

# Grains



## Group A

1 oz eq = 22 gm or 0.8 oz

3/4 oz eq = 17 gm or 0.6 oz

1/2 oz eq = 11 gm or 0.4 oz

1/4 oz eq = 6 gm or 0.2 oz

- Bread type coating
- Bread sticks (hard)
- Chow mein noodles
- Savory Crackers (saltines and snack crackers)
- Croutons
- Pretzels (hard)
- Stuffing (dry) Note: weights apply to bread in stuffing

## Group B

1 oz eq = 28 gm or 1.0 oz

3/4 oz eq = 21 gm or 0.75 oz

1/2 oz eq = 14 gm or 0.5 oz

1/4 oz eq = 7 gm or 0.25 oz

- Bagels
- Batter type coating
- Biscuits
- Breads (sliced whole wheat, French, Italian)
- Buns (hamburger and hot dog)
- Sweet crackers<sup>4</sup> (graham crackers - all shapes, animal crackers)
- Egg roll skins
- English muffins
- Pita bread (whole wheat or whole grain-rich)
- Pizza crust
- Pretzels (soft)
- Rolls (whole wheat or whole grain-rich)
- Tortillas (whole wheat or whole corn)
- Tortilla chips (whole wheat or whole corn)
- Taco shells (whole wheat or whole corn)

## Group C

1 oz eq = 34 gm or 1.2 oz

3/4 oz eq = 26 gm or 0.9 oz

1/2 oz eq = 17 gm or 0.6 oz

1/4 oz eq = 9 gm or 0.3 oz

- Cookies<sup>3</sup> (plain - includes vanilla wafers)
- Cornbread
- Corn muffins
- Croissants
- Pancakes
- Pie crust (dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)
- Waffles

## Group D

1 oz eq = 55 gm or 2.0 oz

3/4 oz eq = 42 gm or 1.5 oz

1/2 oz eq = 28 gm or 1.0 oz

1/4 oz eq = 14 gm or 0.5 oz

- Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)
- Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)
- Muffins (all, except corn)
- Sweet roll<sup>4</sup> (unfrosted)
- Toaster pastry<sup>4</sup> (unfrosted)

## Group E

1 oz eq = 69 gm or 2.4 oz

3/4 oz eq = 52 gm or 1.8 oz

1/2 oz eq = 35 gm or 1.2 oz

1/4 oz eq = 18 gm or 0.6 oz

- Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)
- Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)
- Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)
- French toast
- Sweet rolls<sup>4</sup> (frosted)
- Toaster pastry<sup>4</sup> (frosted)

## Group F

1 oz eq = 82 gm or 2.9 oz

3/4 oz eq = 62 gm or 2.2 oz

1/2 oz eq = 41 gm or 1.5 oz

1/4 oz eq = 21 gm or 0.7 oz

- Cake<sup>3</sup> (plain, unfrosted)
- Coffee cake<sup>4</sup>

## Group G

1 oz eq = 125 gm or 4.4 oz

3/4 oz eq = 94 gm or 3.3 oz

1/2 oz eq = 63 gm or 2.2 oz

1/4 oz eq = 32 gm or 1.1 oz

- Brownies<sup>3</sup> (plain)
- Cake<sup>3</sup> (all varieties, frosted)

## Group H

1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry

- Cereal grains (barley, quinoa, etc)
- Breakfast cereals (cooked)<sup>5, 6</sup>
- Bulgur or cracked wheat
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

## Group I

1 oz eq = 1 cup or 1 ounce for flakes and rounds

1 oz eq = 1.25 cups or

1 ounce for puffed cereal

1 oz eq = 1/4 cup or

1 ounce for granola

- Ready to eat breakfast cereal (cold, dry)<sup>5, 6</sup>

<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

