Worksheet for Crediting the Grain Component in Child Nutrition Programs

Instructions for how to credit grains using Exhibit A, the Food Buying Guide or a standardized recipe.

Exhibit A, Nutrition Facts Panel and Ingredient List

Exhibit A compiles a wide variety of prepared grain products and groups them together based on their average grain content. Each group in Exhibit A provides the minimum serving size required to supply one ounce equivalent (oz eq) of grains. To calculate the oz eq in a particular grain product, menu planners will also need to reference the package's nutrition facts panel (for the grams (g) per serving) and ingredients list (to confirm whole grain content).

1. **Refer to Exhibit A and check the corresponding box below where your product is found**
   ☐ Group A ☐ Group B ☐ Group C ☐ Group D ☐ Group E
   ☐ Group F ☐ Group G ☐ Group H ☐ Group I

2. **Record the weight of your planned serving size**
   Use the product's nutrition facts label to find the weight per serving. If the planned serving size for school meals is different from the serving size listed on the nutrition facts label, the menu planner will need to calculate the amount of grams or ounces in the planned serving size.

   Using the nutrition facts label below as an example, if the planned serving size is 2 pretzels, instead of 3, the following calculation must be done to determine the weight of 2 pretzels.
   a) Divide 28g by 3 pretzels (the serving size on the package) = 9.33g per pretzel
   b) Multiply 9.33g by 2 pretzels (your planned serving size) =18.66g
   c) Planned serving (2 pretzels) is equal to 18.66g

Nutrition Facts

3 servings per container

Serving size **3 pretzels (28g)**

	Per serving		Per container	
Calories	**110**		**330**	
		% DV*		% DV*
Total Fat	0.5g	**1%**	1.5g	**3%**
Saturated Fat	0g	**0%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	400mg	**17%**	1200mg	**52%**
Total Carb.	23g	**8%**	69g	**24%**
Dietary Fiber	2g	**7%**	6g	**21%**
Total Sugars	<1g		3g	
Incl. Added Sugars	0g	**0%**	0g	**0%**
Protein	3g		9g	

Example: 1 serving (2 pretzels) = 18.66 grams

Your product:
1 serving = _____ grams
1 serving = _____ ounces

3. **Record the minimum weight required to credit as 1 oz eq grains according to the group in Exhibit A where your product is found**
   Example: You plan to serve snack crackers. This food item is found in Group A and according to the chart to receive credit for 1 oz eq grains you must serve 22 grams or 0.8 ounces of snack crackers.

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers)	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

   Example: Group A = 1 oz eq = 22 grams of snack crackers
   Group A = 1 oz eq = 0.8 oz of snack crackers

   Your product (refer to your answer from #1 above for the Group)
   Group _____ = 1 oz eq = _____ grams
   Group _____ = 1 oz eq = _____ ounces

To calculate the oz eq in the planned serving size of your product, use the following chart as a guide. You will reference your answers from question #2 and #3 above to fill in the blank row below. The calculation to determine the oz eq of 2 pretzels is shown as an example. Ensure that the units in column one and column three are the same.

1 **Serving size in grams or ounces from product label.** (Insert answer from #2)	2 **Divide by**	3 **Number of grams or ounces needed to credit as 1 oz eq.** (Insert answer from #3)	4 **Number of oz eq in planned serving size** (column 1 ÷ *column 3)*	5 **Round down to the nearest ¼ oz eq**
Example: 2 pretzels = 18.66 grams	÷	*22 grams*	*0.84 oz eq*	*0.84=0.75 oz eq per serving (2 pretzels)*
	÷			

Food Buying Guide

The Food Buying Guide (FBG) is designed to help school food authorities purchase the correct amount of food and determine the contribution that specific food items make toward the meal pattern requirements. The yield information provided in the FBG represents average yields based on research conducted by the USDA. The calculation below shows how to use the FBG to determine the number of ounce equivalents (oz eq) in a particular grain product.

4. **Name/Description of ingredient: _____Quantity of ingredient: _____**
   Example: Name/Description of ingredient: Brown, long grain, regular, dry. Quantity: 7lbs

5. **Servings per purchase unit (column 5) _____**
   Search the FBG for an entry that matches your product and refer to column 5 to find the servings per purchase unit.
   Example: 8.75

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Grains	Rice RICE[5] Footnote	Rice (Group H) *Brown, Long grain, Regular, Dry*	Pound	8.75	1/2 cup cooked

To calculate the oz eq using the FBG, use the following chart as a guide. The first row contains an example for your reference. You will refer to your answers from question #4 and #5 above to fill in the blank row below.

1 **Quantity of ingredient as purchased** (Insert answer from #4)	2 **Multiply by**	3 **Servings per purchase unit** (Insert answer from #5)	4 **Number of total oz eq in quantity as purchased** (column 1 X column 3)	5 **Divide by**	6 **Number of servings in recipe**	7 **Number of oz eq per serving** (column 4 ÷ column 6)	8 **Round down to the nearest ¼ oz eq**
7 lbs Brown, long grain rice	*X*	*8.75 (1/2 cup cooked)*	*61.25 oz eq*	÷	*100*	*0.61 oz eq*	*0.61 = 0.50 oz eq (per ½ cup serving)*
	X			÷			

Standardized Recipes

Calculate the ounce equivalents (oz eq) per serving in a standardized recipe. Grain ingredients that are whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran or germ are creditable towards the grains requirements for Child Nutrition Programs.

6. **Total amount of grams of creditable grains in recipe: _____**
   Add up all the creditable grains in the standardized recipe. If the recipe lists the amounts of grain in pounds, ounces or cups, refer to USDA's worksheet for calculating grains contribution to convert all creditable grains to grams.

7. **Total number of servings in recipe: _____**

To calculate the oz eq in a recipe, use the following chart as a guide. You will reference your answer from question #6 and #7 above to fill in the blank row below. An example has been added to the first row for your reference.

1 **Total grams of creditable grains in recipe** (Insert answer from #6)	2 **Divide by**	3 **Grams of creditable grain per 1 oz eq** (always 16)	4 **Total number of oz eq in recipe** (column 1 ÷ column 3)	5 **Divide by**	6 **Total number of servings in recipe** (insert answer from #7)	7 **Number of oz eq per serving** (column 4 ÷ column 6)	8 **Round down to the nearest ¼ oz eq**
500 grams	÷	*16*	*31.25 oz eq*	÷	*20*	*1.56 oz eq*	*1.56 = 1.50 oz eq per serving*
	÷	16		÷			