

# Grains In A Nutshell



## Crediting grains

- Measured in weight
- Credit in ounce equivalents (oz eq)
- Round down to the nearest ¼ oz eq
- Use [Exhibit A](#)<sup>1</sup>, a Product Formulation Statement (PFS), or a Child Nutrition (CN) label to credit grains

Component	Measured by	Units of measurement	Conversions	Tools used
Grains	<b>WEIGHT</b> How heavy is it?	Grams (g) Ounces (oz) Pounds (lb or #)	28 g = 1 oz 16 oz = 1 lb	Scale
<b>Weight and volume are <u>not</u> equal or interchangeable</b>				

## Whole-grains

Half of all weekly grains must be whole grain-rich. Meals are to be assessed independently (i.e. breakfast assessed independently from lunch). There are three ways to identify a whole grain-rich item:

1. The whole grain content per oz eq based on weights must be at least 8.0 grams or more. This information may be determined from the product packaging or by the manufacturer.
2. The product includes the FDA whole grain health claim “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”
3. The product ingredient label lists a whole grain first.

## Non-creditable grains

Oat or corn fiber; wheat or corn starch, bran, germ; and modified food starch

## Grain-based desserts

No more than 2 oz eq of grain-based desserts are allowed at lunch per week

Breakfast: not allowed Lunch: allowed, dessert	Breakfast: allowed Lunch: allowed, dessert
Cookies	Sweet crackers
Dessert Pie	Fruit turnover
Cobbler	Doughnuts
Cake	Cereal, breakfast, or granola bars
Brownies	Sweet roll
	Toaster pastry
	Coffee cake

<sup>1</sup> <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf>

## Common grain portions that equal 1 oz eq

Type	Volume	Weight
Cereal, flakes or rounds	1 cup	1 oz
Cereal, puffed	1.25 cups	1 oz
Granola	0.25 cup	1 oz
Pasta	½ cup cooked	1 oz dry
Rice	½ cup cooked	1 oz dry
Barley, quinoa, bulgur, and cooked cereals	½ cup cooked	1 oz dry

## Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq) <sup>bg</sup>	Weekly: ≥8oz eq Daily: 1 oz eq			Weekly: ≥10oz eq Daily: 2 oz eq

## Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Grains (oz eq)	Weekly: ≥7oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq
Meats/Meat Alternates (oz eq)	0 oz eq required daily There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component.			

This institution is an equal opportunity provider.

