


**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 = ¼ oz eq
- May offer *combination* of various grains to meet minimum serving

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### Examples of 1 oz eq of grains

½ oz eq + ½ oz eq = 1 oz eq

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### How much is 1 oz eq?

- 1 oz eq = 1 ounce for some foods

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### How much is 1 oz eq?

- 1 oz eq = less than 1 ounce for some grain foods

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### How much is 1 oz eq?

- 1 oz eq = more than 1 ounce for some grain foods

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### USDA's Exhibit A: Grain Requirements for Child Nutrition Programs

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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### CSDE Resource

#### Grain Ounce Equivalents for the CACFP

Exhibit A grain oz eq that apply to the CACFP

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

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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 ¼ 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 ¼ oz eq




1.27 oz eq muffin  
= 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




1.24 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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### Considerations: Determining Oz Eq of Breads

- 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
<b>Amount per serving</b>	
Calories	45

1 slice = 22 grams

**Oz eq contribution per slice**

- 22 grams  $\div$  28 grams = 0.78 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
<b>Amount per serving</b>	
Calories	130

1 slice = 25 grams

**Oz eq contribution per slice**

- 25 grams  $\div$  28 grams = 0.89 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
<b>Amount per serving</b>	
Calories	70

1 slice = 26 grams

**Oz eq contribution per slice**


- 26 grams  $\div$  28 grams = 0.92 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 as barley, buckwheat, cornmeal, farina, millet, oats, quinoa, wheat berries, and rolled wheat

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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 RTE Breakfast Cereals (Group I)

Type of cereal	½ oz eq = ½ ounce		1 oz eq = 1 ounce
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Flakes or rounds	½ cup	½ cup	1 cup
Puffed	¾ cup	¾ cup	1½ cups
Granola	⅓ cup	⅓ cup	⅓ 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	<ul style="list-style-type: none"> <li>■ Must know <i>serving weight</i> <ul style="list-style-type: none"> <li>• Nutrition Facts label</li> <li>• PFS</li> </ul> </li> </ul>
To use for foods made from scratch	<ul style="list-style-type: none"> <li>■ 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> </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	
Breadsticks, hard	1 oz eq = 22 grams or 0.8 ounce
Chow mein noodles	¼ oz eq = 17 grams or 0.6 ounce
<b>Crackers, savory, e.g., saltines and snack crackers</b>	½ oz eq = 11 grams or 0.4 ounce
Croutons	¼ oz eq = 6 grams or 0.2 ounce
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 *servicing weight*, usually in grams (g)

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

Servicing 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	
Serving Size	6 crackers (28g)
Amount per serving	
Calories	120

Servicing weight = **28 grams**

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**

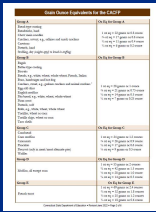



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### How to Use USDA's Exhibit A Chart

### 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	<b>1 oz eq = 34 grams or 1.2 ounces</b> ¼ oz eq = 26 grams or 0.9 ounce ½ oz eq = 17 grams or 0.6 ounce ¾ oz eq = 9 grams or 0.3 ounce
Corn muffins	
Croissants	
<b>Pancakes</b>	
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 *servicing weight*, usually in grams (g)

Nutrition Facts	
4 Servings per container	
Serving Size	3 pancakes (116g)
Amount per serving	
Calories	280

**Servicing 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	
Serving Size	3 pancakes (116g)
Amount per serving	
Calories	280

**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 ¼ oz eq: 1 oz eq


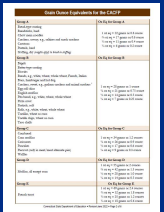


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### How to Use USDA's Exhibit A Chart

### 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	1 oz eq = 34 grams or 1.2 ounces
Corn muffins	¼ oz eq = 26 grams or 0.9 ounce
Croissants	½ oz eq = 17 grams or 0.6 ounce
Pancakes	¼ oz eq = 9 grams or 0.3 ounce
Piecrust (only in meat/meat alternate pies)	
Waffles	
Group D	Oz Eq for Group A
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces
	¼ oz eq = 42 grams or 1.5 ounces
	½ oz eq = 28 grams or 1.0 ounce
	¾ oz eq = 21 grams or 0.75 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
	¼ oz eq = 42 grams or 1.5 ounces
	½ oz eq = 28 grams or 1.0 ounce
	¾ oz eq = 21 grams or 0.75 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 *servicing weight*, usually in grams (g)

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

Servicing 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

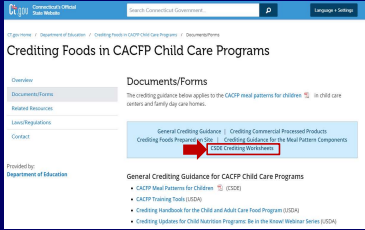
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### CSDE Resource

#### 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>

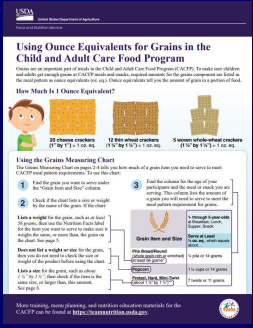
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### USDA Webpage

## 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>

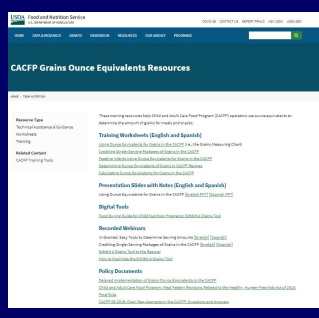
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### USDA Webpage

## 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

<b>Description</b>	<ul style="list-style-type: none"> <li>Determines <i>weight (grams)</i> 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>
<b>Commercial Products</b>	<ul style="list-style-type: none"> <li>Must have <i>PFS</i> indicating weight of creditable grains per serving</li> </ul>
<b>Foods Made From Scratch</b>	<ul style="list-style-type: none"> <li>Recipe must list <i>weight</i> 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

- Creditable grain is **not first ingredient** but more than 1 creditable grain
- Commercial combination food is **not CN labeled**
- Manufacturer claims serving is **less than amount** in USDA's Exhibit A chart
- Product is **not listed** in USDA's Exhibit A chart

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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

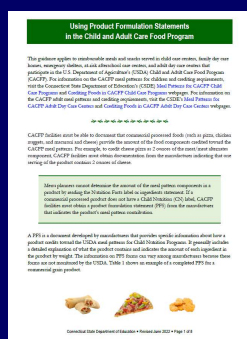
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### CSDE Resource

#### 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

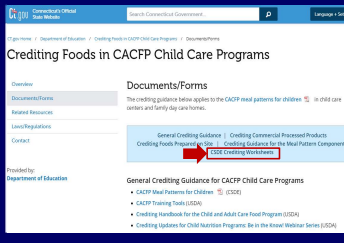
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### CSDE Resource

#### 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>

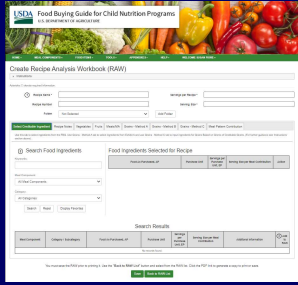
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**USDA Resource**

**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>

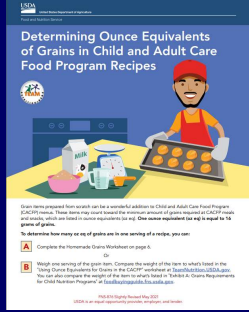
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**USDA Resource**

**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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**Thank you for participating in Bite Size!**



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

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.

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The Connecticut State Department of Education is committed to a policy of affirmative action/ equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).

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