

WELCOME!

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You must be REGISTERED in the Training Calendar AND attend the FULL Training in order to receive credit for this course.

How to Calculate Ounce Equivalents

FY2023



OKLAHOMA
Education



Objective of this Training

The objective of this training is to help participants of Child and Adult Care Food Program operators better understand how to credit grains

Ounce Equivalents

Important Reminders!

- A whole-grain rich item must be served during at least one meal service per day
- Grain-based deserts do not count towards the grain component
- Different grain products contain different amounts of grain
- Breakfast cereals must contain no more than 6 grams of sugar per ounce

Very Important!

- **If a grain weighs one ounce it does not mean it provides one ounce equivalent of grain**
- **The minimum **creditable** serving size for grains
.25 ounce equivalents**

Crediting Grains Resources

- CACFP Grains Chart (Exhibit A), Nutrition Facts Label
- USDA/FNS Grains Measuring Charts
- The Food Buying Guide or FBG Tool
- Manufacturer's Documentation: Child Nutrition(CN) Label or Product Formulation Statement

Ounce Equivalents by Weight

Exhibit A: The Chart

Exhibit A—Grain: for the Food-Based Menu-Planning Alternate in the Child Nutrition Program:^{1,2} **OUNCE EQUIVALENCY STARTING OCTOBER 1, 2021**

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> •Bread-type coating •Breadsticks (hard) •Chow mein noodles •Croutons •Pretzels (hard) •Savory crackers (saltines and snack crackers) •Stuffing (dry) <p><i>NOTE: Weights apply to bread in stuffing.</i></p>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> •Bagels •Batter-type coating •Biscuits •Breads (white, wheat, whole-wheat, French, Italian) •Buns (hamburger and hot dog) •Egg roll skins •English muffins •Pita bread (white, wheat, whole-wheat) •Pizza crust •Pretzels (soft) •Rolls (white, wheat, whole-wheat, potato) •Sweet crackers (graham crackers—all shapes, animal crackers) •Tortillas (wheat or corn) •Tortilla chips (wheat or corn) •Taco shells 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> •Cookies³ (plain, includes vanilla wafers) •Cornbread •Corn muffins •Croissants •Pancakes •Pie crust (dessert pies³, fruit turnovers³, cobbler³, and meat/meat alternate pies) •Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

CACFP GRAINS CHART - NEW

Exhibit A continued

GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> •Doughnuts³ (cake and yeast-raised, unfrosted) •Granola bars³ (plain, cereal bars, breakfast bars) •Muffins (all except corn) •Sweet roll³ (unfrosted) •Toaster pastry³ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> •Cookies³ (with nuts, raisins, chocolate pieces, fruit purees) •Doughnuts³ (cake and yeast-raised, frosted and glazed) •French toast •Granola bars³ (with nuts, and/or chocolate pieces, dried fruit) •Sweet rolls³ (frosted) •Toaster pastry³ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> •Cake³ (plain, unfrosted) •Coffee cake³ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> •Brownies³ (plain) •Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> •Cereal grains (barley, quinoa, etc.) •Breakfast cereals^{4,5} (cooked) •Bulgur or cracked wheat •Macaroni (all shapes) •Noodles (all varieties) •Pasta (all shapes) •Ravioli (noodle only) •Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or (28 gm) dry
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> •Ready-to-eat breakfast cereal^{4,5} (cold, dry) 	1 oz eq = 1 cup or 1.0 oz, for flakes or rounds 1 oz eq = 1.25 cups or 1 oz for puffed cereal 1 oz eq = 1/4 cup or 1 oz for granola

How to Use Exhibit A To Determine Serving Size

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none">• Bread type coating• Bread sticks (hard)• Chow Mein noodles• Crackers (saltines and snack crackers)• Croutons• Pretzels (hard)• Stuffing (dry) Note: weights apply to bread in stuffing.	<ul style="list-style-type: none">1 oz eq = 22 gm or 0.8 oz$\frac{3}{4}$ oz eq = 17 gm or 0.6 oz$\frac{1}{2}$ oz eq = 11 gm or 0.4 oz$\frac{1}{4}$ oz eq = 6 gm or 0.2 oz

Step 1: Find the product in a group on the left-hand side of chart.

Step 2: Look on the right-hand side to determine minimum serving size required for that product.

Example of Nutrition Facts Label for Bread

The Nutrition Facts Label provides the grams per serving and the ingredients list provides information on grain content.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serving Size 1 Slice (34g)		Total Fat 0.5g	1%	Total Carb. 15g	5%
Servings Per Container About 20		Saturated Fat 0g	1%	Dietary fiber 3g	11%
Calories 80		Trans Fat 0g		Sugars 1g	
Calories from Fat 5		Cholesterol 0mg	0%	Protein 4g	8%
Calories from Saturated Fat 0		Sodium 80mg	3%	Potassium 80mg	2%
* Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0%	• Vitamin C 0%	• Calcium 0%	• Iron 4%
		Thiamine 8%	• Riboflavin 0%	• Niacin 6%	• Vitamin B6 4%
		Phosphorus 8%	• Magnesium 6%	• Zinc 4%	• Folic Acid 0%

Exhibit A: Sliced Bread

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 ⁵ (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		

Formula

Calculation:

1. Grams/cups in one serving of product (from Nutrition Facts Panel)	Divide: #1 ÷ #2 = #3	2. Grams/Cups for 1 oz. equivalent (from Exhibit A)	3. Oz. equivalents of grain
_____	÷	_____	= _____
For one portion			÷ <u>1</u>
4. Grain oz. eq. per portion			= _____

Nutrition Facts Label

Grains/Cups in one serving of product

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serving Size 1 Slice (34g)		Total Fat 0.5g	1%	Total Carb. 15g	5%
Servings Per Container About 20		Saturated Fat 0g	1%	Dietary fiber 3g	11%
Calories 80		Trans Fat 0g		Sugars 1g	
Calories from Fat 5		Cholesterol 0mg	0%	Protein 4g	8%
Calories from Saturated Fat 0		Sodium 80mg	3%	Potassium 80mg	2%
*Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0%	• Vitamin C 0%	• Calcium 0%	• Iron 4%
		Thiamine 8%	• Riboflavin 0%	• Niacin 6%	• Vitamin B6 4%
		Phosphorus 8%	• Magnesium 6%	• Zinc 4%	• Folic Acid 0%

Using the Formula

- Remember our example has 34 grams per slice.

1. Grams/cups in one serving of product (from Nutrition Facts Panel)	Divide: #1 ÷ #2 = #3	2. Grams/Cups for 1 oz. equivalent (from Exhibit A)	3. Oz. equivalents of grain
<u>34 g</u>	÷	<u>28 g (bread is in group B)</u>	= <u>1.21</u>
For one portion			÷ <u>1</u>
4. Grain oz. eq. per portion		= 1.21 round down to <u>1.0 oz. eq.</u>	

Another Example

If you were to serve **one slice of bread** would your center meet the requirement?

Ingredients

WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, WHOLE GRAIN MIX (BULGUR WHEAT, WHEAT, RYE, OATS, BARLEY, TRITICALE, CORN, MILLET), MODIFIED WHEAT STARCH, SUGAR, YEAST, CELLULOSE FIBER, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), VEGETABLE OIL (SOYBEAN), MONOGLYCERIDES, DATEM, NATURAL FLAVOR, WHEAT BRAN, CELLULOSE GUM, HONEY SOLIDS, MONOCALCIUM PHOSPHATE, GROUND FLAXMEAL, SOY LECITHIN, REB A (STEVIA LEAF SWEETENER), CITRIC ACID, GRAIN VINEGAR. CONTAINS WHEAT, SOY. MADE IN A BAKERY THAT MAY ALSO USE MILK, TREE NUTS.

Nutrition Facts

Serving size 2 slices (44g)
Servings per container about 26

Amount Per Serving	1 slice	2 slices
Calories	45	90
Calories from Fat		
		% Daily Value*
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	190mg	4%
Total Carbohydrate	19g	7%
Dietary Fiber	5g	18%
Sugars	2g	
Protein	5g	
Calcium		4%
Iron		4%
Vitamin D		0%

*Percent(%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

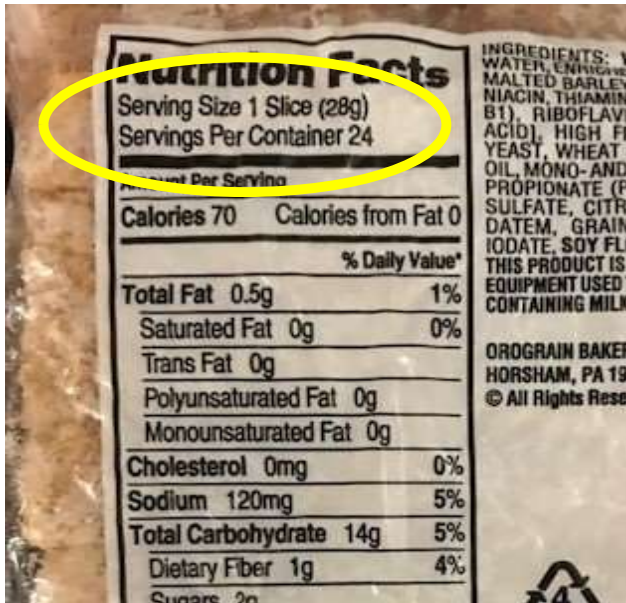
Answer is NO!

- We know that 28 grams is what we need for one ounce equivalent.
- Look 44 grams is for 2 slices of bread not 1!

Nutrition Facts			
Serving size 2 slices (44g)			
Servings per container about 26			
Amount Per Serving	1 slice	2 slices	
Calories	45	90	
Calories from Fat			
			% Daily Value*
Total Fat	1g	1%	1%
Saturated Fat	0g	0%	0%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	0mg	0%	0%
Sodium	190mg	4%	8%
Total Carbohydrate	19g	3%	7%
Dietary Fiber	5g	7%	18%
Sugars	2g		
Protein	5g		
Calcium		0%	4%
Iron		2%	4%
Vitamin D		0%	0%
*Percent(%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Not all sliced bread the same?

1 slice = 28 grams



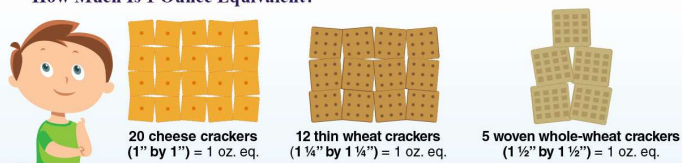
1 slice =
26 grams

Team Nutrition – Grain Measuring Chart

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?



Using the Grains Measuring Chart

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

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:
- Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

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

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.

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



Team Nutrition Grains Measuring Chart

The Grains Measuring Chart tells 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
- Find the column for the age of your participants and the meal or snack you are serving.

Example: Grains Measuring Chart

You would like to serve you 4-year-olds oatmeal for breakfast.

How much would you serve?

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	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~½ cup) or 22 grams	40 crackers (~¾ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams

Oatmeal-Grains Measuring Chart

Find the Age Group then look for the amount?

Remember we are looking for cooked Oatmeal.

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

Example – Grains Measuring Chart

Answer would be $\frac{1}{4}$ cup



Ounce Equivalents by Pieces

What is an ounce equivalent?



This chart is helpful, but you should still double-check if the item you are serving meets the sheet

Example: Does the cheese crackers being served at your facility indicate 20 = 1oz or more

Ounce Equivalents with Items or Pieces

- First you are going to determine how much of a grain serving you need by looking at the chart
- In our example we are going need a $\frac{1}{2}$ ounce equivalent

We are going to serve Savory Crackers

Age Group and Meal	Minimum Amount of Grains Required
1- through 5-year-olds at Breakfast, Lunch, Supper, and Snack	$\frac{1}{2}$ ounce equivalent
6- through 18-year-olds at Breakfast, Lunch, Supper, and Snack	1 ounce equivalent
Adults at Snack	1 ounce equivalent
Adults at Breakfast, Lunch, and Supper	2 ounce equivalents

Ounce Equivalents with Items or Pieces

Find the grain item you are serving

ITEM	¼ oz eq equals	½ oz eq equals	¾ oz eq equals	1 oz eq equals	2 oz eq equals
Bread Sticks (hard)	6 g	11 g	17g	22 g	44 g
Bread-Type Coating	6 g	11 g	17g	22 g	44 g
Chow Mein Noodles	6 g	11 g	17g	22 g	44 g
Crackers, Savory	6 g	11 g	17g	22 g	44 g

- **Write down the required ounce equivalents**

In our example it will be 11 grams because ½ ounce of Savory Crackers weighs 11 grams

Ounce Equivalents with Items or Pieces

Look at the Nutrition Facts Label

- Find the weight of one serving: 32 grams
- Find the number of items or pieces is one serving: 16

Weight divided by the number of pieces:
 $32 \text{ grams} \div 16 \text{ items/pieces} = 2 \text{ grams per piece/item}$

Nutrition Facts	
about 16 servings per container	
Serving Size 16 pieces (32g)	
Amount per serving	140
Calories	
% 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	

Ounce Equivalents-Pieces

Divide the weight of the required ounce equivalent(s) by the weight per item

$$11 \text{ grams} \div 2 \text{ grams} = 5.5 \text{ crackers}$$

You will serve 6 crackers or more

Food Buying Guide

Food Buying Guide(FBG)

- You can open the Food Buying Guide by using their website

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

- Put the Food Buying Guide App on your phone



Food Buying Guide Exhibit A Tool – **NEW!**

Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

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



Grains

- ▶ Grains Component for the Child Nutrition Programs
- ▶ Definitions
- ▶ Examples of Foods That Are Creditable Toward the Grains Component
- ▶ Criteria for Determining Acceptable Grain Items
- ▶ What Foods Meet the Whole Grain-Rich Criteria?
- ▶ Does My Product Meet the Whole Grain-Rich Criteria?
- ▶ Criteria for Determining Ounce Equivalents
- ▶ Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains
- ▶ Exhibit A: Grain Requirements for Child Nutrition Programs
- ▶ Instructions for Using Yield Data

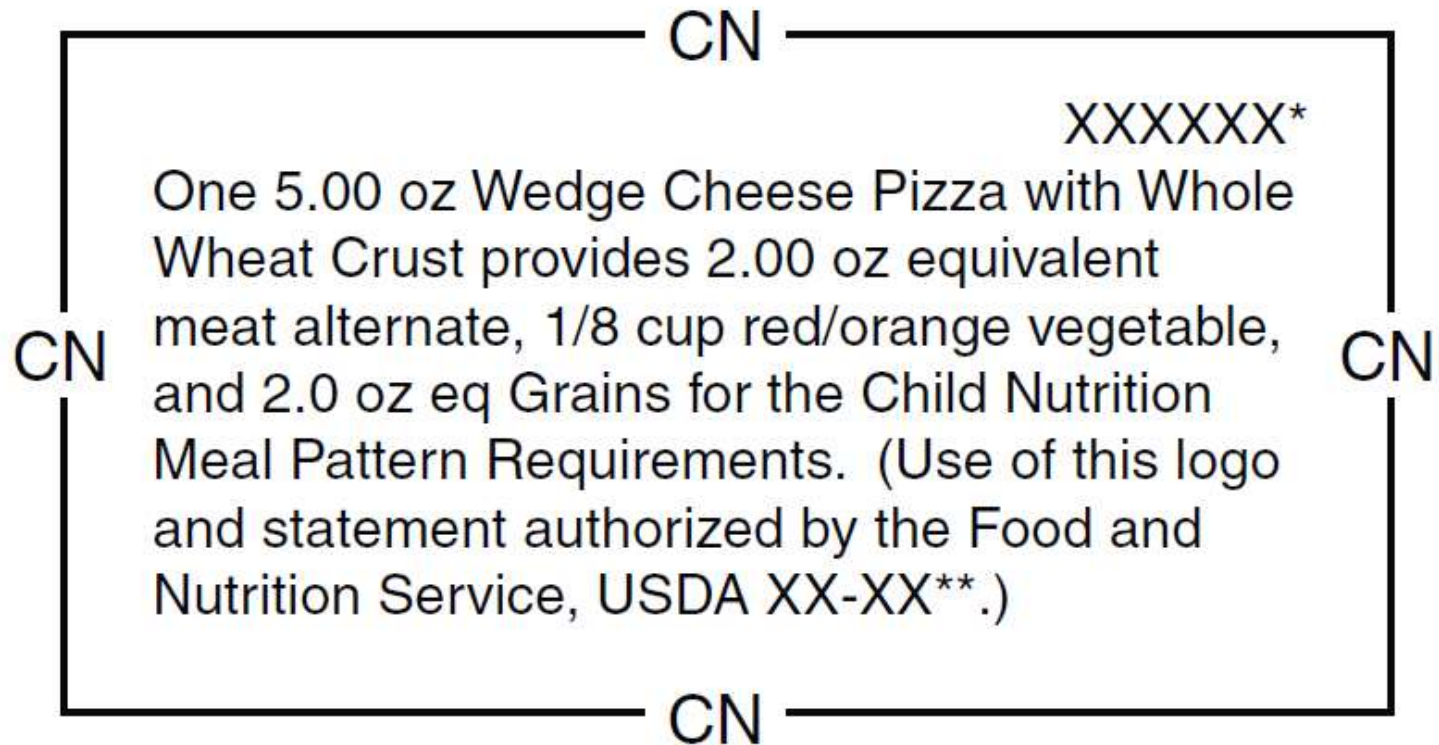
Food Buying Guide – Yield Data

Section 3 – Grains

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
RICE ⁵ (Continued)					
Rice (Group H)	Pound	31.00	¼ cup cooked	3.3	1 lb dry = about 2 ⅛ cups dry brown rice
<i>Brown Long grain Parboiled</i>	Pound	15.50	½ cup cooked	6.5	
<i>Dry</i>	Pound	10.30	¾ cup cooked	9.8	1 lb dry = about 7 ¾ cups cooked

Other Methods

CN Label



Product Formulation Statement



GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
 Required Beginning SY 2013-2014
 (Crediting Standards Based on Revised Exhibit A
 weights per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on labels and signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Multi-Grain Cheerios® Bowltop Code No.: 16000-32263

Manufacturer: General Mills, Inc. Serving Size: 1.0 OZ (28g)
(use dough weight to use to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No How many grams: _____
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (KTE breakfast cereals). (Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq. Group H uses the standard of 28 grams creditable grain per oz eq. and Group I is reported by volume or weight.)
 Indicate to which Exhibit A Group (A-I) the Product Belongs: 1

Description of Product per Food Buying Guide	Portion Size of Product as Purchased		Creditable Amount A + B
	A	B	
Ready to Eat Cereal	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount¹			1.00

¹Total Creditable Amount must be rounded down to the nearest quarter (0.25) or up. Do not round up.

Total weight (per portion) of product as purchased 1.0 OZ (28g)
 Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g (1.0) ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Susan Coult

Signature

Manager, K-12

Title

Susan Coult, MS, MBA, RD, LD, SNS

Printed Name

12/8/2014

Date

1-800-767-5404

Phone Number

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Additional Information

Be Careful!

- If the grain item served is lighter in weight than the item on the Grain Chart
- Weight is not listed on the package
- Is not listed in the Food Buying Guide or Grains Chart
- Not a CN Label or Product Formulation statement

Look for another product to serve!

Resource Library

- Grains (Ounce Equivalent) Section
 - USDA/FNS Handouts
- Meal Pattern Requirements
- Food Buying Guide
 - Section on Grains: Pages 4-1 to 4-18
 - Exhibit A
 - Exhibit A Grains Tool

QUESTIONS?

*****If your username is a phone number on this call, please put your name in chat to receive credit.***

You will not be sent a CERTIFICATE. Your training attendance will appear in the Business Maintenance page as long as you registered in the Training Calendar.