

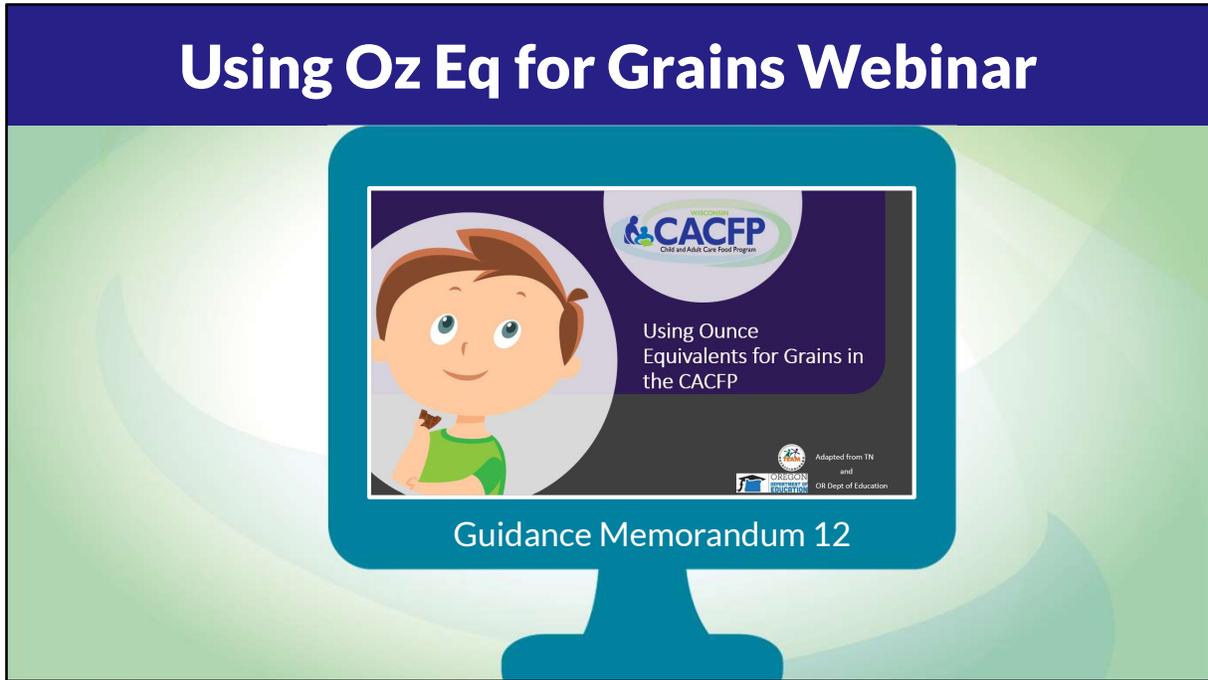
Feeding Infants in the CACFP Using Ounce Equivalents for Grains



Welcome to the webinar on Feeding Infants in the CACFP using ounce equivalents for grains.

On October 1, 2021, ounce equivalents will be the required method of measurement and portion sizing for the grains component in the CACFP (including for infants).

Using Oz Eq for Grains Webinar



Today, I will go through how to use ounce equivalent serving sizes in the infant meal pattern. The concept of using oz eq for grains for infants is the same as it is for children over 1 year old. There is another webinar on using oz equivalents for grains that we recommend you view prior to viewing this one. The link to it is located under GM 12 in the oz eq section.

Infant Meal Pattern

CACFP Infant Meal Pattern

The CACFP infant meal pattern encourages delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age while others are ready after 6 months.

Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	<div style="border: 1px solid red; padding: 5px;"> 6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both ↓ and when developmentally ready (One or more items from the following) ↓ 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice) </div>
*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.	
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	<div style="border: 1px solid red; padding: 5px;"> 2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both ↓ and when developmentally ready (One or more items from the following) ↓ 0-½ oz eq bread/bread-like items**; OR 0-½ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-½ oz eq ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit or a combination of both (no juice) </div>
**Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle Refer to the Infant Grains Chart on the next page for serving size amounts.	
Additional Requirements	
<ul style="list-style-type: none"> Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Grains served at snack must be whole grain-rich, enriched meal, or enriched flour. Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce. 	

This webinar will focus on the infant meal pattern for 6 through 11-month-old infants (shown in the red box) because that is when grains are included in the infant meal pattern.

Infant Meal Pattern

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	↓ and when developmentally ready ↓ (One or more items from the following*)
	0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR
	0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt
	AND
	0-2 tablespoons vegetable, fruit, or a combination of both (no juice)
*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.	

First, let's look at breakfast, lunch and supper.

The infant meal pattern chart has been updated to include an orange box that indicates the foods that must be served to an infant when they are developmentally ready to eat them. Under this box, you see that food amounts begin with zero (0). This is because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Some infants are developmentally ready to eat foods before 6 months, while some are not developmentally ready until after 6 months. Once an infant is developmentally ready to eat foods, programs are required to offer them to the infant.

First let's look at Iron fortified infant cereal (IFIC) – shown in the red box. Infant cereal is the only grain that can be served at breakfast, lunch and supper. Other grain items such as bread, pancakes, crackers or breakfast cereals are not creditable at breakfast, lunch and supper and cannot be served in place of IFIC. This is stated at the bottom of the Breakfast, Lunch and Supper section of the infant meal pattern and outlined in green on the slide. You may serve a meat or meat alternate *in place of IFIC* such as meat, fish, eggs, cheese, yogurt or beans when the infant is developmentally ready to accept them (shown in the blue box). This has not changed.

Infant Meal Pattern Chart Changes - MEALS

Breakfast / Lunch / Supper 6 through 11 months	
6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both	
 and when developmentally ready  <i>(One or more items from the following*)</i>	
0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC) OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt	
 Previous Infant Meal Pattern	
 Updated Infant Meal Pattern	
Breakfast / Lunch / Supper 6 through 11 months	
6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both;	
AND <i>(One or more items from the following*)</i>	
0-4 tablespoons iron fortified infant cereal ; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt	
AND 0-2 tablespoons vegetable, fruit or a combination of both <i>(no juice)</i>	

In the updated Infant Meal Pattern chart on the left, the serving size for IFIC is now listed in both oz equivalents and in tablespoons. The amount to serve is 0-1/2 oz. eq., which is 0-4T. Previously (as shown in the chart on the right), the amount to serve to an infant was 0-4 tablespoons. So, as you can see, there was no change with how much IFIC to serve.

Infant Meal Pattern Chart Changes - SNACKS

<p>Snack 6 through 11 months 2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both and when developmentally ready <i>(One or more items from the following)</i> 0-½ oz eq bread/bread-like items**; OR 0-¼ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-¼ oz eq ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i></p>	 <p>Updated Infant Meal Pattern</p>
 <p>Previous Infant Meal Pattern</p>	<p>Snack 6 through 11 months 2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both; AND <i>(One or more items from the following)</i> 0-½ slice bread; OR 0-2 crackers; OR 0-4 tablespoons iron fortified infant cereal or ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i></p>

Now let's talk about serving grains to infants at snack.

At snack, grains are required once the infant is developmentally ready to accept them. In the updated Infant Meal Pattern chart on the left, the serving sizes are now listed in oz equivalents. The amount to serve is 0-1/2 oz. eq. of bread or bread-like items, 0-1/4 oz. eq. of crackers, 0-1/2 oz. eq. of iron-fortified infant cereal, or 0-1/4 oz. eq. of ready to eat cereal.

Previously (as shown in the chart on the right), the amount to serve to an infant was 0-½ slice of bread, 0-2 crackers, or 0-4 tablespoons of IFIC or ready to eat breakfast cereal.

For many of these grains, the amounts to serve are the same as before. We will go through each type of grain on the next few slides.

Infant Grains Chart SNACK ONLY



CACFP Infant Grains Chart

The following grain items are creditable at SNACK only.

The chart below is a serving size guide for grain items commonly served to infants. The amounts listed are what must be served to meet the ounce equivalent (oz eq) grain requirement. They are based on the weight of the grain items in grams (g).

Bread and Bread-like Items: 1/2 oz eq Required	
Grain Item and Size	1/2 oz eq is about...
Biscuit	1/2 biscuit or 14 g
Bread	1/2 slice or 14 g
Bun or Roll	1/2 bun/roll or 14 g
Corn Muffin	1/2 muffin or 17 g
English Muffin (top and bottom)	1/4 muffin or 14 g
Pancake	1/2 pancake or 17 g
Pita Bread/Round	1/4 pita or 14 g
Tortilla, Soft, Corn (about 5 1/2")	3/4 tortilla or 14 g
Tortilla, Soft, Flour (~6")	1/2 tortilla or 14 g
Tortilla, Soft, Flour (~8")	1/4 tortilla or 14 g
Waffle	1/2 waffle or 17 g

Crackers and Ready-to-Eat Cereals: 1/4 oz eq Required	
Grain Item and Size	1/4 oz eq is about...
Cereal, Ready-to-Eat Flakes or Rounds (e.g., o-shaped cereal)	4 Tablespoons (1/4 cup) or 7 g
Cereal, Ready-to-Eat Puffed (e.g., crispy puffed rice cereal)	5 Tablespoons (1/2 cup) or 7 g
Cracker, Animal (about 1 1/2" x 1")	4 crackers or 7 g
Cracker, Bear-shaped* or Similar, Sweet (about 1" x 1/2")	6 crackers or 7 g
Cracker, Cheese, Square, Savory (about 1" x 1")	5 crackers or 6 g
Cracker, Fish-shaped or Similar, Savory (about 1/2" x 1 1/2")	11 crackers or 6 g
Cracker, Graham* (about 5" x 2 1/2" full sheet)	1/2 cracker or 7 g
Cracker, Oyster	14 crackers (1/8 cup) or 6 g
Cracker, Round, Savory (about 1 1/2" across)	2 crackers or 6 g
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 g
Cracker, Saltine (about 2" x 2")	2 crackers or 6 g
Cracker, Thin Wheat, Square, Savory (about 1 1/2" x 1 1/2")	3 crackers or 6 g
Cracker, Zwieback*	1 cracker or 6 g

*Honey or honey-flavored foods should never be fed to babies younger than 1 year.

Minimize Choking Risks:

- Do not offer babies crackers containing seeds and nuts.
- Cut breads and bread-like items into thin strips or small pieces no larger than 1/2 inch.

The CACFP Infant Grains Chart has been added to the infant meal pattern as page 2. It is a serving size guide for commonly served grain items at SNACK ONLY. Items are listed by category. The first section is for bread and bread-like items, and the second section is for crackers and ready to eat cereal. Specific grain items are listed under each section in alphabetical order with the amount of the item that must be served to meet the ounce equivalent requirement.

Let's go through each type of grain.

Bread and Bread-like Items at SNACKS

New Infant Grains Chart

Bread and Bread-like Items: 1/2 oz eq Required	
Grain Item and Size	1/2 oz eq is about...
Biscuit	1/2 biscuit or 14 g
Bread	1/2 slice or 14 g
Bun or Roll	1/2 bun/roll or 14 g
Corn Muffin	1/2 muffin or 17 g
English Muffin (top and bottom)	1/4 muffin or 14 g
Pancake	1/2 pancake or 17 g
Pita Bread/Round	1/4 pita or 14 g
Tortilla, Soft, Corn (about 5 1/2")	3/4 tortilla or 14 g
Tortilla, Soft, Flour (~ 6")	1/2 tortilla or 14 g
Tortilla, Soft, Flour (~ 8")	1/4 tortilla or 14 g
Waffle	1/2 waffle or 17 g

Bread and bread-like items, include biscuits, buns, rolls, muffins, English muffins, pancakes, pita bread, soft tortillas, and waffles.

When serving these items, use the chart to determine the minimum amount to serve. When using oz eq, the serving size is 0-1/2 oz eq. For example, 1/2 oz eq of bread is still a 1/2 slice of bread. If there are weights or sizes next to the item, compare that to the item you are serving to make sure it is at least the same size or larger or weighs the same amount or more than what is listed in the chart. Instructions on comparing the item's weight or size to the chart is explained in the *Determining Oz Eq for Grains* webinar and in the USDA handout that is mentioned at the end of this webinar.

For many of these grains, the amounts to serve are the same as before.

Crackers at SNACKS

New Infant Grains Chart

Crackers and Ready-to-Eat Cereals: 1/4 oz eq Required	
Grain Item and Size	1/4 oz eq is about...
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 Tablespoons (1/4 cup) or 7 g
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 Tablespoons (1/3 cup) or 7 g
Cracker, Animal (about 1 1/2" x 1")	4 crackers or 7 g
Cracker, Bear-shaped* or Similar, Sweet (about 1" x 1/2")	6 crackers or 7 g
Cracker, Cheese, Square, Savory (about 1" x 1")	5 crackers or 6 g
Cracker, Fish-shaped or Similar, Savory (about 3/4" x 1/2")	11 crackers or 6 g
Cracker, Graham* (about 5" x 2 1/2" full sheet)	1/2 cracker or 7 g
Cracker, Oyster	14 crackers (1/8 cup) or 6 g
Cracker, Round, Savory (about 1 3/4" across)	2 crackers or 6 g
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 g
Cracker, Saltine (about 2" x 2")	2 crackers or 6 g
Cracker, Thin Wheat, Square, Savory (about 1 1/4" x 1 1/4")	3 crackers or 6 g
Cracker, Zwieback*	1 cracker or 6 g

*Honey or honey-flavored foods should never be fed to babies younger than 1 year.

Next, let's talk about crackers. When serving them, use the Infant Grains Chart to determine the minimum amount to serve. When using oz eq, the serving size is 0-1/4 oz eq. The number of crackers to serve depends on the size of the cracker. You must serve more of smaller crackers and less of larger ones.

Ready-to-eat Cereals at SNACKS

New Infant Grains Chart

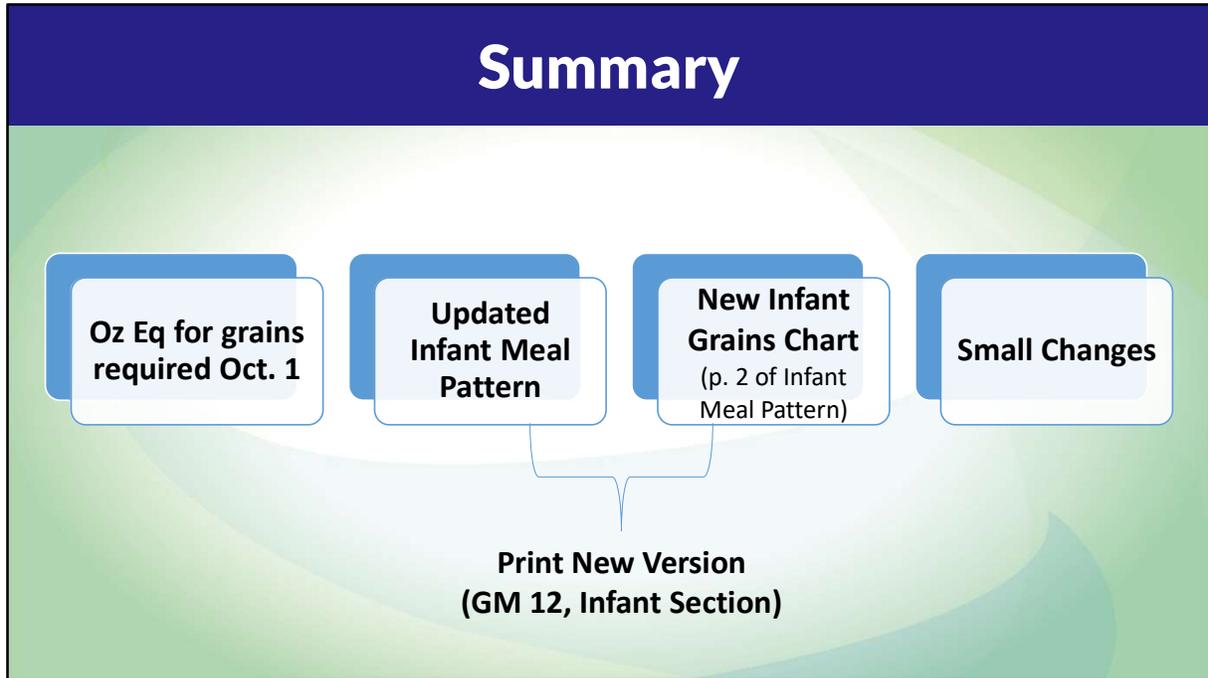
Crackers and Ready-to-Eat Cereals: 1/4 oz eq Required	
Grain Item and Size	1/4 oz eq is about...
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 Tablespoons (1/4 cup) or 7 g
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 Tablespoons (1/3 cup) or 7 g
Cracker, Animal (about 1 1/2" x 1")	4 crackers or 7 g
Cracker, Bear-shaped* or Similar, Sweet (about 1" x 1/2")	6 crackers or 7 g
Cracker, Cheese, Square, Savory (about 1" x 1")	5 crackers or 6 g
Cracker, Fish-shaped or Similar, Savory (about 3/4" x 1/2")	11 crackers or 6 g
Cracker, Graham* (about 5" x 2 1/2" full sheet)	1/2 cracker or 7 g
Cracker, Oyster	14 crackers (1/8 cup) or 6 g
Cracker, Round, Savory (about 1 3/4" across)	2 crackers or 6 g
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 g
Cracker, Saltine (about 2" x 2")	2 crackers or 6 g
Cracker, Thin Wheat, Square, Savory (about 1 1/4" x 1 1/4")	3 crackers or 6 g
Cracker, Zwieback*	1 cracker or 6 g

*Honey or honey-flavored foods should never be fed to babies younger than 1 year.

Lastly, we're going to talk about ready-to-eat breakfast cereals. When serving them, use the Infant Grains Chart to determine the minimum amount to serve. When using oz eq, the serving size is 0-1/4 oz eq. With oz eq, the amount of cereal that must be served depends on the type of cereal because ready-to-eat cereal has many different shapes and densities. If serving flakes or rounds, serve 0-4 tablespoons. If serving puffed cereals, serve 0-5 tablespoons.

You may also serve iron-fortified infant cereal at snack with the same amount required as before (4T).

Summary



So, to summarize:

Using oz eq for grains is required for infant meals and snacks starting Oct. 1, 2021.

The infant meal pattern chart was revised to reflect these changes for breakfast, lunch, supper and snack.

A new infant grains chart that lists commonly served grain items and amounts to serve at snack only is included as page 2 of the infant meal pattern.

Print the new infant meal pattern (which includes the infant grains chart) to replace the old infant meal pattern. You can find it under GM 12 in the Infant section.

The most important point to take away from this webinar is that there are not significant changes from the previous requirements to using oz eq, so this should not be a big change for your program.

Guidance Memo 12

USDA
United States Department of Agriculture
Food and Nutrition Service

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



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.

Reminder!

- Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.
- All grains served must be enriched, fortified, or whole grain-rich.

For more information on the CACFP infant meal pattern, see the "Feeding Infants in the Child and Adult Care Food Program" guide at [TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov).

Breakfast/Lunch/Supper	
Grain Item	Requirements
Iron-Fortified Infant Cereal;	0-½ oz eq
or meats/meat alternates;	
or both	

Snack (choose at least one item below)	
Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¼ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¼ oz eq

Another resource that may be helpful in explaining how to use oz eq for grains for infants is the USDA Team Nutrition handout called, *Feeding Infants Using Ounce Equivalents for Grains*. It is linked on the Guidance Memorandum webpage under GM 12 in the ounce equivalents section.

This worksheet includes charts with household measures and weights for common grain items and includes detailed instructions on how to use the grains measuring chart by comparing weights and sizes of grain items.

Questions?

Consultants by
County

Click on your county to find your agency's consultant.



<https://dpi.wi.gov/community-nutrition/cacfp/map>

If you have questions about feeding infants using ounce equivalents, or the CACFP in general, please reach out to your assigned consultant. You can find your consultant by clicking on the CACFP website at the link shown on this slide.

Daycare home providers please contact your sponsor with any questions.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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Thank you for watching the webinar on Feeding Infants Using Ounce Equivalents for Grains in the CACFP.