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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Overview of Ounce Equivalents (Oz Eq) Chart

The USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs* (known as Exhibit A), 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-G include baked goods such as crackers, breads, rolls, taco shells, muffins, waffles, and pancakes, and grain-based desserts, e.g., cookies, cake, granola bars, and pastries.
- Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in the CACFP meal patterns (refer to "Restrictions for Grain-based Desserts" in this document).
- 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.

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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 Child and Adult Care Food Program*.

- Creditable cooked and ready-to-eat (RTE) breakfast cereals include WGR, enriched, and fortified cereals that do not 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 WGR servings per day. For guidance on identifying WGR foods, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program*.

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Restrictions for 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 at any meal or snack. However, as a best practice, the USDA encourages CACFP menus 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 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-G) or volume (groups H and I) for each group of grain products to credit as 1 oz eq of the grains component in the NSLP, SBP, and ASP meal patterns for grades K-12. This chart also indicates the required quantities for ¾ oz eq, ½ oz eq, and ¼ oz eq (the minimum creditable amount).

CACFP facilities 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 USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements. 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*.

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

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. For guidance on when a grain PFS is required and what it must include, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*.

The USDA requires that SFAs must verify PFS forms for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals. Additional guidance on PFS forms is available in the CSDE's resource, *Using Product Formulation Statements in the Child and Adult Care Food Program*, and 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 PFS forms, recipes, and other crediting documentation on file in accordance with the records retention requirements for the CACFP. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP. For more information, refer to the CSDE's resource, *Records Retention Requirements for the Child and Adult Care Food Program*.

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

Grain Oz Eq Chart

The chart below includes the required quantities of the USDA's *Exhibit A: Grain Requirements for Child Nutrition Programs* 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 **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

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 **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

[1] As a best practice, the USDA encourages CACFP facilities to limit sweet crackers because of their higher sugar content. The CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks.

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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 **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

Group D	Group D Oz Eq
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	Group E Oz Eq
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 H	Group H Oz Eq
Barley Breakfast cereals, cooked (cannot exceed 6 grams of added sugars per dry ounce) [4] 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** = ½ cup cooked or 1 ounce (28 grams) dry **½ oz eq** = ¼ cup cooked or ½ ounce (14 grams) dry

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Group I	Group I Oz Eq
Ready-to-eat (RTE) breakfast cereals (cold dry) (Must be WGR, enriched, or fortified and cannot exceed 6 grams of added sugars per dry ounce) [2]	**1 oz eq** = 1 cup or 1 ounce for flakes and rounds 1¼ cups or 1 ounce for puffed cereal ¼ cup or 1 ounce for granola **½ oz eq** = ½ cup or ½ ounce for flakes and rounds ¾ cup or ½ ounce for puffed cereal ⅛ cup or ½ ounce for granola

[2] For information on crediting cooked and RTE breakfast cereals, refer to the CSDE's resource, *Crediting Breakfast Cereals in the Child and Adult Care Food Program*.

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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

Bite Size Module 6: Menus, Production Records, and Standardized Recipes (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module6

Bite Size Module 7: Introduction to Crediting Documentation (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module7

Bite Size Module 8: Child Nutrition (CN) Labels (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module8

Bite Size Module 9: Product Formulation Statements (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module9

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Calculation Methods for Grain Ounce Equivalents for the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage): https://www.fna.usda.gov/cn/labeling/tips-evaluating-pfs

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Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_cereals_cacfp.pdf

Crediting Documentation for the Child Nutrition Programs (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 Grains Tool of the Food Buying Guide (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Exhibit_A_Grain_Requirements_For_Child_Nutrition_Programs.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

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

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/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 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

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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

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

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements: https://www.fna.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs: https://www.fna.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_cn_labels_cacfp.pdf

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_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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