



## Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

### Module 7: Grains Component

#### Part C – Ounce Equivalents

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School Health, Nutrition and Family Services

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### Module 7 Topics

Requirements for Grains Component	Covered in
1. Crediting	Part A
2. Whole grain-rich (WGR)	Part B
3. Ounce equivalents (oz eq)	Part C



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## Bite Size Training Modules

- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
- Part B: Grains Component – Whole Grain-rich
- Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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### Key Points About Grain Ounce Equivalents

- 1 oz eq is not the same as 1 ounce
- Grain products credit based on **weight**, except cereal grains and ready-to-eat (RTE) breakfast cereals, which credit based on **volume (cups)**
- Serving size on a commercial product's package may or may not equal 1 oz eq

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## Required Servings for Grains Component

CACFP Meal Pattern for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Breakfast	½ oz eq	½ oz eq	1 oz eq
Lunch/supper	½ oz eq	½ oz eq	1 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq

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### Serving Size Requirements

- Minimum creditable amount =  $\frac{1}{4}$  oz eq
- May offer **combination** of various grains to meet minimum serving

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### USDA's Exhibit A: Grain Requirements for CNPs

Grain group	Credits by
A-G: Baked goods *	Weight
H: Cereal grains	Cooked volume (cups)
I: RTE breakfast cereals	Volume (cups)

\* Groups F-G = grain-based desserts (do not credit in the CACFP)

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### Oz Eq for Grain Groups

- Groups A-E: Baked Goods
- Group H: Cereal Grains
- Group I: RTE Breakfast Cereals

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### Groups A-E: Required Weight for 1 Oz Eq

		
Group A 22 grams	Group B 28 grams	Group C 34 grams
		
Group D 55 grams	Group E 69 grams	

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### Rounding Requirements

- Oz eq contribution
- Number of pieces per oz eq

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### Rounding Requirements Examples

**Oz Eq Contribution**

- Round DOWN oz eq to nearest  $\frac{1}{4}$  oz eq

 1.49 oz eq bagel = 1.25 oz eq

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### Rounding Requirements Examples

**Oz Eq Contribution**

- Round DOWN oz eq to nearest  $\frac{1}{4}$  oz eq

 1.27 oz eq muffin = 1.25 oz eq

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## Ounce Equivalents

### Rounding Requirements Examples

**Oz Eq Contribution**

- Round DOWN oz eq to nearest  $\frac{1}{4}$  oz eq

 1.24 oz eq bread = 1 oz eq

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### Rounding Requirements Examples

**Number of Pieces**

- Round UP to nearest whole number

1 oz eq =	Must serve
4.2 crackers	5 crackers



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### Rounding Requirements Examples

**Number of Pieces**

- Round UP to nearest whole number

1 oz eq =	Must serve
6.7 pretzels	7 pretzels



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**Remember: Summary of Rounding Requirements**

- Oz eq contribution: Round DOWN to nearest  $\frac{1}{4}$  oz eq
- Number of pieces per oz eq: Round UP to nearest whole number

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### Considerations: Determining Oz Eq of Breads



- 1 oz eq for Group B = 1 ounce (28 grams)
- 1 slice might not weigh 1 ounce
  - Thin bread
  - Low calorie bread
  - Reduced calorie bread
  - Light

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- Thin
- Very thin
- Low calorie
- Reduced calorie
- Light
- Lite

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## Ounce Equivalents

### Considerations: Determining Oz Eq of Breads



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- Number of slices per serving
- If serving size lists **2 slices**, divide serving weight by 2



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### Does 1 slice provide $\geq 1$ oz eq? No

#### Example 1: Multigrain Bread

Nutrition Facts	
Serving Size	2 slices (44g)
Servings per container	about 26
Amount per serving	
Calories	45

#### Oz eq contribution per slice

- $22 \text{ grams} \div 28 \text{ grams} = 0.78 \text{ oz eq}$
- Round down to 0.75 or  $\frac{3}{4}$  oz eq

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### Does 1 slice provide $\geq 1$ oz eq? No

#### Example 3: Enriched White Sandwich Bread

Nutrition Facts	
Serving Size	2 slices (50g)
Servings per container	9
Amount per serving	
Calories	130

#### Oz eq contribution per slice

- $25 \text{ grams} \div 28 \text{ grams} = 0.89 \text{ oz eq}$
- Round down to 0.75 or  $\frac{3}{4}$  oz eq

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### Does 1 slice provide $\geq 1$ oz eq? No

#### Example 4: Enriched Wheat Bread

Nutrition Facts	
Serving Size	1 slice (26g)
Servings per container	22
Amount per serving	
Calories	70

#### Oz eq contribution per slice

- $26 \text{ grams} \div 28 \text{ grams} = 0.92 \text{ oz eq}$
- Round down to 0.75 or  $\frac{3}{4}$  oz eq

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### Oz Eq for Grain Groups

- Groups A-E: Baked Goods
- Group H: Cereal Grains
- Group I: RTE Breakfast Cereals

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### Required Quantity for Cereal Grains (Group H)

Type of cereal grain <sup>1</sup>	$\frac{1}{2}$ oz eq		1 oz eq
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Dry	14 grams ( $\frac{1}{2}$ ounce)	14 grams ( $\frac{1}{2}$ ounce)	28 grams (1 ounce)

<sup>1</sup> Examples include barley, buckwheat, cornmeal, farina, millet, oats, quinoa, wheat berries, and rolled wheat

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## Ounce Equivalents



### Oz Eq for Grain Groups

- Groups A-E: Baked Goods
- Group H: Cereal Grains
- Group I: RTE Breakfast Cereals

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### Required Quantity for RTE Breakfast Cereals (Group I)

Type of cereal	$\frac{1}{2}$ oz eq = $\frac{1}{2}$ ounce	1 oz eq = 1 ounce	
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Flakes or rounds	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Puffed	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cups
Granola	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup

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### Methods to Determine Oz Eq Contribution

1. Weight or volume in USDA's Exhibit A chart
  - Refer to CSDE's *Grain Ounce Equivalents for the CACFP*
2. Creditable grains
  - Requires product formulation statement (PFS) from manufacturer

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### CSDE Resource

#### Calculation Methods for Grains Ounce Equivalents in the CACFP

- Method 1: weight or volume in USDA's Exhibit A chart
- Method 2: grams of creditable grains



[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Calculation\\_CACFP\\_Oz\\_Eq.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf)

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### Method 1: Weight or Volume (USDA's Exhibit A Chart)

Description	■ Uses USDA's Exhibit A chart (refer to <i>Grain Ounce Equivalents for the CACFP</i> )
To use for commercial products	■ Must know <i>serving weight</i> <ul style="list-style-type: none"> <li>• Nutrition Facts label</li> <li>• PFS</li> </ul>
To use for foods made from scratch	■ Must know weight of <i>cooked serving</i> <ul style="list-style-type: none"> <li>• May require yield study to determine average serving weight</li> </ul>

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield\\_Study\\_Form.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield_Study_Form.pdf)

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### Steps to Determine Oz Eq Using Exhibit A Chart

- Multiple small pieces per serving
- Multiple large pieces per serving
- One piece per serving



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**How to Use USDA's Exhibit A Chart**

**Grain products with *multiple small pieces* per serving**



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**Whole-grain Crackers**



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**Using Exhibit A: Multiple Small Pieces**

**1 Determine required weight for 1 oz eq**

Group A		Oz Eq for Group A
Bread-type coating		1 oz eq = 22 grams or 0.8 ounce
Breadsticks, hard		
Chow mein noodles		
<b>Crackers, savory, e.g., saltines and snack crackers</b>		
Croutons		
Pretzels, hard		
Stuffing, dry (weights apply to bread in stuffing)		

**Find the product in the chart: Group A**

**Look for the required amount that provides 1 oz eq: 22 grams**

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**Using Exhibit A: Multiple Small Pieces**

**2 Use the Nutrition Facts label to find *serving weight*, usually in grams (g)**

Nutrition Facts	
About 9 Servings per container	
<b>Serving Size</b>	<b>6 crackers (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>

**Serving weight = 28 grams**



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**Using Exhibit A: Multiple Small Pieces**

**3 Use the Nutrition Facts label to find the *pieces per serving***

Nutrition Facts	
About 9 Servings per container	
<b>Serving Size</b>	<b>6 crackers (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>

**Pieces per serving = 6 crackers**



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**Using Exhibit A: Multiple Small Pieces**

**4 Determine the *weight per piece***

**A Manufacturer's serving weight:** 28 grams

**B Number of pieces (crackers):** 6 crackers

**Weight per piece = A ÷ B:** 4.67 grams per cracker



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### Using Exhibit A: Multiple Small Pieces

**5** Determine *number of pieces* for 1 oz eq

**A** Required weight for 1 oz eq (Exhibit A): 22 grams

**B** Weight per piece (cracker): 4.67 grams

Number of pieces per oz eq = A ÷ B: 4.7 crackers

Round **UP** number of pieces to next whole number: **5 crackers**



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### How to Use USDA's Exhibit A Chart

### Grain products with *multiple large pieces* per serving



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### Enriched Pancakes



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### Using Exhibit A: Multiple Large Pieces

**1** Determine the required weight for 1 oz eq

Group C	Oz Eq for Group C
Cornbread	1 oz eq = 34 grams or 1.2 ounces
Corn muffins	1/4 oz eq = 26 grams or 0.9 ounce
Croissants	1/2 oz eq = 17 grams or 0.6 ounce
<b>Pancakes</b>	1/4 oz eq = 9 grams or 0.3 ounce
Piecrust (only in meat/meat alternate pies)	
Waffles	

Find the product in the chart: **Group C**

Look for the required amount that provides 1 oz eq: **34 grams**

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### Using Exhibit A: Multiple Large Pieces

**2** Use the Nutrition Facts label to find *serving weight*, usually in grams (g)

**Nutrition Facts**

4 Servings per container	
<b>Serving Size</b>	<b>3 pancakes (116g)</b>
Amount per serving	
<b>Calories</b>	<b>280</b>

**Serving weight = 116 grams**



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### Using Exhibit A: Multiple Large Pieces

**3** Use the Nutrition Facts label to find the *pieces per serving*

**Nutrition Facts**

4 Servings per container	
<b>Serving Size</b>	<b>3 pancakes (116g)</b>
Amount per serving	
<b>Calories</b>	<b>280</b>

**Pieces per serving = 3 pancakes**

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### Using Exhibit A: Multiple Large Pieces

**4** Determine the *weight per piece*

**A** Manufacturer's serving weight: 115 grams

**B** Number of pieces (pancakes): 3 pancakes

**Weight per piece = A ÷ B:** 38.3 grams per pancake



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### Using Exhibit A: Multiple Large Pieces

**5** Determine *oz eq per piece*

**A** Weight of piece (one pancake): 38.3 grams

**B** Required weight for 1 oz eq (Exhibit A): 34 grams

**Oz eq per piece (pancake) = A ÷ B:** 1.13 oz eq

**Round DOWN to nearest 1/4 oz eq:** 1 oz eq



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### How to Use USDA's Exhibit A Chart

**Grain products with *one piece* per serving**



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### Whole Grain-rich Blueberry Muffin



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### Using Exhibit A: One Piece

**1** Determine the required weight for 1 oz eq

Group C	Oz Eq for Group C
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	 1 oz eq = 34 grams or 1.2 ounces 1/4 oz eq = 26 grams or 0.9 ounce 1/2 oz eq = 17 grams or 0.6 ounce 1/4 oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group A
Muffins, all except corn	 1 oz eq = 55 grams or 2 ounces 1/4 oz eq = 42 grams or 1.5 ounces 1/2 oz eq = 28 grams or 1.0 ounce 1/4 oz eq = 14 grams or 0.5 ounce

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### Using Exhibit A: One Piece

**1** Determine the required weight for 1 oz eq

Group D	Oz Eq for Group A
Muffins, all except corn	 1 oz eq = 55 grams or 2 ounces 1/4 oz eq = 42 grams or 1.5 ounces 1/2 oz eq = 28 grams or 1.0 ounce 1/4 oz eq = 14 grams or 0.5 ounce

**Find the product in the chart: Group D**

**Look for the required amount that provides 1 oz eq: 55 grams**

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### Using Exhibit A: Multiple Pieces

**2** Use the Nutrition Facts label to find **serving weight**, usually in grams (g)

**Nutrition Facts**  
Serving Size 1 muffin (57g)  
Servings per container 6  
Amount per serving  
Calories 210

**Serving weight = 57 grams**



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### Using Exhibit A: Multiple Pieces

**3** Determine **oz eq per piece**

**A** Manufacturer's serving weight: **57 grams**

**B** Required weight for 1 oz eq (Exhibit A): **55 grams**

**Oz eq per serving = A ÷ B:** **1.04 oz eq**

**Round DOWN to nearest ¼ oz eq:** **1 oz eq**



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### Oz Eq Resources for Commercial Grain Products

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### CSDE Resource

#### Grain Crediting Worksheets for Commercial Products

- Commercial Grain Products
- RTE Breakfast Cereals
- Cooked Breakfast Cereals

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

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### USDA Resource

#### FBG Exhibit A Grains Tool: Commercial Products

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

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### USDA Resource

#### How to Maximize the Exhibit A Grains Tool

<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>

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**USDA Webpage**

### Using Ounce Equivalents for Grains in the CACFP

- Handouts, training slides, and webinars in English and Spanish

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

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**USDA Resource**

### Crediting Single-Serving Packages of Grains in the CACFP

- Handouts and webinars in English and Spanish

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

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**USDA Webpage**

### CACFP Grains Ounce Equivalents Resources

- Handouts
- Training slides
- Recorded webinars
- Policy documents

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

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**Method 2: Creditable Grains**

Description	<ul style="list-style-type: none"> <li>■ Determines <b>weight (grams)</b> of creditable grains per portion           <ul style="list-style-type: none"> <li>• Groups A-E: 1 oz eq = 16 grams</li> <li>• Group H: 1 oz eq = 28 grams</li> </ul> </li> </ul>
Commercial Products	<ul style="list-style-type: none"> <li>■ Must have <b>PFS</b> indicating weight of creditable grains per serving</li> </ul>
Foods Made From Scratch	<ul style="list-style-type: none"> <li>■ Recipe must list <b>weight</b> of each grain ingredient</li> <li>■ If weight is not listed, must convert cups to grams</li> </ul>

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Calculation\\_CACFP\\_Oz\\_Eq.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf)

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**CSDE Resource**

### Calculation Methods for Grains Ounce Equivalents in the CACFP

- Method 1: weight or volume in USDA's Exhibit A chart
- Method 2: grams of creditable grains

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Calculation\\_CACFP\\_Oz\\_Eq.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf)

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**Summary: When to Use Each Method**

Grain food	Most common method	Considerations
Commercial products	Method 1: Exhibit A	Some products require method 2
Foods made from scratch	Method 2: Creditable grains	Cannot use method 1 unless know serving weight

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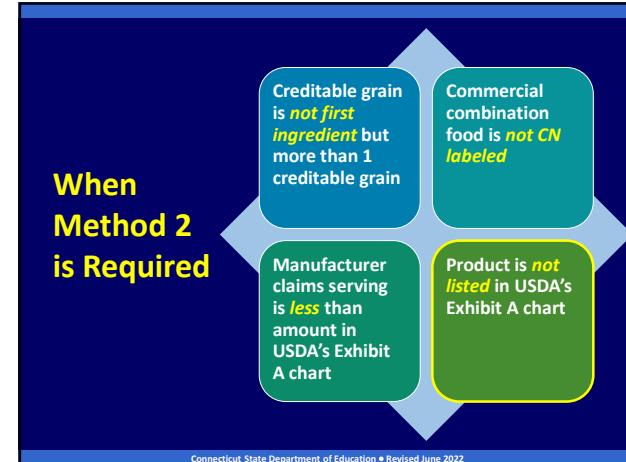
**When Method 2 is Required for Commercial Grain Products**



[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Grains\\_Oz\\_Eq\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf)

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**When Method 2 is Required**

**Applies only to WGR crediting:**  
First ingredient in commercial grain product is a flour blend of whole and enriched flour

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**CSDE Resource**

**Using Product Formulation Statements in the CACFP**

Required information and how to review PFS

[http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_Product\\_Formulation\\_Statements\\_CACFP.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

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**Oz Eq Resources for Grain Recipes**

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**CSDE Resource**

**Grain Crediting Worksheets for Foods Made from Scratch**

- Quantity recipes
- Family-size recipes

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CreditingWorksheets>

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**USDA Resource**

**FBG Recipe Analysis Workbook (RAW): Standardized Recipes**

- Determines meal pattern contribution of recipes
- Must create free eAuth Account



<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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**USDA Resource**

**Determining Ounce Equivalents of Grains in CACFP Recipes**

**English and Spanish**



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

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<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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