

Using Ounce Equivalents for Grains in the CACFP

A Training Presentation for
Child and Adult Care Food
Program (CACFP) Operators



USDA's Team Nutrition



- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



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Who You Are!**
I work for a...

- Child care center
- Family child care home
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority
- State agency
- USDA Regional Office
- Other

Using Ounce Equivalents for Grains in the CACFP Worksheet

USDA United States Department of Agriculture
Food and Nutrition Services

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" 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

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 or less 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.

- 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	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
Bagel (entire bagel) at least 56 grams*	1/2 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (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
Bun or Roll (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
Cereal, Grains (oatmeal, bulgur, quinoa, etc.)	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 14 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	1/2 cup or 14 grams	1/2 cup or 28 grams	1/2 cup or 56 grams
Cereal, Ready-to-Eat: Puffed	1/2 cup or 14 grams	1 1/2 cup or 28 grams	2 1/2 cups or 56 grams
Corn Muffin at least 34 grams*	1/2 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (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
Cracker, Bear-Shaped, Sweet (about 1" by 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
Cracker, Cheese, Square, Savory (about 1" by 1 1/2")**	10 crackers or 11 grams	20 crackers (-1/2 cup) or 22 grams	40 crackers (-1/2 cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about 1 1/2" by 1 1/2")**	21 crackers (-1/4 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 3 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" 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
Bagel (entire bagel) at least 56 grams*	1/2 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (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
Bun or Roll (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
Cereal, Grains (oatmeal, bulgur, quinoa, etc.)	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 14 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	1/2 cup or 14 grams	1/2 cup or 28 grams	1/2 cup or 56 grams
Cereal, Ready-to-Eat: Puffed	1/2 cup or 14 grams	1 1/2 cup or 28 grams	2 1/2 cups or 56 grams
Corn Muffin at least 34 grams*	1/2 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (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
Cracker, Bear-Shaped, Sweet (about 1" by 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
Cracker, Cheese, Square, Savory (about 1" by 1 1/2")**	10 crackers or 11 grams	20 crackers (-1/2 cup) or 22 grams	40 crackers (-1/2 cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about 1 1/2" by 1 1/2")**	21 crackers (-1/4 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 3 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.
This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)* to determine the ounce equivalent per serving for standardized recipes.

*Available at <https://foodbuyingguide.fns.usda.gov>.

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.

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How Much Is 1 Ounce Equivalent?

USDA
United States Department of Agriculture
Food and Nutrition Services

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

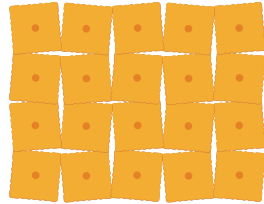
Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the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

How Much Is 1 Ounce Equivalent?

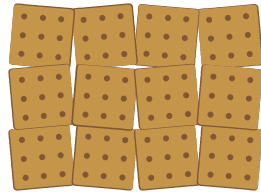
	 20 cheese crackers (1" by 1") = 1 oz. eq.	 12 thin wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.	 5 woven whole-wheat crackers (1 1/2" by 1 1/2") = 1 oz. eq.
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Using the Grains Measuring Chart

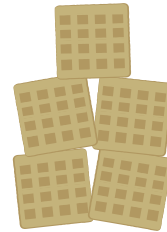
How Much Is 1 Ounce Equivalent?



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.



Grains Measuring Chart for the Child and Adult Care Food Program

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
 Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Bagel (entire bagel) at least 56 grams*	1/2 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (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
Bun or Roll (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
Cereal, Grainie (bugle, quinoa, etc.)	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	1/2 cup or 14 grams	1/2 cup or 28 grams	1/2 cup or 56 grams
Cereal, Ready-to-Eat: Puffed	1/2 cup or 14 grams	1 1/2 cup or 28 grams	2 1/2 cups or 56 grams
Corn Muffin at least 34 grams*	1/2 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (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
Cracker, Bear-Shaped, Sweet (about 1" by 1/2")**	12 crackers (-1/2 cup) or 14 grams	24 crackers (-1/2 cup) or 28 grams	48 crackers (-1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (-1/2 cup) or 22 grams	40 crackers (-1/2 cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about 1 1/2" by 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 3 for more information.
**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" 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
 Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Cracker, Graham (about 5" by 2 1/2")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 3/4" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 1/2" by 1 1/2")**	6 crackers or 11 grams	12 crackers or 22 grams	20 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 1/2" by 1 1/2")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	1/2 croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	1/2 muffin or 14 grams	1/2 muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Helba Toast (about 3 1/2" by 1 1/2")**	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*	1/2 muffin/slice or 28 grams	1 muffin/slice or 56 grams	2 muffins/slices or 110 grams
Oatmeal	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	1/2 pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

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**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" 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
 Grain Item and Size	Serve at Least 1/2 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)	1/2 cup cooked or 14 grams dry	1/2 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*	1/2 pita or 14 grams	1/2 pita or 28 grams	1 pita or 56 grams
Popcorn	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists (-5/8 cup) or 11 grams	14 twists (-5/8 cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	1/2 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/2 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams
Rice Cake, Mini (about 1 3/4" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostitos Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 1/2")**	1/2 tortilla or 14 grams	1 1/2 tortillas or 28 grams	2 1/2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/2 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	1/2 tortilla or 14 grams	1 tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	1/2 waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

! *Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 3 for more information.
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Grains Measuring Chart for the Child and Adult Care Food Program (Continued)

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 Breakfast, Lunch, Supper
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	¼ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams**	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal, Grainie (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	¼ 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	¼ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1 ½")**	3 crackers or 14 grams	15 crackers or 28 grams	30 crackers (-1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (-½ cup) or 14 grams	24 crackers (-½ cup) or 28 grams	48 crackers (-1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (-½ cup) or 22 grams	40 crackers (-½ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (-½ cup) or 11 grams	41 crackers (-½ cup) or 22 grams	81 crackers (-1 cup) or 44 grams

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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 Breakfast, Lunch, Supper
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ½" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	20 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ¼")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	½ muffin or 14 grams	1 muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Helba 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
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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 Breakfast, Lunch, Supper
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*	½ pita or 14 grams	1 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 ½" by 1 ½")**	7 twists (-½ cup) or 11 grams	14 twists (-½ cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	½ pretzel or 14 grams	1 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostitos Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	½ tortilla or 14 grams	1 ½ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	½ tortilla or 14 grams	1 tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

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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 (~⅓ cup)
or 11 grams

14 twists (~⅔ cup)
or 22 grams

27 twists (~1 cup)
or 44 grams

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 Breakfast,
Lunch, Supper

Adults at Snack only

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 (~⅓ cup)
or 11 grams

14 twists (~⅔ cup)
or 22 grams

27 twists (~1 cup)
or 44 grams

Grains Measuring Chart for the Child and Adult Care Food Program



Grain Item and Size

Age Group and Meal

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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Using the Grains Measuring Chart

USDA United States Department of Agriculture
Food and Nutrition Service

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" by 1") = 1 oz. eq.
12 thin wheat crackers (1 1/2" by 1 1/2") = 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 1/4" 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	Serve at Least to eat, eq., which equals about...
Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams)*	1/2 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams

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

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:
- 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.

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
Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams*)	Serve at Least 1/2 oz. eq., which equals about... 1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams


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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅓ cup) or 22 grams	27 twists (~1 cup) or 44 grams

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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1



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.

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 (~⅓ cup)
or 11 grams

14 twists (~⅔ cup)
or 22 grams


27 twists (~1 cup)
or 44 grams

Step 3



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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams




Try It Out!

You want to serve oatmeal to 4-year-olds 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
	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...
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



Answer


You want to serve oatmeal to 4-year-olds 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

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 Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 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

Step 1 →

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 Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1 →

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")**

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.

Step 2 →

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.

Grains Measuring Tools

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Programs' (FBG) Exhibit A Grains Tool*.^{*} This tool will let you know how many ounce equivalents of grains are in one serving of the item.

- Use the *FBG Recipe Analysis Worksheet (RAW)*^{*} to determine the ounce equivalents per serving for standardized recipes.

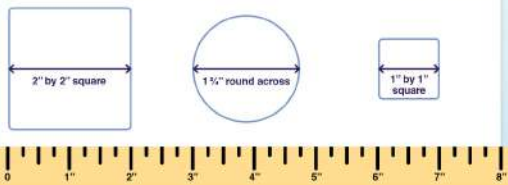
^{*}Available at <https://foodbuyingguide.fns.usda.gov>.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.



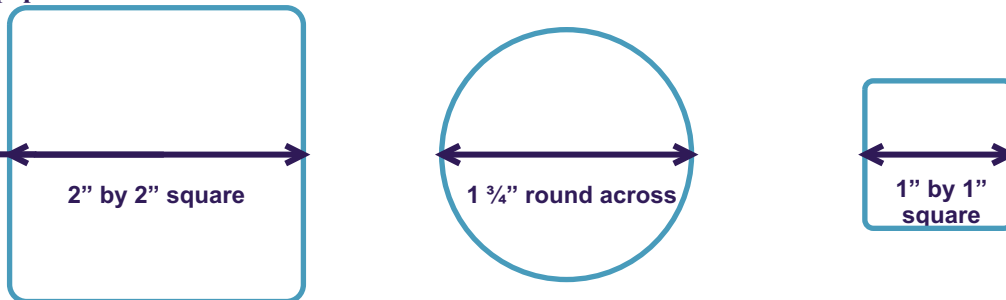
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-4-

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

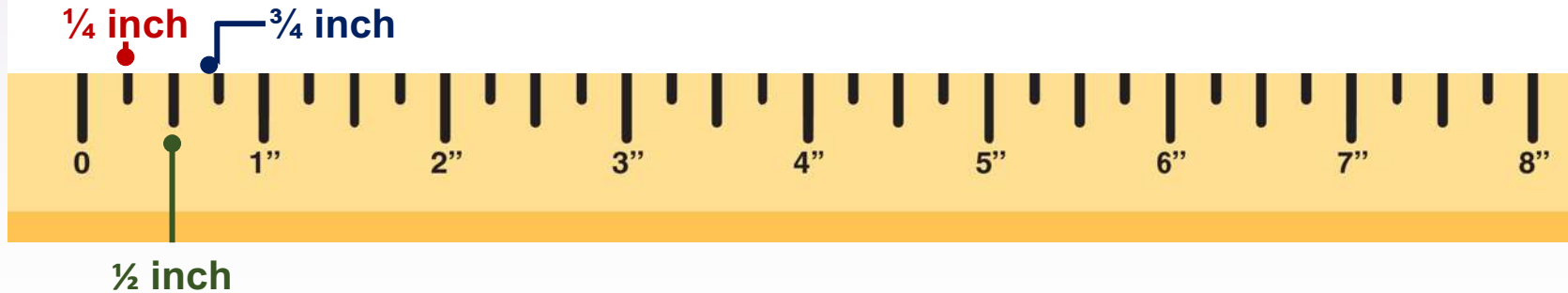
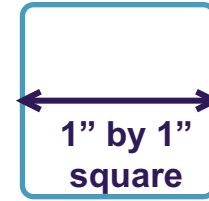
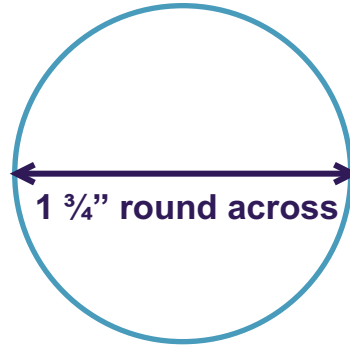
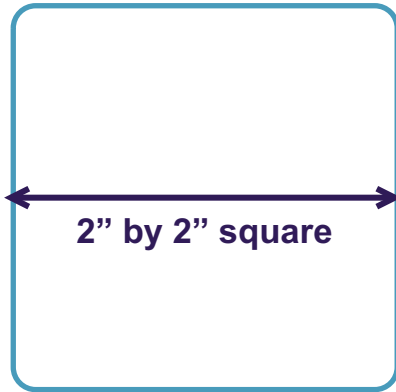
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Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

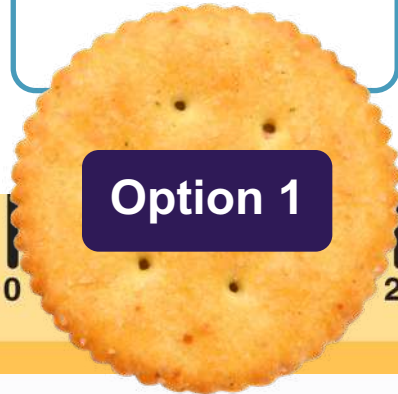
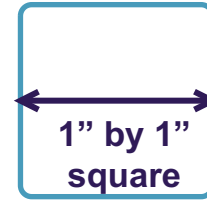
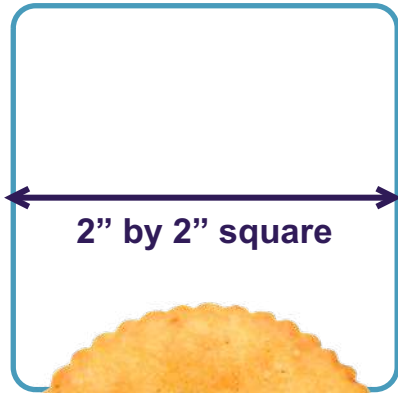
Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

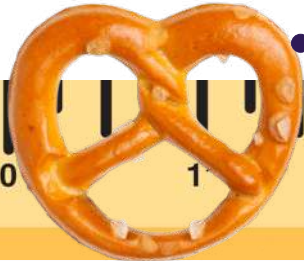
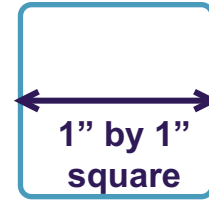
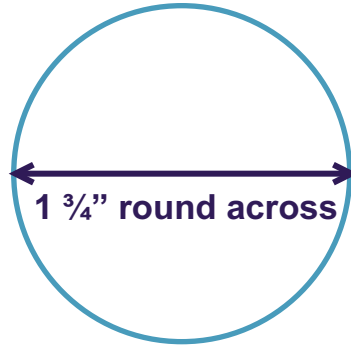
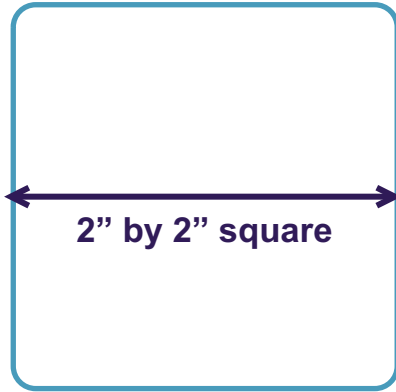
Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

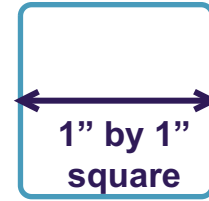
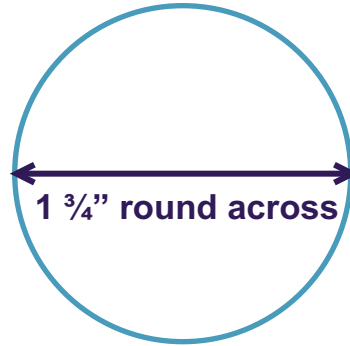
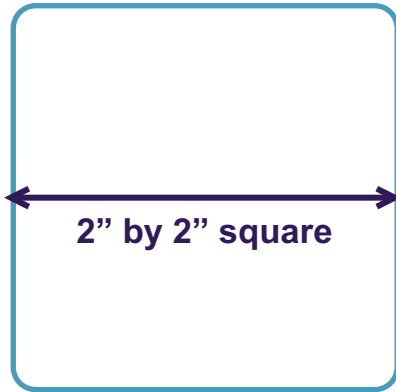
Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.



~1 ½" tall



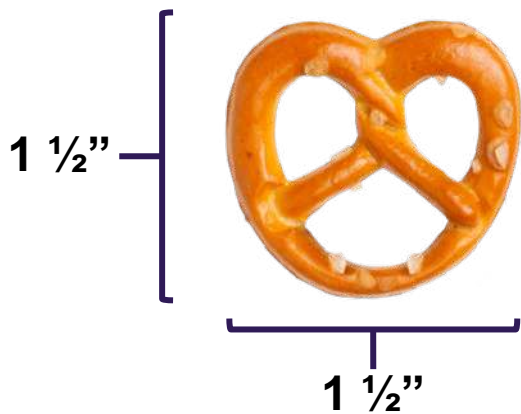


Try It Out!

Is this pretzel the same size or larger than the hard mini-twist pretzel listed in the Grains Measuring Chart?

- Yes, this pretzel is the same size or larger.
- No, this pretzel is not the same size or larger.

This pretzel measures 1 ½" by 1 ½".





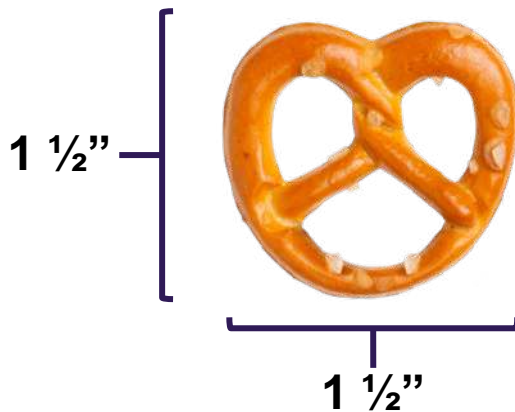
Answer

Is this pretzel the same size or larger than the hard mini-twist pretzel listed in the Grains Measuring Chart?

Yes, this pretzel is the same size or larger.

No, this pretzel is not the same size or larger.

This pretzel measures 1 ½" by 1 ½".



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

Popcorn

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


3

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



Step 1



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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams



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 meet the minimum required amounts of grains at snack in the CACFP?

- 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
	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 (~¾ cup) or 22 grams	27 twists (~1 cup) or 44 grams



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

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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1 →

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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

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.

Brand P 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%

1 Serving =
57 Grams (g)



Brand P Pita Rounds

Nutrition Facts

6 servings per container

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

Amount Per Serving

Calories **140**

Saturated Fat 0g

0%

1 Serving =
57 Grams (g)

1 Serving =
1 Pita Round

1 Pita Round = 57 Grams



Try It Out!

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

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

Brand P 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%



Answer

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

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

Brand P 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%

Brand P 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")**

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

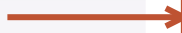
0%


3

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



Step 1



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 Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams




Try It Out!

You want to serve pita bread to 3-year-olds at lunch. How many Brand P 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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams



Answer

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

- $\frac{1}{4}$ pita round
- $\frac{1}{2}$ pita round
- 1 pita round
- 2 pita rounds



$\frac{1}{4}$ pita round

Grains Measuring Chart for the Child and Adult Care Food Program



Grain Item and Size

Age Group and Meal

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	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...
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 (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size 3 Pancakes (117g)

Amount per serving

Calories **280**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

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.

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

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 117 grams.

Brand P Pancakes

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

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)).

Brand P Pancakes

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

Weight of 1
1 Serving =
117 Grams (g)



3

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

Brand P Pancakes

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

Weight of 1
1 Serving =
117 Grams (g)

Number of Items
in 1 Serving =
3 Pancakes



4

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

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

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



How to find the weight of
an item

Compare the weight of one item to the minimum weight listed in the 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



Try It Out!

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

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



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



Answer

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

Yes, one Brand P pancake is the same weight or heavier.

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



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

Using the Nutrition Facts Label


Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?



Yes: Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements.




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

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

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

Adults 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	Adults at Breakfast, Lunch, Supper
Pancake at least 34 grams*	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...
	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Adults at Snack



Printing the Worksheet

Page Sizing & Handling ⓘ

Size

Poster

Multiple

Booklet

- Fit
- Actual size
- Shrink oversized pages

Custom Scale: %


Choose paper source by PDF page size

Print on both sides of paper

Orientation:

- Auto portrait/landscape
- Portrait
- Landscape





8.5 x 11 Inches



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

- 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 1/2" 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	1- through 5-year-olds at Breakfast, Lunch, Snacks, or Snacks
Pile Bread/flour (whole grains, dusted or enriched) of <i>at least 56 grams</i> *	Serve at Least 1/2 oz. eq., which equals about: 1/4 cup or 14 grams
Popcorn	1 1/2 cups or 84 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")	7 twists or 11 grams

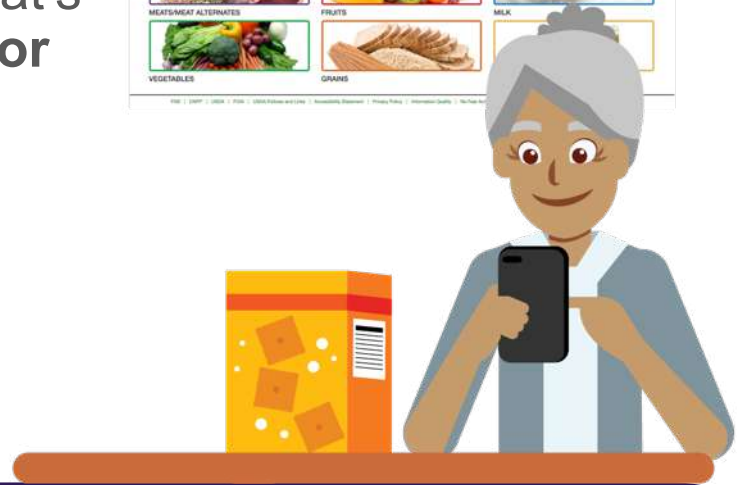
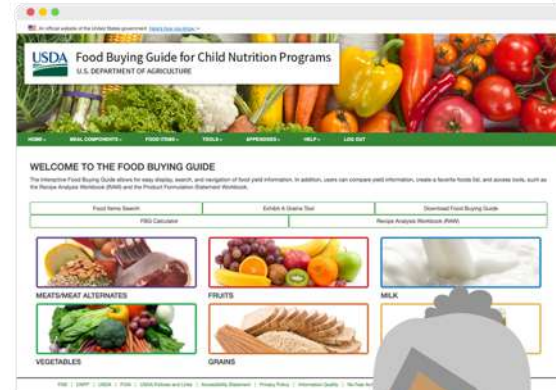
More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>

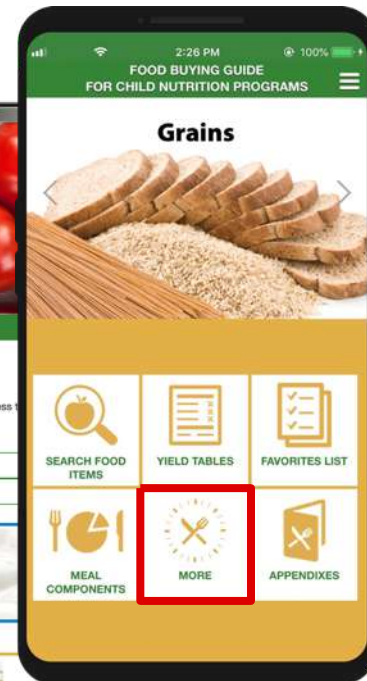


Un “Chartered” Territory

Use a different tool if:

- Your item is not listed **or**
- Your item is smaller or lighter than what’s listed on the Grains Measuring Chart **or**
- You don’t know the size of an item **or**
- You are serving a grain item to meet **part** of the grains requirement.





foodbuyingguide.fns.usda.gov

Nutrition Facts

7 servings per container

Serving size **27 Crackers (30g)**

Amount Per Serving

Calories **140**

LTE 8:38 AM 100%

← FOOD BUYING GUIDE EXHIBIT A GRAINS TOOL

SAVORY CRACKERS (SALINES AND SNACK CRACKERS)

CHOOSE METHOD:

OUNCE EQUIVALENT GRAINS

GRAINS/BREADS SERVING(S)

CHOOSE CALCULATION:

GRAINS CONTRIBUTION

AMOUNT TO SERVE

DESIRED GRAINS CONTRIBUTION:

1.00 OZ EQ

SERVING SIZE (AS PROVIDED ON PRODUCT LABEL):

27 PIECE(S)/SLIC... ▾

WEIGH(S)

30 GRAMS ▾

AMOUNT TO SERVE: 20.00 PIECE(S)/SLICE(S)

SHARE DELETE EXHIBIT A ITEM

Exhibit A Grains Tool to the Rescue!



Webinar Recording Available at fns.usda.gov/tn/exhibit-grains-tool-rescue

In-Grained: Easy Tools to Determine Serving Amounts



 fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series

More Team Nutrition Resources!



TeamNutrition.usda.gov

How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov).

- **FREE** for USDA's Child Nutrition Program Operators, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



TeamNutrition@usda.gov



Thank you!



TeamNutrition.usda.gov



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