

CACFP Oz. Eq. for Grains: Reference Sheet

Starting July 1, 2022, all CACFP Program Operators are transitioning to ounce equivalents for measuring grains in the Child and Adult Care Food Program (CACFP). Measuring grains using ounce equivalents aligns the CACFP meal pattern with other Child Nutrition Programs (CNPs) and help operators to ensure they know they are serving the correct portion of grains to meet their participants' needs.

Ounce equivalents for grains vary based on the age of the participant and the meal service. Please see the table below for detail on how many ounce equivalents of grains are required for your population:

Meal/Snack	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults (60+)
Breakfast	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq
Lunch/Supper	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq

Some commonly served grain items do not have any brand, or type-specific considerations when determining serving size in ounce equivalents. Please see the table below for some of those items:

Item	½ ounce equivalent	1 ounce equivalent	2-ounce equivalent
Pasta, all shapes (whole grain-rich, or enriched)	¼ cup cooked	½ cup cooked	1 cup cooked
Oatmeal	¼ cup cooked	½ cup cooked	1 cup cooked
Grits/polenta	¼ cup cooked	½ cup cooked	1 cup cooked
Popcorn*	1 ½ cups	3 cups	6 cups
Rice (all types)	¼ cup cooked	½ cup cooked	1 cup cooked

*Popcorn is a choking hazard and should not be served to children under the age of 4

There are many resources and trainings available on implementing ounce equivalents. MA DESE created trainings to complement the available USDA handouts, and all trainings are recorded and available in the *CACFP Training and Resources* folder in the Document and Reference Library:

Worksheets:

- USDA Worksheet: Calculating Oz Eq of Grains in the CACFP (English/Spanish)
- USDA Worksheet: Determining Oz Eq of Grains in Recipes (English/Spanish)
- USDA Worksheet: Feeding Infants Using Oz Eq for Grains (English/Spanish)
- USDA Worksheet: Using Ounce Equivalents for Grains in the CACFP (English/Spanish)
- USDA Worksheet: Crediting Single Serve Packages of Grains using Oz Eq (English/Spanish)

Recorded Trainings:

- Introducing Ounce Equivalents (Oz Eq) for Grains
- Using Oz Eq for Grains in the CACFP Worksheet Training
- Calculating Oz Eq of Grains in the CACFP
- Determining Oz Eq of Grains in Recipes Training
- Feeding Infants Using Oz Eq for Grains Training

As programs/providers work to familiarize themselves with grain servings in the context of ounce equivalents, DESE wants to provide a reference sheet with some common items and brands and how much is needed to meet the ounce equivalent requirement. This reference sheet provides several grain types, and identifies common brands and items with what the serving size will be in ounce equivalents. Please note that, when necessary, portions are rounded up to ensure the minimum serving sizes are met.

Ounce Equivalent Chart- Breads/Rolls/Buns

Bread Type	Brands	Serving Size (per package)	One Oz Eq Serving	½ Oz Eq Serving
Sliced Bread	Arnold	2 slices (50g)	1 ½ slices	1 slice
	Sara Lee 100% whole wheat bread	1 slice (26g)	1 ½ slices	1 slice
	Wonder (whole wheat, white)	1 slice (25g)	1 ½ slices	1 slice
	Pepperidge Farm 100% Whole Wheat	1 slice (43 g)	1 slice	½ slice
	Pepperidge Farm Whole Grain Seeded Rye	1 slice (32 g)	1 slice	½ slice
	Pepperidge Farm Whole Wheat Cinnamon Swirl Bread	1 slice (33 g)	1 slice	½ slice
Buns/ Rolls	Arnold 100% Whole Wheat Rolls	1 bun (57g)	½ bun	¼ bun
	Arnold 100% Whole Wheat Rolls	1 roll (57g)	½ roll	¼ roll
	Pepperidge Farm Top Sliced Hot Dog Buns	1 bun (50g)	¾ bun	½ bun
	Pepperidge Farm Wheat Slider Buns	1 bun (26g)	1 bun	½ bun
Waffles	Eggo Frozen Waffles	2 waffles (70g)	1 waffle	½ waffle
	Annie's Organic Homestyle Waffles	2 waffles (70g)	1 waffle	½ waffle
English Muffin	Thomas' English Muffin	1 muffin (61g)	½ muffin	¼ muffin
	Bays English Muffin	1 muffin (57g)	½ muffin	¼ muffin

Ounce Equivalent Chart- Tortillas

Tortilla Type	Brands	Serving Size (per package)	One Oz Eq Serving	½ Oz Eq Serving
Taco	Chi-Chi's	Taco Size (2 tortillas, 51g)	1 ½ tortillas	1 tortilla
	Mission	Taco (1 tortilla, 49g)	1 tortilla	½ tortilla
		Street taco (2 tortillas, 52g)	1 ½ tortillas	1 tortilla
		2 corn tortillas (47g)	1 ½ tortillas	1 tortilla
La Banderita	1 flour tortilla (32g)	1 tortilla	½ tortilla	
	Fajita	Chi- Chi's	Fajita Style (1 tortilla, 57g)	½ tortilla
Mission		Fajita Style (1 tortilla, 42g)	2/3 tortilla	1/3 tortilla
La Banderita		Fajita Style (1 tortilla, 28g)	1 tortilla	½ tortilla
Burrito	Mission	Burrito (1 tortilla, 70g)	¾ tortilla	¼ tortilla
	La Banderita	Burrito (1 tortilla, 71g)	¾ tortilla	¼ tortilla
Tortilla Chips	Mission- Tortilla Triangles	10 chips (28g)	10 chips	5 chips
	Tostitos Original Restaurant Chips	7 chips (28g)	7 chips	4 chips
	Santitas Tortilla Triangles	9 chips (28g)	9 chips	5 chips

Ounce Equivalent Chart- Crackers

Cracker Type	Brands	Serving Size (per package)	One Oz Eq Serving	½ Oz Eq Serving
Cheese	Goldfish	55 pieces (30g)	42 pieces (~1/2 cup)	21 pieces (~1/4 cup)
	Cheez-It Original	27 crackers (30g)	20 crackers (~1/3 c)	10 crackers
Wheat	Wheat Thins	16 pieces (31g)	12 crackers	6 crackers
	Triscuit	6 crackers (28g)	5 crackers	3 crackers
Pretzel	Snyder's Mini Pretzels	19 pretzels (28g)	19 pretzels	10 pretzels
	Snyder's Pretzel Rods	3 pretzels (30g)	3 pretzels	2 pretzels
	Rold Gold Pretzel Sticks	53 pretzels (28g)	53 pretzels	27 pretzels
	Snack Factory Pretzel Crisps	10 pretzels (28g)	10 pretzels	5 pretzels
Graham/ Sweet	Teddy Grahams	24 pieces (30g)	24 crackers	12 crackers
	Stauffer's Animal Crackers	16 crackers (30g)	16 crackers	8 crackers

Ounce Equivalent Chart- Cereals

Cereal Type	Typical Brands*	One Oz Eq Serving	½ Oz Eq Serving
Flakes	<ul style="list-style-type: none"> • Corn Flakes • Great Grains Banana Nut Crunch • Honey Bunches of Oats • Kellogg's Frosted Little Bites • Mini Wheats • Oatmeal Squares • Shredded Wheat • Special K • Total • Grape Nuts Flakes • All Bran Complete Wheat Flakes 	1 cup	½ cup
Rounds	<ul style="list-style-type: none"> • Cheerios (Plain, Multi Grain, Strawberry) • Toasted Oats 	1 cup	½ cup
Puffed	<ul style="list-style-type: none"> • Crispy Rice/Rice Krispies • Kix • Life • Chex Cereal (Corn, Rice & Wheat) • Crispix 	1 ¼ cup	¾ cup
Granola	<ul style="list-style-type: none"> • Grape Nuts • Sunbelt Bakery Granola 	¼ cup	1/8 cup