# Meal Pattern : Grains -Ounce Equivalents

CACFP Annual Mandatory Training Program Year 2022





### Contents

### Introduce 'Ounce Equivalent' Terminology

Available Resources







### In a Nutshell...



- Grain crediting change to ounce equivalents (oz. eq.)
- New requirement: Starting October 1, 2021
  - Production Records!



# What are Ounce Equivalents?

- Defined: A method of measuring grains and meat/meat alternate components in the child nutrition programs
  - ► Abbreviation: Oz. Eq.
- Grains Ounce Equivalents already used in NSLP
  Aligns CNPs



# **Grain Items Vary!**

Standardized method of measuring grain in various grain items





# **Old vs New Method**



- Old: 1 slice/serving of grain
- ▶ New: 1 slice/serving of grain = 1 oz. equivalent
- Example: Grains serving size for a 4-year-old was ½ slice. Now, serving size is ½ oz. eq.



# **Grains Serving Sizes in CACFP**

Child Meal Pattern: Grains Component Minimum Serving Sizes by Age Group

Meals	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Breakfast	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	½ oz eq	1 oz eq	1 oz eq

#### Adult Meal Pattern: Grains Component Minimum Serving Sizes

Meals	Minimum Portion Sizes
Breakfast	2 oz eq
Snack	1 oz eq
Lunch/Supper	2 oz eq



### Resources







(((\_\_\_))) Reminder!

Infant cereals and ready-to-eat cereals must be Iron-fortified. Ready-to-eat cereals must contain I no more than 6 grams of sugar per dry ounce. I Cereal; or

All grains served must be enclosed, fortified, or whole grain-rich. Ready-to-Eat Cereal 0-½ 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 <u>TeamNutrition.USDA.gov</u>.

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like Items; or 0-1/2 oz eq

0-% oz eg

0.1/2 az eq

Crackers: or

United States Department of Agricul Food and Nutrition Service	tura
Calculating O of Grains in t Care Food Pro	unce Equivalents he Child and Adult ogram
Grains are an important part of meals make sure children and adults get en amounts for grains are listed in the m tell you the amount of grain in a porti	in the Child and Adult Care Food Program (CACFP). To ough grains at CACFP meals and snacks, minimum required eal pattern as ounce equivalents (oz eq). Ounce equivalents on of food.
	Below are three ways you can determine how much of an item you need to serve at CACFP meals and snacks:
	Grains Measuring Chart for the CACFP: This chart shows the amount of common grain items equal to a b 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 <u>fits usida, gov/th/meal- pattern-training-worksheets-cacfp.</u>
Cricker	2 Food Boying Guide for Child Notificion Programs. (PBG) Use this application's Childhib A Gimmi Tool to enter information from the Nutrition Facts label of the grain product. I will calculate how many conce equivalents are in one serving. Use the application's Recept Analysis Workbody as envire of a standardised recipe. The FBG is available in toofbudying address.
PENNE	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.
	· RAM
USDA is an equi	FNS-872 September 2020 al opportunity provider, employer, and lender.

Bread type casting Bread sticks (hard)		Minimum Caroline Graphy Errore &
Bread sticks (hard)	1 ce en - 22 cm av 0.8 ce	1 senine - 20 on or 0.7 sz
or one prove prove	34 or en = 17 om or 0.6 or	14 mining = 20 girl 0 0.7 to
Dow Melt coodles	1/2 or eq = 11 pm or 0.4 or	1/2 service = 10 cm or 0.4 cz
Savory Crackers (saltines and snack crackers)	1/4 oz eg = 6 gm or 0.2 cz	1/4 serving = 5 pm or 0.2 or
Coutors		
Pretaris (hard)		
Stuffing (dry) Note: weights apply to breach in stuffing		
Group B	Ownce Equivalent (so end for Group 8	Minimum Serving Size for Group B
Bapris	1 oc eg = 28 pm or 1.0 oc	1 serving = 25 gm or 0.9 sz
Batter type costing	3/4 oz eg = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 c
Biscults	1/2 az eg = 14 gm ar 0.5 az	1/2 serving = 13 gm or 0.5 s
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4 sening = 6 pm or 0.2 cz
Bans (hamburger and hot dog)		
Sweet Drackers' (graham crackers - all shapes,		
animai crackers)		
Cyg Mit SAID Codeb as Man		
Cripter Humas Dis Israel		
r ne ur tota Direg en at		
Pretzels (soft)		
Rals		
Totilas		
Tortilla chips		
Taco shells		
Group C	Ownce Equivalent (siz ed) for Group C	Minimum Serving Size for Group C
Caokies' (plain - includes vanilla waters)	1 oz eg = 34 gm or 1.2 oz	1 serving = 31 gm or 1.1 sz
Cambread	3/4 02 eq = 26 gm or 0.9 02	3/4 serving = 23 gm or 0.8 c
Community	1/2 de eq = 17 gm dr U.s.de	12 serving = 1s gm br 0.6 b
Develop	invoced = a fluor or a re	respected - o have a tot
Pie cast (lessed pies) cables' trait tumpers'		
and meats/most alternate pieck		
Wiffes		
Group D	Ownce Equivalent (up end for Group D	Minimum Serving Size for Group D
Doughnuts' icake and veast raised, unfrosted	1 oz eg = 55 pm or 2.0 oz	1 serving = 50 gm or 1.8 sz
Cereal bars, breakfast bars, granola bars' (plain)	3/4 oz eg = 42 gm or 1.5 oz	3/4 serving = 38 gm or 1.3 p
Muffins (all, except carri)	1/2 oz eg = 28 gm or 1.0 oz	1/2 serving = 25 gm or 0.9 a
Sweet rolf (unhosted)	1/4 oz eg = 14 gm or 0.5 oz	1/4 serving = 13 gm or 0.5 p
Transfer reacted (understant)		



#### Exhibit A: Grain Requirements For Child Nutrition Programs<sup>1, 2</sup>

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz	3/4 serving = 15 gm or 0.5 oz
Chow Mein noodles	1/2 oz eq = 11 gm or 0.4 oz	1/2  serving = 10  gm or  0.4  oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz	1/4  serving = 5  gm or  0.2  oz
Croutons		
Pretzels (hard)		
Stuffing (dry) Note: weights apply to bread in stuffing		
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz	1/2 serving = 13 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4  serving = 6  gm or  0.2  oz
Buns (hamburger and hot dog)		
Sweet Crackers <sup>5</sup> (graham crackers - all shapes,		
animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		



# **Cereal!**



Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) <sup>6,7</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = $1.25$ cups or 1 ounce for puffed cereal 1 oz eq = $1/4$ cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less



### **Question!**

# You want to serve corn flakes to your 4year-old students at breakfast. How many cups does each child need?

Meals	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Breakfast	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	½ oz eq	1 oz eq	1 oz eq



# **Question!**

Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) <sup>6,7</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = $1.25$ cups or 1 ounce for puffed cereal 1 oz eq = $1/4$ cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less



Nutrition Programs

United States Department of Agriculture Food and Nutrition Service

USDA

#### 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?









(1 ½" by 1 ½") = 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:



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





Grains Measuring Chart for the Child and Adult Care Food Program				
		Age Group and Meal		
	<b>1- through 5-year-olds</b> 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*	1/4 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams	
Bagel, Mini (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams	
Biscuit at least 28 grams*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams	
Bread (whole grain-rich or enriched) at least 28 grams*	1/2 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*	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams	
Cereal Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams	
Cereal, Ready-to-Eat: Granola	1/8 cup or 14 grams	1/4 cup or 28 grams	1/2 cup or 56 grams	
Cereal, Ready-to-Eat: Puffed	3/4 cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams	
<b>Corn Muffin</b> 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 (~ <sup>1</sup> / <sub>3</sub> cup) or 22 grams	40 crackers (~ <sup>2</sup> / <sub>3</sub> 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	

Grains Measuring Chart for the Child and Adult Care Food Program			
		Age Group and Meal	
	<b>1- through 5-year-olds</b> 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 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about
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 3/4" 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*	1/2 croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	1/4 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	14 cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 1/2" by 1 1/2")**	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	1/4 cup cooked or 14 grams dry	1/2 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

		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 Breakt Lunch, Supper
Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which e about
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	1/2 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 gram
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 gra
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists (~1/3 cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 g
Pretzel, Soft at least 56 grams*	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 g
Rice (all types)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44
Rice Cake, Mini (about 1 3/4" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 g
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 gra
Tortilla, Soft, Corn (about 5 1/2")**	34 tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56
Tortilla, Soft, Flour (about 6")**	1/2 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 g
Tortilla, Soft, Flour (about 8")**	1/4 tortilla or 14 grams	1/2 tortilla or 28 grams	1 tortilla or 56 gr
Waffle at least 34 grams*	1/2 waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 g

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. -4-



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

3

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*  $1 \frac{1}{4}$ " by  $1\frac{1}{2}$ ", then check if the item is the same size, or larger than, this amount. See page 6.

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.





Grains Measuring Chart for the Child and Adult Care Food Program					
		Age Group and Meal			
	<b>1- through 5-year-olds</b> 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 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about		
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 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 1/4" by 1 1/2")**	7 twists (~1/3 cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams		
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams		
Pretzel, Soft at least 56 grams*	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams		



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:

3

- 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.

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.



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

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

34 pita or 14 grams

1 ½ cups or 14 grams

7 twists or 11 grams



Grains Measur	s Measuring Chart for the Child and Adult Care Food Program		
	Age Group and Meal		
	<b>1- through 5-year-olds</b> 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 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 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 (~1/3 cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams



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:

3

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

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



Grain Item and Size

Pita Bread/Round

at least 56 grams\*

Pretzel, Hard, Mini-Twist

(about 1 ¼" by 1 ½")\*\*

Popcorn

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

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

(whole grain-rich or enriched) 14 pita or 14 grams

#### 1 ½ cups or 14 grams

7 twists or 11 grams



Grains Measur	Grains Measuring Chart for the Child and Adult Care Food Program		
	Age Group and Meal		
	<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	Adults at Breakfast, Lunch, Supper
Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about
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 (~1/3 cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" 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	1/2 pretzel or 28 grams	1 pretzel or 56 grams



# **Question!**

# How much oatmeal do you need to serve a 6-year old for breakfast?

Grains Measu	Grains Measuring Chart for the Child and Adult Care Food Program		
	Age Group and Meal		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	<b>Adults</b> at Breakfast, Lunch, Supper
Grain Item and Size	Serve at Least <sup>1</sup> / <sub>2</sub> oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about
Grits	1/4 cup cooked or 14 grams dry	1/2 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*	1/2 muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	1/2 pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams



# Answer: 1/2 cup cooked

Grains Measuring Chart for the Child and Adult Care Food Program			
	Age Group and Meal		
	<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
Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about
Grits	1/4 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*	1/2 pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams



Grains Measuring Chart for the Child and Adult Care Food Program			
	Age Group and Meal		
	<b>1- through 5-year-olds</b> 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 <sup>1</sup> / <sub>2</sub> 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*	1/4 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	1/2 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*	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry



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 2 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.



1 ½ cups or 14 grams

7 twists or 11 grams



Grains Measuring Chart for the Child and Adult Care Food Program			
	Age Group and Meal		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	<b>Adults</b> 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*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	1/2 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*	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry



	Grains Measur	ring Chart for the Child and Adult Care Food Program		
		<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	<b>Adults</b> at Breakfast, Lunch, Supper
	Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about
	Cracker, Graham (about 5" by 2 1/2")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
	Cracker, Round, Savory (about 1 3/4" 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



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*  $1 \frac{1}{4}$ " by  $1\frac{1}{2}$ ", 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.





#### **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.





Grains Measuring Chart for the Child and Adult Care Food Program				
		Age Group and Meal		
Grain Item and Size	<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	Adults at Breakfast, Lunch, Supper	
	Serve at Least 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about	
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 1/4" by 1 1/4")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams	



### Recap

- Ounce Equivalent (Oz. Eq.) for grains began October 1, 2021
  - Production Records and Menus
- Serving sizes of grains are not significantly changing
- Use the provided tools and resources to help you with crediting



# More Resources!

- Institute for Child Nutrition
- Recorded Grains Oz. Eq. Webinar
  - https://www.youtube.com/watch?v=e1wFMNqtGOM
  - https://www.youtube.com/watch?v=GQXrmNLKIGM&t=30 36s
  - https://www.fns.usda.gov/tn/exhibit-grains-tool-







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mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
 fax:
 (833) 256-1665 or (202) 690-7442; or
 email:
 program.intake@usda.gov

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