

## Whole Grain-Rich Ounce Equivalents (Oz Eq) for the Child and Adult Care Food Program (CACFP)

Effective October 1, 2019, the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, requires that servings for the grains component comply with the ounce equivalents below.

Grain-based desserts cannot credit in the CACFP meal patterns. Examples of grain-based desserts include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding. Grain-based desserts do not include sweet crackers (graham crackers and animal crackers), muffins, quick breads (except for cinnamon streusel), e.g., banana bread and zucchini bread cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and pie crusts in entrees such as quiche, meat pies, and chicken pot pie. For more information, see USDA's handout, *Grain-Based Desserts in the CACFP*.

<b>October 1, 2017, through September 30, 2019</b>	
<b>Group A</b>	<b>Oz Eq for Group A <sup>1</sup></b>
Bread type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry ( <i>weights apply to bread in stuffing</i> )	1 oz eq = 22 grams or 0.8 ounce ¾ oz eq = 17 grams or 0.6 ounce ½ oz eq = 11 grams or 0.4 ounce ¼ oz eq = 6 grams or 0.2 ounce
<b>Group B</b>	<b>Oz Eq for Group B <sup>1</sup></b>
Bagels Batter type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Crackers, sweet, e.g., graham crackers and animal crackers <sup>2</sup> Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce
<b>Group C</b>	<b>Oz Eq for Group C <sup>1</sup></b>
Cornbread Corn muffins Croissants Pancakes Pie crust (only in meat/meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces ¾ oz eq = 26 grams or 0.9 ounce ½ oz eq = 17 grams or 0.6 ounce ¼ oz eq = 9 grams or 0.3 ounce

# Whole Grain-Rich Oz Eq for the CACFP

October 1, 2017, through September 30, 2019	
Group D	Oz Eq for Group D <sup>1</sup>
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces ¾ oz eq = 42 grams or 1.5 ounces ½ oz eq = 28 grams or 1.0 ounce ¼ oz eq = 14 grams or 0.5 ounce
Group E	Oz Eq for Group E <sup>1</sup>
French toast	1 oz eq = 69 grams or 2.4 ounces ¾ oz eq = 52 grams or 1.8 ounces ½ oz eq = 35 grams or 1.2 ounces ¼ oz eq = 18 grams or 0.6 ounce
Group F	Oz Eq for Group F <sup>1</sup>
None (grain-based desserts do not credit)	
Group G	Oz Eq for Group G <sup>1</sup>
None (grain-based desserts do not credit)	
Group H	Oz Eq for Group H <sup>1</sup>
Barley Breakfast cereals, cooked <sup>3</sup> Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, commeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = ½ cup cooked or 1 ounce (28 grams) dry ½ oz eq = ¼ cup cooked (or 14 grams dry)
Group I	Oz Eq for Group I <sup>1</sup>
Ready-to-eat breakfast cereals (cold dry) <sup>3</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1 ¼ cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola ½ oz eq = ½ cup or ½ ounce for flakes and rounds ½ oz eq = ¾ cup or ½ ounce for puffed cereal ½ oz eq = ⅞ cup or ½ ounce for granola

<sup>1</sup> To be considered whole grain-rich (WGR), the specified quantities of foods for 1 oz eq in groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour. For more information, see the Connecticut State Department of Education's (CSDE) handouts, [Whole Grain-rich Criteria for the CACFP](#), [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).

<sup>2</sup> Breakfast cereals (ready-to-eat and cooked) must be whole grain, enriched, or fortified; and cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). Breakfast cereals may be served in meals other than breakfast. For more information, see the CSDE's handout, [Crediting Breakfast Cereals in the CACFP](#).

<sup>3</sup> As a best practice, the USDA encourages CACFP menus to limit sweet crackers (graham crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and snacks served in the CACFP.

# Whole Grain-Rich Oz Eq for the CACFP

## Resources

*Adding Whole Grains to Your CACFP Menu* (USDA):

[https://www.fns.usda.gov/sites/default/files/tn/FNS\\_USDA\\_CACFP\\_11\\_AddingWholeGrains\\_04-508c.pdf](https://www.fns.usda.gov/sites/default/files/tn/FNS_USDA_CACFP_11_AddingWholeGrains_04-508c.pdf)

*CACFP Best Practices* (USDA):

[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)

*Crediting Breakfast Cereals in the CACFP* (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

*Crediting Enriched Grains in the CACFP* (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedCACFP.pdf>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

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

*Crediting Whole Grains in the CACFP* (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

*Food Buying Guide for Child Nutrition Programs* (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

*Grain-Based Desserts in the CACFP* (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/CACFPGrainBasedDesserts.pdf>

*How to Identify Creditable Grains in the CACFP* (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

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

*Product Formulation Statement for Grains* (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSgrains13-14.pdf>

*Sample Completed Product Formulation Statement for Grains* (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSsamplegrains.pdf>

*Serving Sizes for Grains in the CACFP* (October 1, 2017, through September 30, 2019) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainsCACFP.pdf>

USDA Memo CACFP 09-2018: *Grain Requirements in the Child and Adult Care Food Program; Questions and Answers*: <https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers-0>

USDA Memo CACFP 16-2017: *Grain-Based Desserts in the Child and Adult Care Food Program*:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

*Using Child Nutrition (CN) Labels in the CACFP* (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

*Using Product Formulation Statements in the CACFP* (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

# Whole Grain-Rich Oz Eq for the CACFP

Whole Grain-rich Criteria for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGRCriteriaCACFP.pdf>



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

*This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/OzEqCACFP.pdf>.*

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