

Grain Ounce Equivalents Chart for the Child and Adult Care Food Program

This guidance applies to reimbursable meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP).

For information on the CACFP meal patterns for children and the CACFP adult meal patterns, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for the Child and Adult Care Food Program](#) webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Grain Ounce Equivalents Chart for the CACFP

Overview of Ounce Equivalents (Oz Eq) Chart

The USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the required quantities for nine groups (A-I) of grain foods. The “[Grain Oz Eq Chart](#)” in this document indicates the applicable Exhibit A quantities and requirements for the CACFP.

- Groups A-E include baked goods such as crackers, breads, rolls, taco shells, muffins, waffles, pancakes, and grain-based desserts, e.g., cookies, cake, granola bars, and pastries. Grain-based desserts require certain crediting restrictions (refer to “[Grain-based Desserts](#)” in this document).
- Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in the CACFP meal patterns.
- Group H includes cereal grains like pasta, cooked breakfast cereals, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
- Group I includes ready-to eat (RTE) cold breakfast cereals.

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll (group B) must weigh 28 grams or 1 ounce and a blueberry muffin (group D) must weigh 55 grams or 2 ounces. The minimum amount that credits toward the grains component is ¼ oz eq.

Creditable Grain Foods

To credit as the grains component, commercial grain products and foods made from scratch must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

- Creditable foods include commercial grain products and foods made from scratch that are whole-grain rich (WGR) or enriched. For guidance on the grain crediting requirements and how to identify WGR and enriched grains, refer to the CSDE's resources, [How to Identify Creditable Grains in the Child and Adult Care Food Program](#), [Crediting Whole Grains in the Child and Adult Care Food Program](#), and [Crediting Enriched Grains in the Child and Adult Care Food Program](#), and [Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

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- Creditable cooked and ready-to-eat (RTE) breakfast cereals include WGR, enriched, and fortified cereals. Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce. For additional guidance, refer to the CSDE's resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

Additional resources on the grains component are available in the "[Grains](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Whole Grain-rich (WGR) Requirement

At least one serving of grains per day must be WGR between all meals and snacks served to participants. The USDA recommends at least two servings of WGR grains per day. For guidance on identifying WGR foods for the preschool meal patterns, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#).

Grain-based Desserts

Grain-based desserts do not credit in the CACFP meal patterns. Examples of grain-based desserts include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (such as cinnamon buns, Danish, sweet buns, sweet rolls, and eclairs) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g. chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and toaster pastries.

Sweet crackers (like graham crackers and animal crackers) are not included in the restrictions for grain-based desserts. They may be served in reimbursable meals and snacks.

As a best practice, the USDA encourages CACFP facilities to limit sweet crackers due to their higher sugar content. The CSDE recommends limiting sweet crackers to no more than twice per week, between all meals and snacks served to in the CACFP. For more information on grain-based desserts, refer to [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's [Grain-based Desserts in the CACFP](#) webpage.

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Using the Grain Oz Eq Chart

The “[Grain Oz Eq Chart](#)” in this document indicates the required weight (groups A-E) or volume (groups H and I) for each group of grain products to credit as 1 oz eq of the grains component in the CACFP meal patterns. This chart also indicates the required quantities for $\frac{3}{4}$ oz eq, $\frac{1}{2}$ oz eq, and $\frac{1}{4}$ oz eq (the minimum creditable amount).

Menu planners must know the grain item’s serving weight (groups A-G) or volume (groups H and I) to use this chart. Oz eq are calculated by dividing the grain item’s serving weight or volume by the required weight or volume for 1 oz eq of the applicable grain group.

- The serving weight or volume for commercial products is listed on the Nutrition Facts label or product formulation statement (PFS).
- The serving weight or volume for foods made from scratch is determined from the CACFP facility’s recipe. If the recipe does not provide this information, the menu planner must determine the average serving weight or volume by weighing or measuring several portions (refer to the CSDE’s resource, [Yield Study Data Form for the Child Nutrition Programs](#)) or use the creditable grains method for determining oz eq (refer to the CSDE’s resource, [Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program](#)).

The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to the CSDE’s [Guide to Menu Documentation for the Child and Adult Care Food Program](#) and the Institute of Child Nutrition’s [Recipe Standardization Guide for the Child and Adult Care Food Program](#) and visit the “[Standardized Recipes](#)” section of the CSDE’s Crediting Documentation for the Child Nutrition Programs webpage.

The steps for using the oz eq chart are indicated in the CSDE’s resource, [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#). For detailed guidance on both methods for determining the oz eq of commercial grain products and standardized recipes, refer to the CSDE’s resource, [Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program](#).

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When a Product Formulation Statement (PFS) is Required

The oz eq chart can only be used for creditable grain foods. A manufacturer's PFS is required when the ingredients statement and packaging do not provide sufficient information to determine if a commercial product meets the crediting criteria. The USDA requires that CACFP facilities must verify PFS forms for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals.

For guidance on when a PFS is required and what it must include, refer to the CSDE's resources, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#) and [Using Product Formulation Statements in the Child and Adult Care Food Program](#). Additional guidance on PFS forms is available in the "Product Formulation Statements" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Storing crediting documentation

CACFP facilities must maintain all crediting documentation on file in accordance with the records retention requirements for the school nutrition programs (refer to the CSDE's [Records Retention Requirements for the Child and Adult Care Food Program](#)). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP.



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Grain Oz Eq Chart

The chart below lists the Exhibit A oz eq (groups A-E and H-I) that apply to creditable grain foods in the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in CACFP meals and snacks.

Group A	Group A Oz Eq
Bread-type coating Breadsticks, hard Chow Mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (weights apply to bread in stuffing)	1 oz eq = 22 grams or 0.8 ounce $\frac{3}{4}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{2}$ oz eq = 11 grams or 0.4 ounce $\frac{1}{4}$ oz eq = 6 grams or 0.2 ounce
Group B	Group B Oz Eq
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, all shapes ¹ Egg roll skins English muffins Pita bread Pizza crust Pretzels, soft Rolls Taco shells Tortilla chips Tortillas	1 oz eq = 28 grams or 1 ounce $\frac{3}{4}$ oz eq = 21 grams or 0.75 ounce $\frac{1}{2}$ oz eq = 14 grams or 0.5 ounce $\frac{1}{4}$ oz eq = 7 grams or 0.25 ounce
Group C	Group C Oz Eq
Cornbread Corn muffins Croissants Pancakes Piecrust (only in meat/meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces $\frac{3}{4}$ oz eq = 26 grams or 0.9 ounce $\frac{1}{2}$ oz eq = 17 grams or 0.6 ounce $\frac{1}{4}$ oz eq = 9 grams or 0.3 ounce

¹ 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.

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Group D	Group D Oz Eq
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces $\frac{3}{4}$ oz eq = 42 grams or 1.5 ounces $\frac{1}{2}$ oz eq = 28 grams or 1.0 ounce $\frac{1}{4}$ oz eq = 14 grams or 0.5 ounce
Group E	Group E Oz Eq
French toast	1 oz eq = 69 grams or 2.4 ounces $\frac{3}{4}$ oz eq = 52 grams or 1.8 ounces $\frac{1}{2}$ oz eq = 35 grams or 1.2 ounces $\frac{1}{4}$ oz eq = 18 grams or 0.6 ounce
Group H	Group H Oz Eq
Barley Breakfast cereals, cooked (with no more than 6 grams of added sugars per dry ounce) ² Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, 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 = $\frac{1}{2}$ cup cooked or 1 ounce (28 grams) dry $\frac{1}{2}$ oz eq = $\frac{1}{4}$ cup cooked or $\frac{1}{2}$ ounce (14 grams) dry
Group I	Group I Oz Eq
Ready-to-eat (RTE) breakfast cereals (cold dry) (WGR, enriched, or fortified, and no more than 6 grams of added sugars per dry ounce) ²	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 $\frac{1}{4}$ cups or 1 ounce for puffed cereal $\frac{1}{4}$ cup or 1 ounce for granola $\frac{1}{2}$ oz eq = $\frac{1}{2}$ cup or $\frac{1}{2}$ ounce for flakes and rounds $\frac{3}{4}$ cup or $\frac{1}{2}$ ounce for puffed cereal $\frac{1}{8}$ cup or $\frac{1}{2}$ ounce for granola

² For information on crediting cooked and RTE breakfast cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals in the School Nutrition Programs](#).

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Resources

Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting_processed_product_documentation_cacfp.pdf

Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf

Crediting Breakfast Cereals in the Child and Adult Care Food Program:

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_cereals_cacfp.pdf

Crediting Documentation for the Child Nutrition Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_enriched_grains_cacfp.pdf

Crediting Whole Grains in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_whole_grains_cacfp.pdf

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

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

Food Buying Guide Exhibit A Grains Tool (USDA):

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

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://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains>

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Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/guide_wgr_requirement_cacfp.pdf

How to Identify Creditable Grains for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/identify_creditable_grains_cacfp.pdf

How to Maximize the Exhibit A Grains Tool (USDA Webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/how_to_use_ounce_equivalents_chart_cacfp.pdf.

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

Recipe Standardization Guide for the Child and Adult Care Food Program (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/>

Records Retention Requirements for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records_retention_cacfp.pdf

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program (USDA):

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

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf

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For more information, visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_oz_eq_cacfp.pdf.

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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

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