
| **1 container** |  |

|  |  |
| --- | --- |
| **Portion Size** | **Crediting (oz eq)** |
| **1 cup** |  |

2. Frosted Mini Spooners 4. Rice Krispies made with WG Brown Rice

6. Mini Waffles Cinnamon 9. Hamburger Bun

|  |  |
| --- | --- |
| **Portion Size** | **Crediting (oz eq)** |
| **1 pouch** |  |

|  |  |
| --- | --- |
| **Portion Size** | **Crediting (oz eq)** |
| **1 Bun** |  |

11. Breaded Nugget Shaped Chicken Breast Patties

|  |  |  |
| --- | --- | --- |
| **Portion Size** | **Meat/Meat Alt. Crediting (oz eq)** | **Grain Crediting (oz eq)** |
| **5 pieces** |  |  |
| **6 pieces** |  |  |

14. Yogurt 15. American Cheese

|  |  |
| --- | --- |
| **Portion Size** | **Meat/Meat Alt. Crediting (oz eq)** |
| **6 oz**  |  |

|  |  |
| --- | --- |
| **Portion Size** | **Meat/Meat Alt. Crediting (oz eq)** |
| **1 slice**  |  |