

Welcome to the webinar on Using Ounce Equivalents for Grains in the CACFP.

This training was adapted from Team Nutrition, which is an initiative of the USDA Food and Nutrition Services, and from a presentation created by the Oregon Dept of Education.

## Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

### How Much Is 1 Ounce Equivalent?

**20 cheese crackers**  
(1 1/2" by 1") = 1 oz. eq.

**12 thin wheat crackers**  
(1 1/2" by 1 1/4") = 1 oz. eq.

**5 woven whole-wheat crackers**  
(1 1/2" by 1 1/2") = 1 oz. eq.

### Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- 1 Find the grain you want to serve under the "Grain Item and Size" column.
- 2 Check if the chart lists a size or weight by the name of the grain. If the chart:
  - Lists a weight for the grain, such as at least 56 grams, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.
  - Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.
  - Lists a size for the grain, such as about 1 1/2" by 1 1/2", then check if the item is the same size, or larger than, this amount. See page 6.
- 3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
Pita Bread/Pound (whole grain-rich or enriched) (at least 56 grams)*	1/4 pita or 14 grams		
Popcorn	1 1/2 cups or 14 grams		
Pretzel, Hard, Mini-Twist (about 1 1/2" by 1 1/2")**	7 twists or 11 grams		

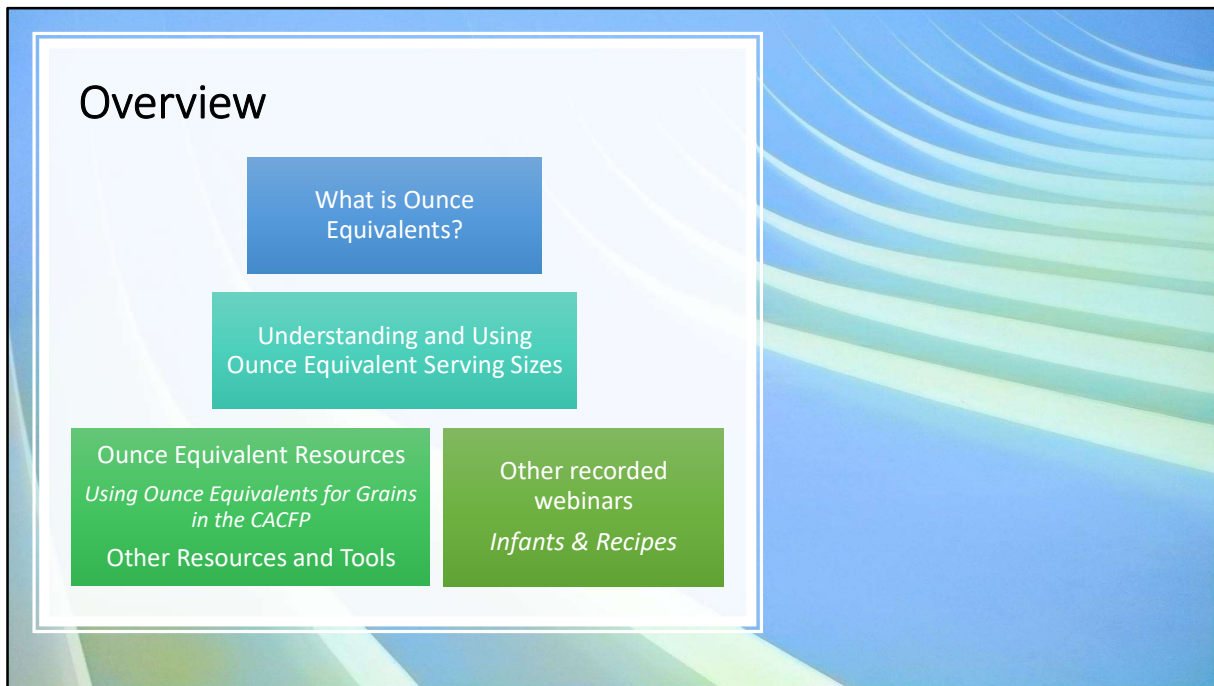
\*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.  
\*\*Check that the item you want to serve is about this size or larger. See "Grains Measuring Book" on page 6 for more information.

### Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
<b>Bagel</b> (entire bagel) at least 56 grams*	1/4 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
<b>Bagel, Mini</b> (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
<b>Biscuit</b> at least 28 grams*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
<b>Bread</b> (whole grain-rich or enriched) at least 28 grams*	1/2 slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
<b>Bun or Roll</b> (entire bun or roll) at least 28 grams*	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
<b>Cereal Grains</b> (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Cereal, Ready-to-Eat: Flakes or Rounds</b>	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
<b>Cereal, Ready-to-Eat: Granola</b>	1/2 cup or 14 grams	1/4 cup or 28 grams	1/2 cup or 56 grams
<b>Cereal, Ready-to-Eat: Puffed</b>	1/2 cup or 14 grams	1 1/2 cup or 28 grams	2 1/2 cups or 56 grams
<b>Corn Muffin</b> at least 34 grams*	1/2 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
<b>Cracker, Animal</b> (about 1 1/2" by 1 1/2")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (-1 cup) or 56 grams
<b>Cracker, Bean-Shaped, Sweet</b> (about 1" by 1 1/2")**	12 crackers (-1/4 cup) or 14 grams	24 crackers (-1/2 cup) or 28 grams	48 crackers (-1 cup) or 56 grams
<b>Cracker, Cheese, Square, Savory</b> (about 1" by 1 1/2")**	10 crackers or 11 grams	20 crackers (-1/2 cup) or 22 grams	40 crackers (-1 cup) or 44 grams
<b>Cracker, Fish-Shaped or Similar, Savory</b> (about 1 1/2" by 1 1/2")**	21 crackers (-1/2 cup) or 11 grams	41 crackers (-1/2 cup) or 22 grams	81 crackers (-1 cup) or 44 grams

\*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.  
\*\*Check that the item you want to serve is about this size or larger. See "Grains Measuring Book" on page 6 for more information.

Today we are going to be using the Using Oz. Eq. for Grains in the Child and Adult Care Food Program worksheet. A copy was mailed to all participating sites and family day care home providers at the beginning of April. If you do not have a copy, you can download the worksheet from the link in the Q&A Featured tab. We recommend having a copy available so you can follow along during the presentation today. If you do not have a copy, you can follow along with the pictures shown on the slides.



Let's get started.

For those of you who have already started using ounce equivalents, hopefully this webinar will help reassure you that you are on the right path. For those of you who have not yet started using ounce equivalents, hopefully this webinar will provide you with the confidence to start planning for the change to using ounce equivalents.

Today, we will go over the definition of ounce equivalents and help you understand and use ounce equivalent serving sizes. We will go through Team Nutrition's *Using Ounce Equivalents for Grains in the CACFP* Handout and discuss other resources and tools available to help you with using ounce equivalents, including the following updated DPI resources: Meal Requirements Calculators, Meal Pattern Charts, and Grains Charts. We will also refer to other recorded webinars on infants and recipes that you can watch to learn more about different aspects of using ounce equivalents.

## Ounce Equivalents (Oz. Eq.) Implementation Date

Starting **October 1, 2021**, ounce equivalents will be the required method of measurement/portioning the **grains component** in CACFP (including for infants)

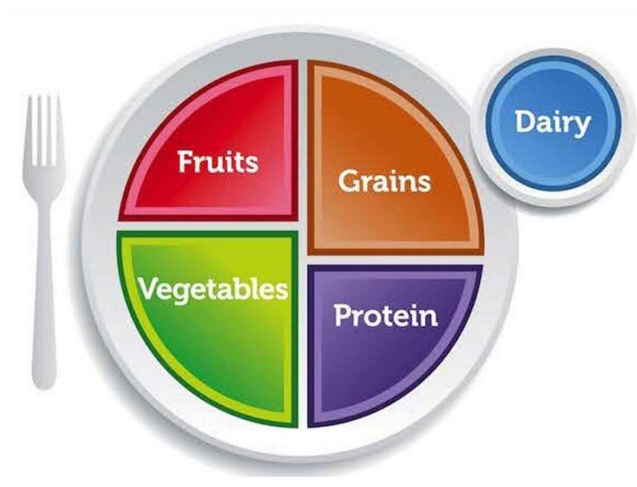


This is a reminder that starting on October 1, 2021, you will be required to use ounce equivalents as the method of measuring and portioning items in the grains component in CACFP. This includes in the infant meal pattern as well.

## Why are Ounce Equivalents Important?

Helps streamline

- Child Nutrition programs (NSLP, SBP)
- Dietary Guidelines for Americans
- MyPlate



Many of you may be wondering why the change to ounce equivalents. Using oz eq helps streamline the CACFP with other child nutrition programs, such as the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), that already use oz. equivalents. It is also how grains are referred to in the National Dietary Guidelines for Americans and in consumer messaging such as MyPlate. So, we are getting CACFP up to speed with what is going on in the realm of other nutrition programs.

Oz eq also helps us to know we are serving the right portions of grains to meet the nutritional needs of our participants.

The diagram shows a slice of bread divided into two sections. The left section is labeled '12 grams (water, yeast, salt)' and contains icons for a salt shaker, water droplets, and a yeast packet. The right section is labeled '16 grams (grains)' and contains an icon of a flour bag with wheat stalks. Below the bread, a blue banner states 'Slice of bread = 1 oz (28 grams)'. To the right of the bread, a blue background contains the text 'What is Ounce Equivalents (oz. eq.)?' and 'One ounce equivalent = 16 grams of grain'.

## What is Ounce Equivalents (oz. eq.)?

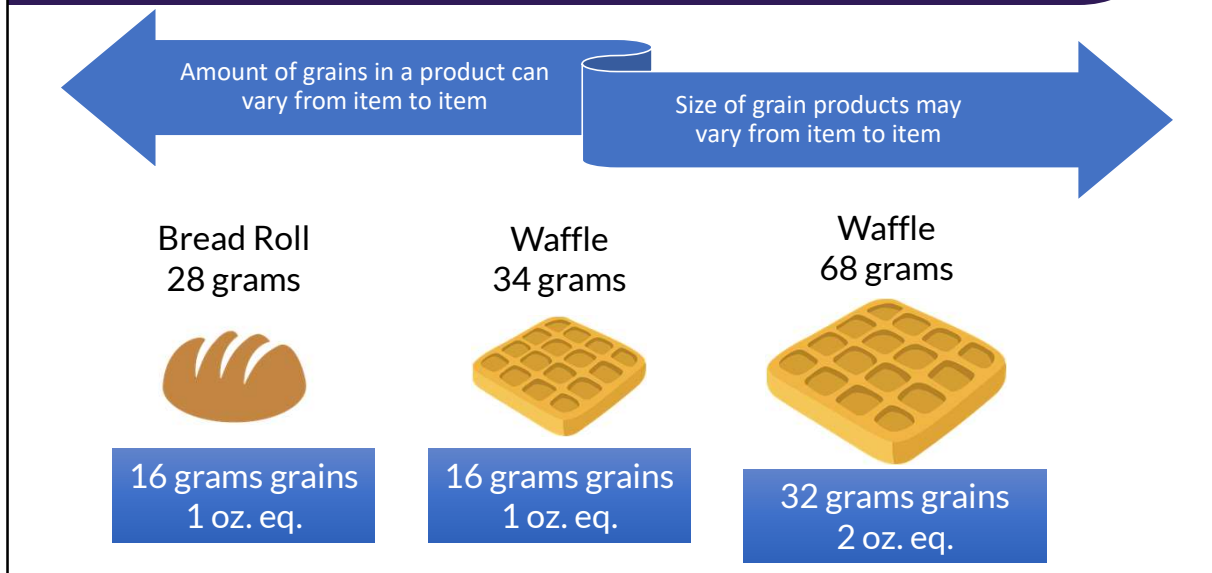
One ounce equivalent = 16 grams of grain

So, what are ounce equivalents? 1 oz eq of grains is the amount of food needed to provide 16 grams of grain.

For example, you see in this graphic a slice of bread. The slice of bread weighs 1 oz., or 28 grams, and of that weight, 16 grams is made up of grains. The remaining 12 grams of weight comes from the other ingredients, such as water, yeast and salt. So, the total weight of the item is 28 grams, but the 16 grams of grains makes it 1-ounce equivalent of grains.

We do not expect you to walk around knowing the different gram weights of ingredients in grain items. We will go through tools today that will help you determine how much of different types of grains you need to serve. However, hopefully this graphic gives you an understanding of where ounce equivalents for grains comes from.

## Understanding Ounce Equivalents



So, we just went over an example of the amount of grains in a slice of bread. It is important to know that different types of grain products have different amounts of grains which affects how much is needed to be served to meet a specific amount of ounce equivalents.

Take a bread roll and compare that to a waffle. On the slide we have a bread roll that weighs 28 grams and a waffle that weighs 34 grams. The bread roll is smaller than the waffle, however, the amount of grain in both products is the same because the bread roll ingredients are mostly grains, while the waffle includes grains and other ingredients such as eggs, oil and sugar. Both items have 16 grams of grains and credit as 1 oz. equivalent grains.

In addition, grain products may vary in size. For example, waffles come in many different sizes with some crediting for far larger portions. For example, this larger waffle contains enough grains to credit the item as 2 oz. equivalent grains.

## Comparing Minimum Serving Sizes and Ounce Equivalents

- Current serving sizes = 1 slice/serving
- 1 slice/serving = 1 ounce equivalent (oz. eq.)

Ex. Adam is 4 years old.

Grains Requirements For All Meals/Snacks	
Previous	New
½ slice	½ oz. eq. (½ slice)



Now let's compare ounce equivalents to the previous minimum serving sizes.

With ounce equivalents, we will be simply shifting the language from slice or serving to ounce equivalent. So, 1 slice or serving is equal to 1 ounce equivalent.

So, if you had a child, Adam, who is 4 years old – under the previous minimum serving size, Adam's minimum serving size was ½ a slice or ½ a serving of bread for any meal or snack. Under new requirements for ounce equivalents, the minimum serving size is ½ ounce equivalent which is still a ½ slice of bread.

So, as you can see, there really is not much change with the switch to ounce equivalents.



# Serving Size Comparisons

## SLICE/SERVING

All Meals and Snacks	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Bread	½ slice	½ slice	1 slice	1 slice
Bread products such as biscuits, rolls, or muffins <i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving

## OUNCE EQUIVALENTS

All Meals and Snacks	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Bread products such as biscuits, rolls, or muffins <i>Refer to the <a href="#">CACFP Grains Chart</a> for options and serving sizes</i>	½ oz eq	½ oz eq	1 oz eq	1 oz eq

Let's look at all the age groups.

The top chart shows serving sizes using the previous method, slice or serving. The bottom chart shows serving sizes using the new method, ounce equivalents.

Looking at the bottom chart you see:

Children ages 1-2 and 3-5 are required to receive at least ½ ounce equivalent for all meals and snacks.

Children ages 6-12 and 13-18 are required to receive at least 1 ounce equivalent for all meals and snacks.

# Serving Size Comparisons

## Adult Participants in Adult Day Care Centers

### SLICE/SERVING

	All Meals	Snacks
Bread	2 slices	1 slice
Bread products such as biscuits, rolls, and muffins <i>Refer to the <a href="#">CACFP Grains Chart-ADC</a> for options and serving sizes</i>	2 servings	1 serving

### OUNCE EQUIVALENTS

	All Meals	Snacks
Bread	2 oz eq	1 oz eq
Bread products such as biscuits, rolls, and muffins <i>Refer to the <a href="#">CACFP Grains Chart-ADC</a> for options and serving sizes</i>	2 oz eq	1 oz eq

For adult participants in Adult Day Care Centers, the top chart shows serving sizes using the previous method, slice or serving. The bottom chart shows serving sizes using the new method, ounce equivalents. Adults are required to receive 2-ounce equivalents for all meals and 1 ounce equivalent for all snacks.

# Using Ounce Equivalents for Grains in the CACFP Worksheet

**USDA**  
United States Department of Agriculture  
Food and Nutrition Assistance

## Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed at the end of menus in ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grains in a portion of food.

### How Much Is 1 Ounce Equivalent?

**25 cheese crackers** (1 1/2" by 1 1/2" sq. sh.)

**12 thin wheat crackers** (1 1/2" by 1 1/2" sq. sh.)

**5 square whole-wheat crackers** (1 1/2" by 1 1/2" sq. sh.)

### Using the Grains Measuring Chart

The Grains Measuring Chart on page 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:

  - Lists a weight for the grain, such as at least 56 grams.** Then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.
  - Does not list a weight or size for the grain.** Then you do not need to check the size or weight of the product before using the chart.
  - Lists a size for the grain, such as about 2 1/2" by 1 1/2".** Then check if the item is the same size, or larger than, this amount. See page 6.

- Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

**Grain Item and Size**

- 5 through 8-year-olds at Breakfast, Lunch, Snacks, Dinner**
- Serve at Least 1 oz. eq., which equals about:**
- Pile Bread/Panini (about 1/2" thick) or equivalent (1/2 cup of cereal)**
- Flake Meal, Hot Cereal (about 1/2 cup, 1 1/2" x 1 1/2")**
- 1 slice or 14 grams**
- 1/3 cup or 14 grams**
- 1 ounce or 14 grams**

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://www.nutrition.usda.gov>

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Snacks, Dinner	6- through 18-year-olds at Breakfast, Lunch, Snacks, Dinner	Adults at Breakfast, Lunch, Snacks, Dinner
<b>Serve at Least 1 oz. eq., which equals about:</b>	<b>Serve at Least 1 oz. eq., which equals about:</b>	<b>Serve at Least 2 oz. eq., which equals about:</b>	<b>Serve at Least 2 oz. eq., which equals about:</b>
<b>Bagel (entire bagel) at least 56 grams*</b>	1/2 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
<b>Bagel, Mini (entire bagel) at least 28 grams*</b>	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
<b>Biscuit (at least 28 grams)*</b>	1 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
<b>Bread (whole grain-rich or enriched) at least 28 grams*</b>	1 slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
<b>Bun or Roll (entire bun or roll) at least 28 grams*</b>	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 bun/rolls or 56 grams
<b>Cereal, Grainy (kinds: bulgur, quinoa, etc.)</b>	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Cereal, Ready-to-Eat: Flakes or Rounds</b>	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
<b>Cereal, Ready-to-Eat: Granola</b>	1/2 cup or 14 grams	1 cup or 28 grams	1 cup or 56 grams
<b>Cereal, Ready-to-Eat: Puffed</b>	1/2 cup or 14 grams	1 1/2 cup or 28 grams	2 1/2 cups or 56 grams
<b>Corn Muffin (at least 28 grams)*</b>	1 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
<b>Cracker, Animal (about 1 1/2" by 1 1/2")</b>	5 crackers or 14 grams	10 crackers or 28 grams	20 crackers (1-cup) or 56 grams
<b>Cracker, Bread-Shaped, Sweet (about 1 1/2" by 1 1/2")</b>	10 crackers (1-cup) or 14 grams	20 crackers (1-cup) or 28 grams	40 crackers (1-cup) or 56 grams
<b>Cracker, Cheese, Squares, Savory (about 1 1/2" by 1 1/2")</b>	10 crackers or 11 grams	20 crackers (1-cup) or 22 grams	40 crackers (1-cup) or 44 grams
<b>Cracker, Flat-Shaped or Similar, Savory (about 1 1/2" by 1 1/2")</b>	21 crackers (1-cup) or 11 grams	41 crackers (1-cup) or 22 grams	81 crackers (1-cup) or 44 grams

\*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.  
\*\*Check that the item you want to serve is about this size or larger. See "Grains Measuring Dish" on page 6 for more information.

Now that we have provided an overview of ounce equivalents, we will discuss how to use ounce equivalents for grains in the CACFP.

The USDA's Team Nutrition has created a worksheet on "Using Ounce Equivalents for Grains in the CACFP." This 6-page handout provides practical serving sizes for common grain items based on age groups. There are no calculations required.

# How Much Is 1 Ounce Equivalent?

USDA  
United States Department of Agriculture  
Food and Nutrition Assistance

**Using Ounce Equivalents for Grains in the Child and Adult Care Food Program**

Crackers are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal patterns in ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grains in a portion of food.

**How Much Is 1 Ounce Equivalent?**

20 cheese crackers  
(1" by 1") = 1 oz. eq.

12 thin wheat crackers  
(1 1/4" by 1 1/4") = 1 oz. eq.

5 woven whole-wheat crackers  
(1 1/2" by 1 1/2") = 1 oz. eq.

Using the Grains Measuring Chart

## How Much Is 1 Ounce Equivalent?

**20 cheese crackers (1" by 1") = 1 oz. eq.**

**12 thin wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.**

**5 woven whole-wheat crackers (1 1/2" by 1 1/2") = 1 oz. eq.**

On page one of the handout, there is an example showing how different sizes of the same type of grain item provide different amounts of oz. equivalents.

As you see on the screen, not all crackers contain the same amount of grain per cracker. In today's marketplace, we have big and small crackers, thick and thin crackers, fish-shaped and animal-shaped crackers. Basically, a lot of different types of crackers, and it takes different amounts of different types of crackers to provide 16 grams of grains or 1 ounce equivalent.

For example, 20 small cheese crackers contains 16 grams of grain. So, 20 small cheese crackers equals 1 ounce equivalent.


Twelve (12) thin wheat crackers contain 16 grams of grains and equals 1 ounce equivalent.

Finally, five (5) woven whole wheat crackers are needed to provide 16 grams, or 1 ounce equivalent of grains.


Notice you need more of the smaller crackers and fewer of the larger crackers to get 16 grams of grains.






<b>Grains Measuring Chart for the Child and Adult Care Food Program</b>			
 <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> <b>½ oz. eq.,</b> which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack <b>Adults</b> at Snack only  <b>Serve at Least</b> <b>1 oz. eq.,</b> which equals about...	<b>Adults</b> at Breakfast, Lunch, Supper  <b>Serve at Least</b> <b>2 oz. eq.,</b> which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~1/3 cup) or 11 grams	14 twists (~2/3 cup) or 22 grams	27 twists (~1 cup) or 44 grams

Each item is listed with the amount of the item you need to make up a ½ ounce equivalent of grains, which is the minimum amount of grains required for 1- through 5-year-olds at all CACFP meals and snacks. This is shown in the second column of each chart.

<b>Grains Measuring Chart for the Child and Adult Care Food Program</b>			
 <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> <b>½ oz. eq.</b> , which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Adults</b> at Snack only  <b>Serve at Least</b> <b>1 oz. eq.</b> , which equals about...	<b>Adults</b> at Breakfast, Lunch, Supper  <b>Serve at Least</b> <b>2 oz. eq.</b> , which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~¾ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Each item is also listed with the amount you need to make up 1-ounce equivalent of grains, which is the minimum amount of grains that 6-through 18-year-olds need at meals and snacks and to adult participants in adult day care centers at snack.



<b>Grains Measuring Chart for the Child and Adult Care Food Program</b>			
 <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> <b>½ oz. eq.,</b> which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack <b>Adults</b> at Snack only  <b>Serve at Least</b> <b>1 oz. eq.,</b> which equals about...	<b>Adults</b> at Breakfast, Lunch, Supper  <b>Serve at Least</b> <b>2 oz. eq.,</b> which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~¾ cup) or 22 grams	27 twists (~1 cup) or 44 grams

And finally, each grain item in this chart is listed with the amount of an item you need to make up 2-ounce equivalents of grains. Two oz eq of grains is the minimum amount of grains required for adult participants in Adult Day Care Centers at breakfast, lunch, and supper.

# Using the Grains Measuring Chart

**Using the Grains Measuring Chart**

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:
  - Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.**
  - Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.**
  - Lists a size for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.**
- Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

## Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:
- Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

**Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.**

**Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.**

**Lists a size for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.**

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
<b>Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*</b>	<b>Serve at Least 1/2 oz. eq., which equals about...</b> 1/4 pita or 14 grams
<b>Popcorn</b>	1 1/2 cups or 14 grams
<b>Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**</b>	7 twists or 11 grams

There are directions on how to use the chart on the bottom of the first page. We are going to walk through these steps and go through some examples.

1


Find the grain you want to serve under the “Grain Item and Size” column

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack  Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	¼ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

To use the chart, the first step is to find the grain you want to serve under the “Grain Item and Size” column.

1

Find the grain you want to serve under the “Grain Item and Size” column

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack <b>Adults at Snack only</b>	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1 →

Let’s say you want to serve popcorn at snack to 10-year-olds. The first step is to find “popcorn” in the Grains Measuring Chart.

2

Check if the chart lists a size or weight by the name of the grain. If the chart:

**Pita Bread/Round**  
(whole grain-rich  
or enriched) at least  
56 grams\*

**Popcorn**

**Pretzel, Hard, Mini-Twist**  
(about 1 ¼" by 1 ½")\*\*

**Step 2** →

**Lists a weight** for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

**Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.


**Lists a size** for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

After you find the item you want to serve, check and see if there is a size or weight by the name of the grain item.

Popcorn does not have a size or weight listed by the name, so you can move on to the next step.

### 3

Find the column for the age of your participants and the meal or snack you are serving

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack <b>Adults at Snack only</b>	<b>Adults at Breakfast,            Lunch, Supper</b>
Serve at Least	Serve at Least	Serve at Least	Serve at Least
½ oz. eq., which equals about...	1 oz. eq., which equals about...	2 oz. eq., which equals about...	2 oz. eq., which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	¼ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	¼ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

The third step is to find the column for the age of your participants and the meal or snack you are serving.

If you want to serve popcorn to 10-year-olds at snack, you will look for the 6-through 18-year-olds column and follow that column all the way down to the popcorn row.

This tells us that we need to serve 3 cups of popcorn to meet the minimum amount of grains required for 6-through 18-year-olds at snack in the CACFP.




### Try It Out!

You want to serve oatmeal to a 4-year-old at breakfast. How many cups of cooked oatmeal do you need to serve to meet the minimum required amounts of grains in the CACFP?

- 1 cup
- 2 cups
- ¼ cup
- ½ cup



Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	<b>Serve at Least</b> ½ oz. eq., which equals about...	<b>Serve at Least</b> 1 oz. eq., which equals about...	<b>Serve at Least</b> 2 oz. eq., which equals about...
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Let's practice using the Grains Measuring chart. You do not need to submit your answers but try to answer to see if you are right.

Take a look at the Grains Measuring Chart in the worksheet on page 3 or on the screen. Let's say you want to serve oatmeal to a 4-year-old at breakfast. How many cups of cooked oatmeal do you need to serve to meet the minimum required amounts of grains at breakfast in the CACFP?

Do you think you need to serve at least:

- One (1) cup
- Two (2) cups
- One-fourth (¼) cup or
- One-half (½) cup of cooked oatmeal.



**Answer**

You want to serve oatmeal to a 4-year-old at breakfast. How many cups of cooked oatmeal do you need to serve to meet the minimum required amounts of grains in the CACFP?


- 1 cup
- 2 cups
- 1/4 cup**
- 1/2 cup



**1/4 cup**

If you answered 1/4 cup of cooked oatmeal, you were right! You need to serve at least a 1/4 cup of cooked oatmeal to each 4-year-old in order to meet the minimum required amount of grains at breakfast.



Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> ½ oz. eq., which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack <b>Adults at Snack only</b>  <b>Serve at Least</b> 1 oz. eq., which equals about...	<b>Adults at Breakfast,            Lunch, Supper</b>  <b>Serve at Least</b> 2 oz. eq., which equals about...
<b>Grits</b>	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Melba Toast</b> (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
<b>Muffin and Quick Bread</b> (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
<b>Oatmeal</b>	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pancake</b> at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Let's look at how we got that answer. First, we find the food we want to serve, which is oatmeal on page 3.

Our next step is to find the age of our participants and the meal. We are serving 4-year-olds at breakfast, so we follow the 1-through 5-year-olds column down to the oatmeal row.

If you look at where the 1-through 5-year-olds column meets the oatmeal row, it tells us that we need to serve a ¼ cup of cooked oatmeal to meet the ½ ounce equivalent of grains at breakfast for this age group.

Now, as we mentioned, the popcorn and the oatmeal do not have any weights or sizes listed next to them. However, some items on this chart have weights or sizes listed next to them. So, let's look at how you would use this chart for those types of foods.

1

Find the grain you want to serve under the “Grain Item and Size” column



Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1 →

The first step is the same; we find our food in the chart. Let’s look at mini-twist hard pretzels which are found on page 4. An example of these pretzels is shown on the screen.

2

Check if the chart lists a size or weight by the name of the grain. If the chart:

**Pita Bread/Round**  
(whole grain-rich  
or enriched) at least  
56 grams\*

**Popcorn**

**Pretzel, Hard, Mini-Twist**  
(about 1 ¼" by 1 ½")\*\*

**Step 2** →

**Lists a weight** for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

**Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.

**Lists a size** for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

Step 2 tells us that if the chart lists a size by the grain item's name, then we need to make sure the grain item we want to serve is the same size, or larger than, the size listed on the Grains Measuring Chart. In this case, our pretzel must be at least 1 ¼" long by 1 ½" wide. There is a measuring tool on page 6 that you can use.

3

Find the column for the age of your participants and the meal or snack you are serving



Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams



For pretzels that are the correct size, our last step is to find the column for the age of your participants and the meal or snack you are serving. Let's try another practice question with that now.



### Try It Out!

You want to serve pretzels to 8-year-olds at snack. How many mini-twist hard pretzels do you need to serve to each 8-year old to meet the minimum required amounts of grains at snack?

- 7 twists
- 11 twists
- 14 twists
- 27 twists



Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	<b>Serve at Least</b> ½ oz. eq., which equals about...	<b>Serve at Least</b> 1 oz. eq., which equals about...	<b>Serve at Least</b> 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**</b>	<b>7 twists (~½ cup) or 11 grams</b>	<b>14 twists (~½ cup) or 22 grams</b>	<b>27 twists (~1 cup) or 44 grams</b>

Look at the Grains Measuring Chart in the worksheet on page 4 or on the screen.

Let's say you want to serve pretzels to 8-year-olds at snack. How many mini-twist hard pretzels do you need to serve to meet the minimum required amount of grains at snack in the CACFP?

Do you think you need to serve at least:

- 7 twists
- 11 twists
- 14 twists or
- 27 twists



**Answer**

You want to serve pretzels to 8-year-olds at snack. How many mini-twist hard pretzels do you need to serve to meet the minimum required amounts of grains at snack in the CACFP?

- 7 twists
- 11 twists
- 14 twists
- 27 twists





**14 twists**

If you answered 14 twists, you are correct! We need to serve 14 mini-twist hard pretzels to meet the minimum amount required for grains for 8-year-olds at snacks in the CACFP.

3

Find the column for the age of your participants and the meal or snack you are serving

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	¼ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	¼ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
 <b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Let's look at how we got that answer. First, we found the food we want to serve, which was listed as "pretzel, hard, mini-twist."


Next, the pretzel has a measurement next to it, so we made sure our pretzel was the same size or larger than the measurement on the chart.

Our last step was to find the age of our participants and the meal. We are serving 8-year-olds at snack, and 8-year-olds fall into the age group of 6-through 18-year-olds.

If you look at where the 6-through 18-year-olds column meets the pretzel row, it tells us that we need to serve 14 hard mini-twist pretzels to meet the minimum amount of grains required at snacks for this age group.

1

Find the grain you want to serve under the “Grain Item and Size” column

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack  Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

So far, we’ve talked about what you do if you have a grain that doesn’t have a weight or measurement next to it, like popcorn and oatmeal, as well as what you do if it has a measurement next to it, like the pretzels.

Now, let’s talk about what to do if you find your item in Step 1, and the item has a weight next to it, like pita bread.



2

Check if the chart lists a size or weight by the name of the grain. If the chart:

**Pita Bread/Round**  
(whole grain-rich or enriched)  
at least 56 grams\*

**Popcorn**

**Pretzel, Hard, Mini-Twist**  
(about 1 ¼" by 1 ½")\*\*

**Step 2** →

**Lists a weight** for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

**Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.

**Lists a size** for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

Going back to the front page of your worksheet, Step 2 tells us that if the chart lists a minimum weight by the grain, such as "at least 56 grams," then we need to use the Nutrition Facts label for the item to make sure that item weighs the same, or more than, the grain in the chart.

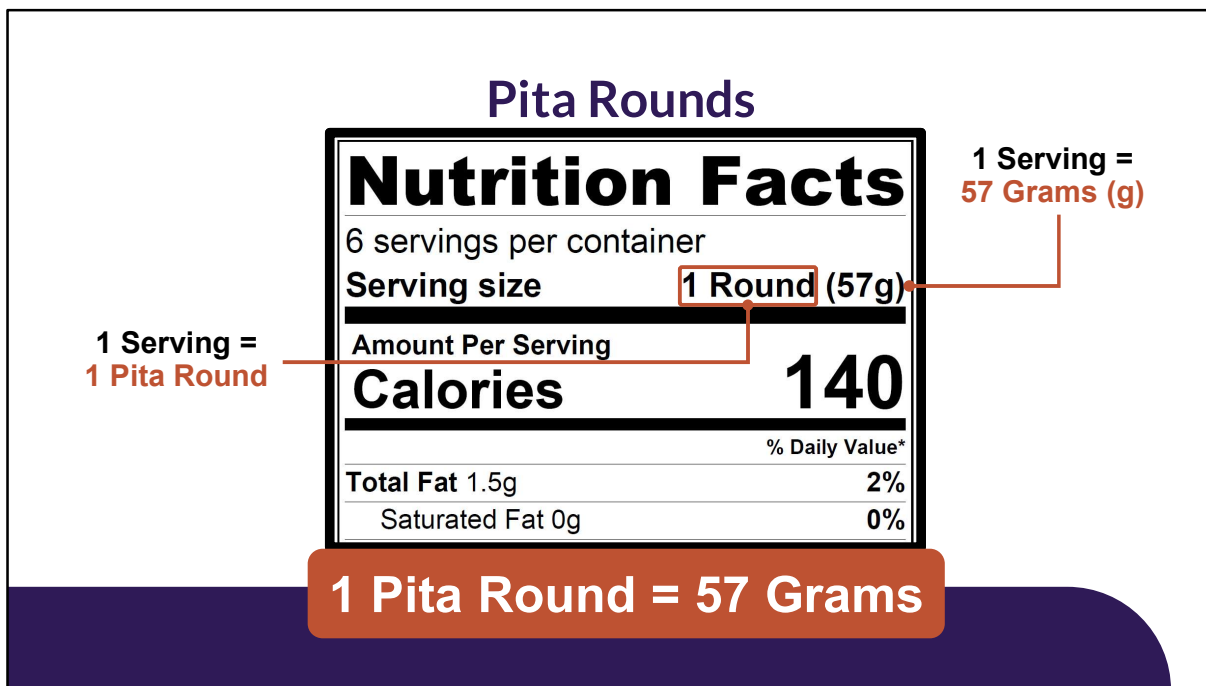
## Pita Rounds

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Round (57g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>

1 Serving =  
57 Grams (g)

When we look at the Nutrition Facts Label, we will be looking at the information in the “Serving size” line.

This label for pita bread rounds shows us that one serving of pita rounds weighs 57 grams.



This label also shows us that there is one pita round in one serving.

Therefore, we know that one pita round weighs 57 grams.

?

**Try It Out!**  
Does one pita round weigh the same or more than the pita bread listed in the Grains Measuring Chart?

Yes, one pita round weighs the same or more.

No, one pita does not weigh the same or more.

## Pita Rounds

**Nutrition Facts**

6 servings per container

**Serving size** 1 Round (57g)

**Amount Per Serving**

**Calories** **140**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
--	--------------------	--------------------	--------------------

Now that we know that one pita round weighs 57 grams, we can compare the weight of one pita round to the weight listed next to the pita bread in the chart.

Look at the Grains Measuring Chart and find Pita Bread on page 4.

Now, look at the Nutrition Facts label for pita rounds on the screen. Does one pita round weigh the same or more than the pita bread listed in the Grains Measuring Chart?

Yes, or no?



**Answer**

Does one pita round weigh the same or more than the pita bread listed in the Grains Measuring Chart?

- Yes, one pita round weighs the same or more.
- No, one pita does not weigh the same or more.

## Pita Rounds

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Round (57g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>

Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams

If you answered yes, you are correct! One pita round weighs the same or more than the pita bread listed in the chart.

## Pita Rounds

### Pita Bread/Round

(whole grain-rich or enriched)

at least 56 grams\*

### Popcorn

### Pretzel, Hard, Mini-Twist

(about 1 ¼" by 1 ½")\*\*

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Round (57g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>

We know the answer is yes because the weight by the pita bread in the chart is “at least 56 grams.” The Nutrition Facts label for pita rounds tells us that 1 pita round weighs 57 grams.

Because one pita round weighs more than the pita listed in the Grains Measuring Chart, we know we can use the chart to tell us how many pita rounds to serve in order to meet CACFP meal pattern requirements.

3

Find the column for the age of your participants and the meal or snack you are serving



Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅔ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Now that we've checked that pita rounds weigh the same or more than the pita bread listed in the Grains Measuring Chart, the last step is to find the column for the age of your participants and the meal or snack you are serving.



### Try It Out!

You want to serve pita bread to 3-year-olds at lunch. How many pita rounds do you need to serve to meet the minimum required amounts of grains in the CACFP?

- ¼ pita round
- ½ pita round
- 1 pita round
- 2 pita rounds

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~½ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Look at the Grains Measuring Chart in your worksheet on page 4 or on the screen. Let's say you want to serve pita bread to 3-year-olds at lunch. How many pita rounds do you need to serve to meet the minimum required amount of grains at lunch in the CACFP?

Do you think you need to serve at least:

- One-fourth (¼) of a pita round
- One-half (½) of a pita round
- One (1) pita round or
- Two (2) pita rounds





**Answer**


You want to serve pita bread to 3-year-olds at lunch. How many pita rounds do you need to serve to meet the minimum required amounts of grains in the CACFP?

- 1/4 pita round**
- 1/2 pita round
- 1 pita round
- 2 pita rounds



**1/4 pita round**

If you answered one-fourth of a pita round, you are correct! One-fourth of a pita round must be served to meet the minimum amount required for grains for 3-year-olds at lunch in the CACFP.

<b>Grains Measuring Chart for the Child and Adult Care Food Program</b>			
 <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> <b>½ oz. eq.,</b> which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Adults</b> at Snack only  <b>Serve at Least</b> <b>1 oz. eq.,</b> which equals about...	<b>Adults</b> at Breakfast, Lunch, Supper  <b>Serve at Least</b> <b>2 oz. eq.,</b> which equals about...
<b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~¾ cup) or 22 grams	27 twists (~1 cup) or 44 grams

To get our answer, we found the food we want to serve, which was listed as “pita bread/round.”

Next, we see that the pita bread had a weight of “at least 56 grams” next to it, so we made sure the pita bread we wanted to serve was the same weight, or heavier than, the weight listed in the chart.

Our last step was to find the age of our participants and the meal. We are serving 3-year-olds at lunch, so we would choose the 1-through 5-year-olds column and follow it down to the pita bread/round row.

It tells us that we need to serve a quarter of the pita bread round to meet the minimum amount of grains required at snacks for this age group.

## Pancakes

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 3 Pancakes (117g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	

Sometimes, the Nutrition Facts label will list more than one item as a serving, such as "2 taco shells" or "3 pancakes."

Page 5 of the worksheet looks at what to do when that happens, so let's look at page 5 now.

# Using the Nutrition Facts Label

**Using the Nutrition Facts Label**  
Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart.

**1** Find the grain item and its minimum weight in the Grains Measuring Chart.  
For example, the minimum weight for a pancake is at least 34 grams.

**2** Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 17 grams.

**1** Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
Pancake at least 34 grams*	Serve at Least ½ oz. eq., which equals about... ½ pancake or 17 grams	Serve at Least 1 oz. eq., which equals about... 1 pancake or 34 grams	Serve at Least 2 oz. eq., which equals about... 2 pancakes or 68 grams

The first step on page 5 is the same as the first step on page 1: Find the grain item and its minimum weight in the Grains Measuring Chart.

Note that on page 5, the example we are using here is pancakes, so we look at the row that says “pancakes” and find the minimum weight of “at least 34 grams.”

- 2** Look at the Nutrition Facts label of the grain you wish to serve.  
Find the weight of the serving size (usually provided as grams (g))

## Pancakes

Nutrition Facts	
4 servings per container	
Serving size 3 Pancakes (117g)	
Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	

Weight of  
1 Serving =  
117 Grams (g)



The second step is to look at the weight of the serving size for the pancakes we want to serve. On Nutrition Facts labels, the weight listed is usually for one serving of the food. Looking at the label for our pancakes, we see that 1 serving of pancakes weighs 117 grams.

3

Using the Nutrition Facts label, find how many items are in one serving

## Pancakes

Number of Items  
in 1 Serving =  
**3 Pancakes**

Nutrition Facts	
4 servings per container	
Serving size <b>3 Pancakes</b> (117g)	
Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	

Weight of  
1 Serving =  
**117 Grams (g)**



Our next step is to look at how many items are in one serving. Looking at this Nutrition Facts label, we see that there are 3 pancakes in 1 serving of these pancakes.

**4**

If there is more than one of an item in a serving, divide to find the weight of each item.

Divide serving weight by number of items in one serving to find the weight of each item.

$$\begin{array}{ccccc} \mathbf{117 \text{ grams}} & \div & \mathbf{3 \text{ pancakes}} & = & \mathbf{39 \text{ grams per pancake}} \\ \textit{Serving Weight} & & \textit{Serving Size} & & \textit{Weight of Each Item} \end{array}$$



On page 4, Step 4 tells us that if we have more than one of an item in a serving, you will need to divide to find how much one item weighs.

Because 1 serving of pancakes has 3 pancakes, we know we will need to divide to find out the weight of one pancake.

We know from Step 3 that one serving weighs 117 grams. We also know that there are 3 pancakes in one serving, so we divide 117g/serving by 3 pancakes/serving to find the weight of one pancake. When we do, we find that one pancake weighs 39 grams.

## Compare weight of one item to minimum weight listed in Grains Measuring Chart (from Step 1)



39 grams per pancake



Grain Item  
and Size

Pancake  
at least 34 grams\*

1- through 5-year-olds  
at Breakfast, Lunch,  
Supper, Snack

Serve at Least  
½ oz. eq., which  
equals about...

½ pancake or  
17 grams

Now that we know the weight of one pancake, we can compare that weight to the weight of the pancake in the Grains Measuring Chart.





### Try It Out!

Is one pancake the same weight or heavier than the weight of the pancake listed in the chart?

- Yes, one pancake is the same weight or heavier.
- No, one pancake is not the same weight or heavier.



39 grams per pancake

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Pancake at least 34 grams*	Serve at Least ½ oz. eq., which equals about... ½ pancake or 17 grams

Look at the Grains Measuring Chart in your worksheet on page 3, or on the screen in front of you.

Is one pancake the same weight or heavier than the weight of the pancake listed in the Grains Measuring Chart?

Yes or No



**Answer**

Is one pancake the same weight or heavier than the weight of the pancake listed in the chart?

**Yes, one pancake is the same weight or heavier.**

No, one pancake is not the same weight or heavier.




39 grams per pancake

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Pancake at least 34 grams*	Serve at Least ½ oz. eq., which equals about... ½ pancake or 17 grams

If you answered yes, you are correct. We know this because one pancake weighs 39 grams. The Grains Measuring Chart lists pancakes with a minimum weight of 34 grams.

Since 39 is bigger than 34, we know that one pancake is heavier than the minimum weight for pancakes listed in the chart.

## Find column for age of participants and the meal or snack serving

 <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> ½ oz. eq., which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Adults</b> at Snack only  <b>Serve at Least</b> 1 oz. eq., which equals about...	<b>Adults</b> at Breakfast, Lunch, Supper  <b>Serve at Least</b> 2 oz. eq., which equals about...
<b>Pancake</b> at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

So now we proceed the same way we did with all other examples. Let's say you want to serve pancakes to adult participants in adult care centers at breakfast. You would find the Adults at Breakfast column, and then follow that column down to the pancake row.

It tells us that we need to serve 2 pancakes in order to meet the minimum amount of grains required at breakfast for adult participants.

# Adult Day Care Participants Serving Sizes

## Adult Day Care Participants at Meals

Grain Item and Size	Age Group and Meal		
		1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack
<b>Serve at Least</b>	<b>½ oz. eq.</b> , which equals about...	<b>1 oz. eq.</b> , which equals about...	<b>2 oz. eq.</b> , which equals about...
<b>Pancake</b> at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams


## Adult Day Care Participants at Snack

Very quickly, I just wanted to point out that Adults have different requirements for grain amounts at snack versus meals.

If you want to serve grains at snack to Adult Day Care Participants, you need to serve at least 1 oz eq of grains. So, you would look at the middle column of the chart.

If you want to serve grains at breakfast, lunch, or supper to Adult Day Care Participants, you need to serve at least 2-ounce equivalents of grains. So, you'd look at the column on the right side of the chart.

## Child Care Participants Serving Sizes

 <b>Grain Item and Size</b>	Age Group and Meal		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> ½ oz. eq., which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack  Adults at Snack only  <b>Serve at Least</b> 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper  <b>Serve at Least</b> 2 oz. eq., which equals about...
<b>Pancake</b> at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

As a reminder, the minimum amount of grains required for the child care component is the same for breakfast, lunch, supper and snacks which is ½ oz eq grains for 1-5-year-olds and 1 oz eq for 6-18-year-olds.

## Store-bought Packages



### Nutrition Facts

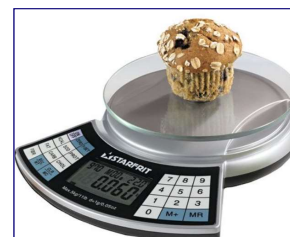
6.0 About servings per container	
<b>Serving size</b>	<b>0.5 cup mix (69 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
	<b>% Daily value*</b>
<b>Total Fat</b> 1g	1.28%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 410mg	17.83%
<b>Total Carbohydrate</b> 61g	22.18%
Dietary Fiber 1g	3.57%
Sugar 31g	
<b>Protein</b> 3g	
Calcium 10mg	0%
Iron 1.5mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

We also want to briefly talk about how to determine ounce equivalents for grains from a store-bought package such as boxed pancakes or muffins. The information on the Nutrition Facts label often does not tell you the weight of the prepared product, only the weight of the mix, such as in the example on the slide where it says  $\frac{1}{2}$  cup of the mix weighs 69 grams.

## Store-bought Packages

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams



To determine oz. equivalent grains, after preparing the item you will need to weigh one serving of the item and compare its weight to what is listed in the chart.


For example, this muffin weighs 60 grams. Because it weighs more than the muffin listed in the Grains Measuring Chart (it must be at least 55 grams), we know we can use the chart to tell us how much of a muffin to serve in order to meet CACFP oz. eq. requirements.

So, for 1-5 year olds, you must serve ½ muffin at all meals and snacks

For 6-18 year olds (at all meals and snacks) and for adult participants at snack, you must serve 1 muffin

For adult participants at breakfast, lunch and supper, you must serve 2 muffins

# Ready-to-Eat Cereal

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	¼ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams

Another change you may notice in the handout is different serving sizes for ready to eat cereal. Cereals are now broken into three groups: one for flakes and rounds, one for granola, and one for puffed cereal. The reason why they are broken up into three different groups is because ready to eat cereal has many different shapes and densities. Different amounts must be served for each type of cereal to meet the ounce equivalents requirement.

In general, flakes and rounds include cereals like cornflakes and cheerios – the cheerios would fall under the rounds category. Puffed cereals would include cereals like Kix and Chex. Sometimes people think that Kix is a round instead of a puff. However, Kix has a lot of air in between, so it would be considered a puff instead. Remember that rounds are more for donut-shaped cereals like Cheerios. Lastly, granola is self-explanatory and includes all granola-like cereals.



## Un “Charted” Territory

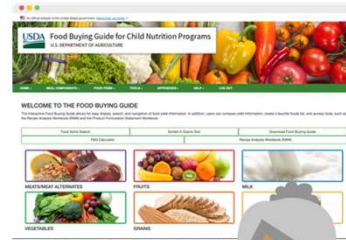
Use a different tool if:



Item is not listed



Item is smaller or lighter than what's listed in Grains Measuring Chart



Finally, there may be times that this worksheet may not be appropriate for determining grains ounce equivalents. In those cases, you will need to use another tool, which I will discuss on the next slide.

Times you might need to use another tool instead of this chart are:

- when an item you want to serve is smaller or lighter than the item listed in the chart, or
- when an item you want to serve is not listed in the chart



One tool you could use is Team Nutrition's Exhibit A Grains Tool, which is part of the Food Buying Guide. This tool is available as a web-based tool that you can access from your laptop or desktop computer as shown in the middle of the screen. It is also available as part of the Food Buying Guide app that you can download from the Google Play or the Apple App store for your mobile devices.

The Food Buying Guide has training videos on how to use the Exhibit A Grains Tool. You can find it under the "Help" section of the Food Buying Guide.

**Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program**

Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grains in a portion of food.

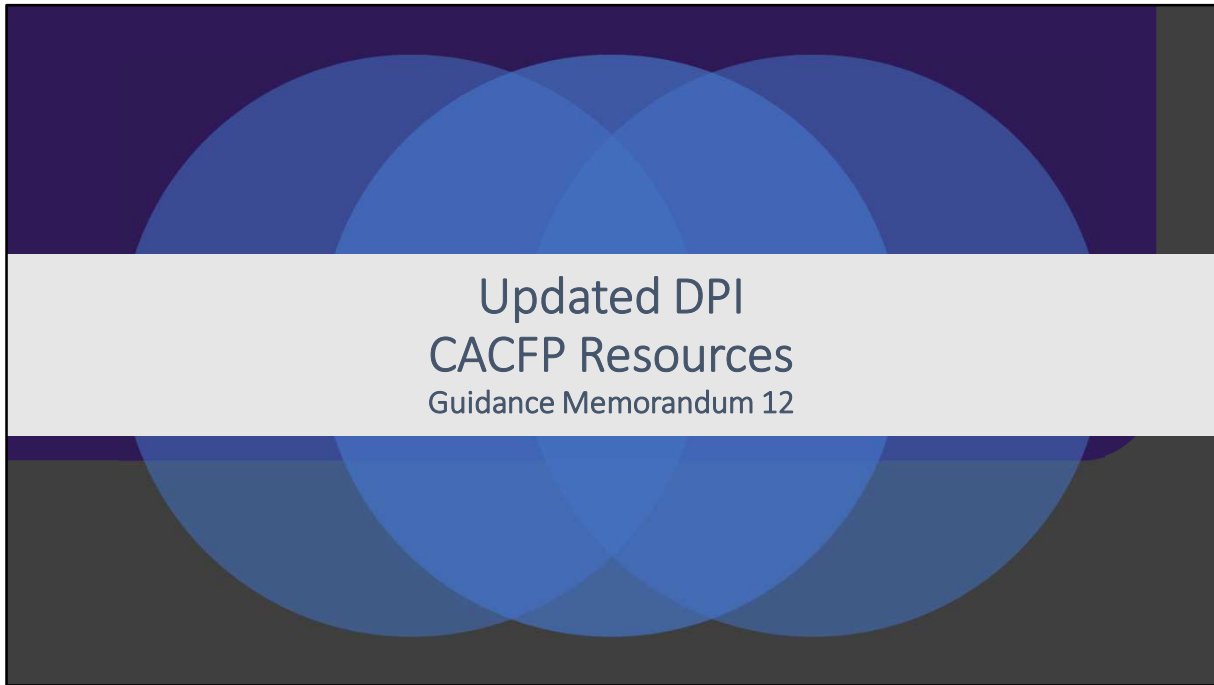
**How Much is 1 Ounce Equivalent?**

0.8 ounce (22 grams) of <b>Cheese Crackers</b>	1 ounce (28 grams) of <b>Toasted O's Cereal</b>	2 ounces (55 grams) of <b>Blueberry Muffin</b>
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**Crediting Single-Serving Packages of Grains in the CACFP**  
November 19, 2020  
Nutrition, Education, Training, and Technical Assistance Division  
Child Nutrition Programs  
USDA Food and Nutrition Service  
**CACFP Halftime: Thirty on Thursdays**  
Training Webinars

USDA Webinar  
**Crediting Single-Serving Packages of Grains**

We just reviewed how to measure ounce equivalent grains using the Grains Measuring Chart. USDA also has a handout and webinar on crediting single-serving packages of grains in the CACFP. The handout is available in English and Spanish. The links to the handouts and webinar are posted on oz eq training webpage and linked on the GM website under GM 12 in the oz eq section.



Next, we are going to go over some of the DPI CACFP resources that have been updated to reflect the change to ounce equivalents. These changes have been made for the adult care and child care components (which include at-risk afterschool and outside of school hours sites, as well as emergency shelters).

You will want to go to DPI's Guidance Memorandum webpage and look under Guidance Memorandum 12 for these updated resources to print or save. (link on the slide)

# CACFP Meal Patterns

Child Care Component

CACFP Child Meal Pattern				
Must serve the required components and serving sizes				
Breakfast				
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
<b>Fluid Milk</b> • 1 year olds: Unflavored whole milk • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored or flavored 1% or skim • Full-strength juice may only be served to meet the fruit	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
<b>Vegetables or Fruits</b> for portions of both	¼ cup	¼ cup	¼ cup	¼ cup
<b>Grains</b> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (Refer to CACFP Grains Chart) • Cereals must contain no more than 6 grams of sugar per dry ounce	½ oz eq	½ oz eq	1 oz eq	1 oz eq
<b>Bread</b> Bread products such as biscuits, rolls, or muffins Refer to the CACFP Grains Chart for options and serving sizes	½ oz eq	½ oz eq	1 oz eq	1 oz eq
<b>Cooked breakfast cereal, cereal grain, rice and/or pasta</b> Ready-to-eat breakfast cereal (dry, cold) Flakes or rounds Puffed cereal Granola	¾ cup	¾ cup	¾ cup	¾ cup
<b>Meat/Meat Alternates</b> • Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week Amounts listed below must be served to meet the minimum serving size requirements	½ oz	½ oz	1 oz	1 oz
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and processed; soft and hard)	½ oz	½ oz	1 oz	1 oz
Shredded cheese	¼ cup (¼ oz)	¼ cup (¼ oz)	¼ cup (¼ oz)	¼ cup (¼ oz)
Cottage cheese, ricotta cheese, cheese spread, cheese food	¼ cup (1 oz)	¼ cup (1 oz)	¼ cup (2 oz)	¼ cup (2 oz)
2 ounces = 1 ounce meat/meat alternate				
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	¼ cup	¼ cup	¼ cup	¼ cup
Yogurt (regular and soy) • Must contain no more than 23 grams of total sugars per 6 ounces • 4 ounces = 1 ounce meat/meat alternate	¼ cup (2 oz)	¼ cup (2 oz)	¼ cup (4 oz)	¼ cup (4 oz)
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Tofu (commercially prepared) 2.2 oz (1.4 cup) must contain at least 5 grams of protein	¾ cup (1.1 oz)	¾ cup (1.1 oz)	¾ cup (2.2 oz)	¾ cup (2.2 oz)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products Must meet the requirements in Appendix A to Part 226	½ oz	½ oz	1 oz	1 oz

Adult Care Component

CACFP Adult Meal Pattern	
Must serve the required components and serving sizes	
Breakfast	
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate	
Food Components and Food Items	Serving Sizes
<b>Fluid Milk</b> • Unflavored 1% or skim • Flavored 1% or skim • Yogurt (regular and soy) • 6 oz (weight) or ¾ cup may be served to meet the fluid milk requirement for one meal per day when not served as a meal alternate for that same meal • Must contain no more than 23 grams of total sugars per 6 ounces • Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day	1 cup (8 fluid oz)
<b>Vegetables or Fruits</b> for portions of both	¼ cup
<b>Grains</b> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (Refer to CACFP Grains Chart) • Cereals must contain no more than 6 grams of sugar per dry ounce	2 oz eq
<b>Bread</b> Bread products such as biscuits, rolls, or muffins Refer to the CACFP Grains Chart for options and serving sizes	2 oz eq
<b>Cooked breakfast cereal, grains, rice and/or pasta</b> Ready-to-eat breakfast cereal (dry, cold) Flakes or rounds Puffed cereal Granola	1 cup 2 cups 2 ½ cups ½ cup
<b>Meat/Meat Alternates</b> • Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week Amounts listed below must be served to meet the minimum serving size requirements	
Lean meat, poultry, or fish	2 oz
Cheese (natural and processed; soft and hard)	2 oz (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	¼ cup (4 oz)
2 ounces = 1 ounce meat/meat alternate	
Large egg	1 egg
Cooked dry beans or peas	½ cup
Yogurt (regular and soy) • Must contain no more than 23 grams of total sugars per 6 ounces • 4 ounces = 1 ounce meat/meat alternate	1 cup (8 oz)
Peanut butter, soy nut butter or other nut or seed butters	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds	2 oz
Tofu (commercially prepared) 2.2 oz (1.4 cup) must contain at least 5 grams of protein	¾ cup (4.4 oz)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products Must meet the requirements in Appendix A to Part 226	2 oz

First, the meal pattern charts now include ounce equivalent serving sizes for grains and have the 3 different types of cereals listed.

# DPI CACFP Grains Chart

Child Care Component

Grain Item and Size	1-5 year old	6-18 year old
	Serve at least 1/2 oz eq which is about...	Serve at least 1 oz eq which is about...
Bagel (~4" diameter)	1/4 bagel or 14 g	1/2 bagel or 28 g
Bagel, Mini	1/2 bagel or 14 g	1 bagel or 28 g
Biscuit (~2 1/2" diameter)	1/2 biscuit or 14 g	1 biscuit or 28 g
Bread	1/2 slice or 14 g	1 slice or 28 g
Bread Stick, Hard (~7 1/2")	2 sticks or 14 g	3 sticks or 28 g
Buns, Hamburger, Hot Dog	1/2 bun or 14 g	1 bun or 28 g
Cereal, Ready-to-eat (dry, cold) Flakes or Rounds	1/2 cup or 14 g	1 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Puffed cereal	3/4 cup or 14 g	1 1/4 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Granola	1/8 cup or 14 g	1/4 cup or 28 g
Combread (2" x 2 1/2")	1/2 piece or 17 g	1 piece or 34 g
Corn Muffin	1/2 muffin or 17 g	1 muffin or 34 g
Cracker, Animal (~1 1/2" x 1")	8 crackers (1/4 cup) or 14 g	15 crackers (1/2 cup) or 28 g
Cracker, Bear-shaped, Sweet (~1" x 1 1/2")	12 crackers (1/4 cup) or 14 g	24 crackers (1/2 cup) or 28 g
Cracker, Cheese, Square, Savory (~1" x 1")	10 crackers or 11 g	20 crackers or 22 g
Cracker, Fish-shaped or Similar, Savory (~1 1/2" x 1 1/2")	21 crackers (1/4 cup) or 11 g	41 crackers (1/2 cup) or 22 g
Cracker, Graham (~2 1/2" x 3" full sheet)	1 full sheet or 14 g	2 full sheets or 28 grams
Cracker, Oyster	27 crackers (1/4 cup) or 11 g	54 crackers (1/2 cup) or 22 g
Cracker, Round, Savory (1 1/2" across)	4 crackers or 11 g	7 crackers or 22 g
Cracker, Saltine (2" x 2")	4 crackers or 11 g	8 crackers or 22 g
Cracker, Thin Wheat Square, Savory (1 1/2" x 1 1/2")	6 crackers or 11 g	12 crackers or 22 g
Cracker, Woven Whole Wheat (1 1/2" x 1 1/2")	3 crackers or 11 g	5 crackers or 22 g
Cracker, Zwieback	2 crackers or 11 g	3 crackers or 22 g
Croissant	1/2 croissant or 17 g	1 croissant or 34 g
English Muffin (top and bottom)	1/4 muffin or 14 g	1/2 muffin or 28 g
French Toast	1/2 slice or 35 g	1 slice or 69 g
French Toast Sticks	2 sticks or 35 g	4 sticks or 69 g
Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
Grits	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry

Grain Item and Size	Breakfast, Lunch, Supper	Snack
	Serve at least 2 oz eq which is about...	Serve at least 1 oz eq which is about...
Bagel (~4" diameter)	1 bagel or 56 g	1/2 bagel or 28 g
Bagel, Mini	2 bagels or 56 g	1 bagel or 28 g
Biscuit (~2 1/2" diameter)	2 biscuits or 56 g	1 biscuit or 28 g
Bread	2 slices or 56 g	1 slice or 28 g
Bread Stick, Hard (~7 1/2")	6 sticks or 56 g	3 sticks or 28 g
Buns, Hamburger, Hot Dog	2 buns or 56 g	1 bun or 28 g
Cereal, Ready-to-eat (dry, cold) Flakes or Rounds	2 cups or 56 g	1 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Puffed cereal	2 1/2 cups or 56 g	1 1/4 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Granola	1/2 cup or 56 g	1/4 cup or 28 g
Combread (2" x 2 1/2")	2 pieces or 68 g	1 piece or 34 g
Corn Muffin	2 muffins or 68 g	1 muffin or 34 g
Cracker, Animal (~1 1/2" x 1")	30 crackers (~1 cup) or 56 g	15 crackers (~1/2 cup) or 28 g
Cracker, Bear-shaped, Sweet (~1" x 1 1/2")	48 crackers (1 cup) or 56 g	24 crackers (1/2 cup) or 28 g
Cracker, Cheese, Square, Savory (~1" x 1")	40 crackers (~2/3 cup) or 44 g	20 crackers (1/3 cup) or 22 g
Cracker, Fish-shaped or Similar, Savory (~1 1/2" x 1 1/2")	81 crackers (~1 cup) or 44 g	41 crackers (1/2 cup) or 22 g
Cracker, Graham (~2 1/2" x 3" full sheet)	4 full sheets or 56 g	2 full sheets or 28 grams
Cracker, Oyster	108 crackers (1 cup) or 44 g	54 crackers (1/2 cup) or 22 g
Cracker, Round, Savory (1 1/2" across)	14 crackers or 44 g	7 crackers or 22 g
Cracker, Saltine (2" x 2")	16 crackers or 44 g	8 crackers or 22 g
Cracker, Thin Wheat Square, Savory (1 1/2" x 1 1/2")	23 crackers or 44 g	12 crackers or 22 g
Cracker, Woven Whole Wheat (1 1/2" x 1 1/2")	10 crackers or 44 g	5 crackers or 22 g
Cracker, Zwieback	6 crackers or 44 g	3 crackers or 22 g
Croissant	2 croissants or 68 g	1 croissant or 34 g
English Muffin (top and bottom)	1 muffin or 56 g	1/2 muffin or 28 g
French Toast	2 slices or 138 g	1 slice or 69 g
French Toast Sticks	8 sticks or 138 g	4 sticks or 69 g
Grains (barley, bulgur, quinoa, etc.)	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry
Grits	1 cup cooked or 56 g dry	1/2 cup cooked or 28 g dry

Adult Care Component

The DPI CACFP grains charts, one for child care and one for adult care, have been updated to reflect the change to ounce equivalents. This chart is very similar to the USDA handout we just went through. It lists commonly served grain items in alphabetical order on the left, and the amount that must be served under each age group. This chart may be easier to use than the USDA handout since it is only 2 pages long and separates the child care and adult care components.

# Meal Requirements Calculator

## Snacks

Select two of the five components

**START HERE: Enter projected number of children here**

**MILK:**  
Due to different types of milk that must be served to 1 year olds, enter numbers for 1 and 2 year olds separately:

Milk	
Ages of Children	Projected Number
1	5
2	10
3-5	20
6-18	10
Adults*	5
Total Needed (Cups)^	
27.5	

^Total cups of milk needed includes only 1% skim milk

**Grains (Bread, crackers, rolls, muffins, etc.)**

1-5 year olds: ½ ounce equivalent  
6-18 year olds: 1 ounce equivalent

Use the green Grains Calculator tab to determine the total amount of the food item to prepare.

Ages of Children	Projected Number	Required Serving Size	Amounts Required
1-2	15	0.5	7.5
3-5	20	0.5	10
6-18	10	0.75	7.5
Adults*	5	0.5	2.5
Total Needed (Cups)			27.5

Numbers will populate below and calculate total amounts of food required

**Fruit\*\***

Ages of Children	Projected Number	Required Serving Size	Amounts Required
1-2	15	0.5	7.5
3-5	20	0.5	10
6-18	10	0.75	7.5
Adults*	5	0.5	2.5
Total Needed (Cups)			27.5

\*\*Juice may not be served when milk is the only other component

**Vegetable**

Ages of Children	Projected Number	Required Serving Size	Amounts Required
1-2	15	0.5	7.5
3-5	20	0.5	10
6-18	10	0.75	7.5
Adults*	5	0.5	2.5

Instructions   CACFP Meal Pattern   Breakfast   Lunch & Supper   Snacks   Grains Chart   Grains Calculator

The Meal Requirements Calculator is updated with ounce equivalent serving sizes.

If you want more training on how to use the Meal Requirements Calculator, you can view the Tuesday Talks webinar on Meal Production.

As you can see on the slide, amounts for bread, crackers, rolls and other grain items are not calculated in each meal/snack tab. You are instructed to use the Grains Calculator to help you determine the total quantity of grains to serve based on the total number of participants.

At the bottom of the Meal Requirement Calculator, we've added a new tab that includes the Grains Calculator. We'll go through that next.

# Grains Calculator

GRAINS CALCULATOR				
This chart provides information on the amount of grains to serve each participant (green column) and total quantity to purchase and serve at the meal based on the number of participants at the meal (blue column).				
<b>START HERE:</b> Enter the number of 1-5 year olds, 6-18 year olds, and Adults in the appropriate yellow box below				
1-5 year olds:	35			
6-18 year olds:	10			
Adults:	5			
<small>The 1-5 year old serving size (1/2 oz eq) is used for adults</small>				
<b>All Meals and Snacks</b>				
Food Item	1-5 year old Serve each participant at least 1/2 oz eq which is about....	6-18 year old Serve each participant at least 1 oz eq which is about....	Total Quantity to Purchase and Serve*	
Bagel (~ 4" diameter)	1/4 bagel or 14 g	1/2 bagel or 28 g	15	bagels
Bagel, Mini	1/2 bagel or 14 g	1 bagel or 28 g	30	bagels
Biscuit (~ 2 1/2" diameter)	1/2 biscuit or 14 g	1 biscuit or 28 g	30	biscuits
Bread	1/2 slice or 14 g	1 slice or 28 g	30	slices
Bread Stick, Hard (~ 7 1/4")	2 sticks or 14 g	3 sticks or 28 g	110	sticks
Buns, Hamburger, Hot Dog	1/2 bun or 14 g	1 bun or 28 g	30	buns
Cereal, Ready-to-eat (dry, cold) Flakes or Rounds	1/2 cup or 14 g	1 cup or 28 g	30	cups
Cereal, Ready-to-eat (dry, cold) Puffed cereal	3/4 cup or 14 g	1 1/4 cup or 28 g	42.5	cups

This is what the grains calculator looks like for the child care component. The adult care component also has a grains calculator.

So, just like in the other tabs of the Meal Requirements Calculator, you include the projected number of participants per age group (as shown in the green box). It also includes a location to include adults, for example staff who eat meals with participants. The serving size used for adults is 1/2 oz eq, which is the size for the 1–5-year-olds.

The calculator totals the quantity of each grain item to serve. For example, for (35) 1–5-year-olds, (10) 6–18-year-olds, and 5 adults, you would need to purchase a total of 15 bagels (as shown in the red box). To know how much to serve to each participant, look in each of the green columns. In the same example for bagels, you would serve 1/4 of a bagel to each 1–5-year-old and adult, and 1/2 bagel to each 6–18-year-old.



# Grains Calculator

GRAINS CALCULATOR			
This chart provides information on the amount of grains to serve each participant (green column) and total quantity to purchase and serve at the meal based on the number of participants at the meal (blue column).			
<b>START HERE:</b> Enter the number of 1-5 year olds, 6-18 year olds, and Adults in the appropriate yellow box below			
1-5 year olds:	35	Next, look in this column	
6-18 year olds:	10		
Adults:	5		
The 1-5 year old serving size (1/2 oz eq) is used for adults			
All Meals and Snacks			
Food Item	1-5 year old Serve each participant at least 1/2 oz eq which is about....	6-18 year old Serve each participant at least 1 oz eq which is about....	Total Quantity to Purchase and Serve*
Cracker, Animal (~1 1/2" x 1")	8 crackers (1/4 cup) or 14 g	15 crackers (~1/2 cup) or 28 g	15 cups
Cracker, Bear-shaped, Sweet (~1" x 1/2")	12 crackers (1/4 cup) or 14 g	24 crackers (1/2 cup) or 28 g	15 cups
Cracker, Cheese, Square, Savory (~1" x 1")	10 crackers or 11 g	20 crackers or 22 g	600 crackers
Cracker, Fish-shaped or Similar, Savory (~3/4" x 1/2")	21 crackers (1/4 cup) or 11 g	41 crackers (1/2 cup) or 22 g	15 cups
Cracker, Graham (~2 1/2" x 5" full sheet)	1 full sheet or 14 g	2 full sheets or 28 grams	60 full sheets
Cracker, Oyster	27 crackers (1/4 cup) or 11 g	54 crackers (1/2 cup) or 22 g	15 cups
Cracker, Round, Savory (1 3/4" across)	4 crackers or 11 g	7 crackers or 22 g	230 crackers
Cracker, Saltine (2"x2")	4 crackers or 11 g	8 crackers or 22 g	240 crackers



$$25 \text{ crackers/serving} \times 12 \text{ servings/box} = 300 \text{ crackers in the box}$$

Purchase  
2 boxes

As you can see with some of the items, such as crackers, the total amount to serve is very large. In the example on the slide, it says you must serve 600 square cheese crackers for the projected number of participants. However, we don't expect you to count out that many crackers.

You can use this calculator and the Nutrition Facts Label on the product to determine how many boxes to buy. Then you would use the information in the green columns to know how much to serve to each participant.

In this example, if you need to serve a total of 600 crackers, you look at the Nutrition Facts Label to see how many crackers are in a box. In this box, each serving is 25 crackers and there are 12 servings per box. So, you multiply 25 crackers per serving x 12 servings per box to get 300 crackers in a box. Therefore, since you need 600 crackers, you would have to purchase 2 boxes for a total of 600 crackers and give 10 crackers to each 1–5-year-old and adult, and 20 crackers to each 6–18-year-old.

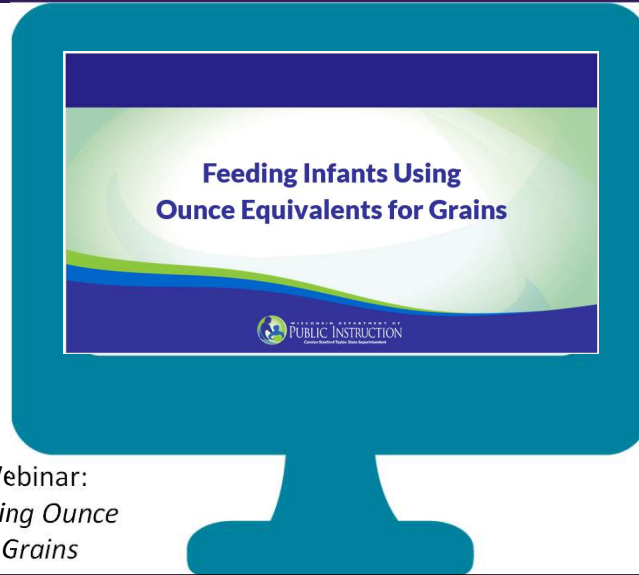


## DPI Ounce Equivalent Recorded Webinars

Oz. Eq. Training Webpage and Guidance Memorandum 12

Last, we want to make you aware of two DPI recorded webinars on other oz. eq. topics. These are posted on oz eq training webpage and linked under GM 12 in the oz eq section (links on the slide).

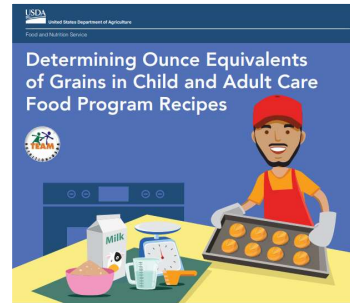
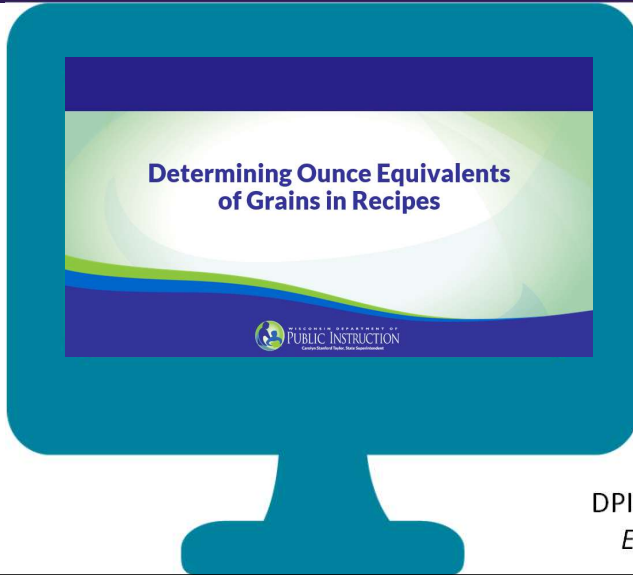
## Feeding Infants Using Ounce Equivalents



DPI Recorded Webinar:  
*Feeding Infants Using Ounce  
Equivalents for Grains*

The first recorded webinar is on feeding infants using ounce equivalents for grains. This webinar goes through serving infants and how the oz. eq. requirements apply to the infant meal pattern. It will go through examples of DPI's revised infant meal pattern which now includes a new infant grains chart on page 2.

# Determining Ounce Equivalents in Recipes



Grain items prepared from scratch can be a wonderful addition to Child and Adult Care Food Program (CACFP) menus. These items may count toward the minimum amount of grains required at CACFP meals and snacks, which are listed in ounce equivalents (oz eq). **One ounce equivalent (oz eq) is equal to 16 grams of grains.**

To determine how many oz eq of grains are in one serving of a recipe, you can:

**A** Complete the Homemade Grains Worksheet on page 6.

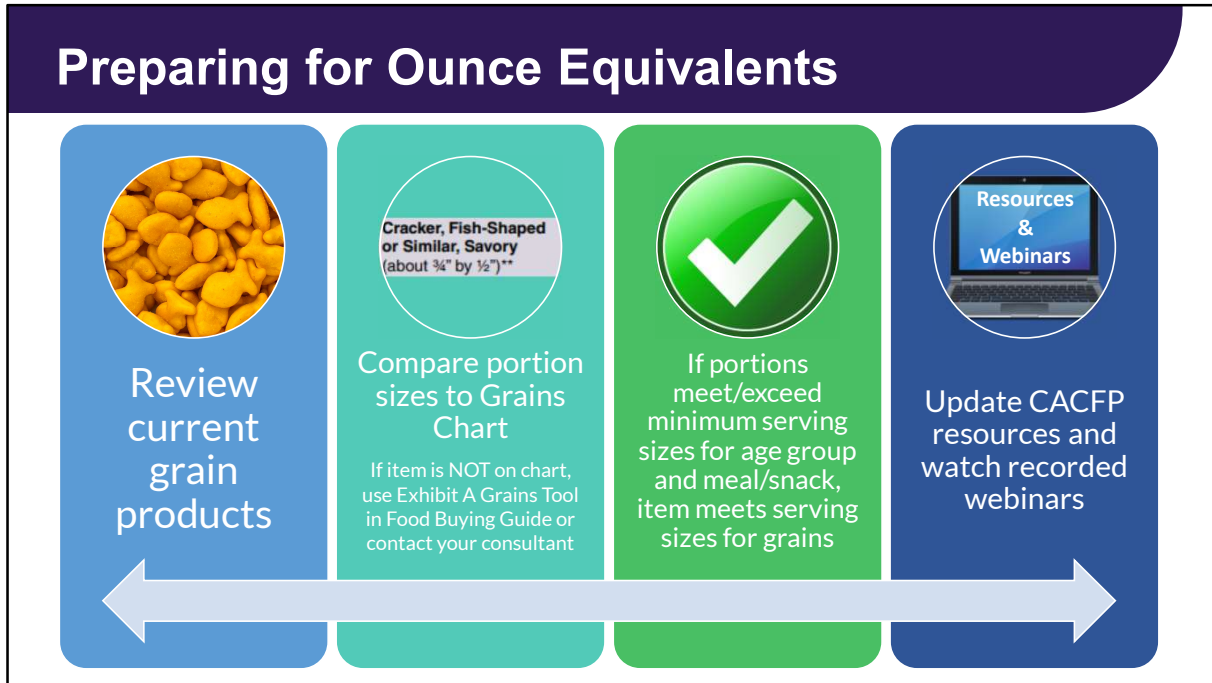
Or

**B** Weigh one serving of the grain item. Compare the weight of the item to what's listed in the "Using Ounce Equivalents for Grains in the CACFP" worksheet at [TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov). You can also compare the weight of the item to what's listed in "Exhibit A: Grains Requirements for Child Nutrition Program" at [foodandnutritionassistance.usda.gov](http://foodandnutritionassistance.usda.gov). If you use this method, all grain ingredients in the recipe must be creditable.

DPI Recorded Webinar: *Determining Ounce Equivalents of Grains in CACFP Recipes*

The second recorded webinar is on Determining Ounce Equivalents of Grains in Recipes. It is based on a USDA Team Nutrition Handout and goes through examples on how to determine how many oz eq of grains are in a recipe.

## Preparing for Ounce Equivalents



So, let's put what we just learned all together. As you are preparing for the move to ounce equivalents, here are the steps you should take.

First, review grain products you are currently serving. It is always a good idea to review your menus at least once a year and see what's working and what's not. For example, check to make sure each item is still creditable.

Next, compare the portion sizes served to each age group to serving sizes in the USDA Grains Measuring Chart or the DPI Grains Chart. If your item is not in one of the charts, you can use the Exhibit A Grains Tool in the Food Buying Guide or reach out to your consultant if the item is not in either tool.

If portions served meet or exceed the minimum serving sizes for the age groups and meal or snack type, then your item meets oz. eq. for grains.

Last, update your CACFP resources, such as the meal pattern charts and grains chart, and watch the recorded webinars on single serving grains, infants, and determining oz. eq. in recipes applicable to your program.

# Thank You

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- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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Thank you for attending today's webinar on serving oz. eq. in the CACFP. The webinar was recorded, and the link is posted on the Oz. Eq. Training webpage.