Use Creditable Foods

GRAINS AND BREADS GUIDE

1. Use the following list of creditable grains and breads to plan meals that are healthy and balanced.
2. For the 2010 Dietary Guidelines, the recommendation level for whole-grain products is whole-grain breads. A good source of fiber, vitamins, and minerals, whole-grain breads are important for a healthy diet. Breads can be made into sandwiches, wraps, and bagels.
3. The number of creditable items to be served as a serving is 16 oz.
4. Creditable items may be served at any meal. The Dietary Guidelines for Americans recommend choosing whole-grain breads and selecting a variety of grains in order to meet the recommended amounts of these food groups.
5. To determine the appropriate amount of bread, use the serving size chart and the U.S. Department of Agriculture’s MyPlate tool. Serve bread according to the serving size chart and the U.S. Department of Agriculture’s MyPlate tool. Serve bread according to the serving size chart and the U.S. Department of Agriculture’s MyPlate tool.

Creditable

- Whole-grain bread
- Whole-grain pasta
- Whole-grain rice
- Whole-grain cereal
- Whole-grain crackers
- Whole-grain tortillas
- Whole-grain wraps
- Whole-grain bagels
- Whole-grain English muffins
- Whole-grain pancakes
- Whole-grain waffles
- Whole-grain tortilla chips
- Whole-grain chips
- Whole-grain cookies
- Whole-grain muffins
- Whole-grain donuts
- Whole-grain pancakes
- Whole-grain waffles

Non-creditable

- White bread
- White pasta
- White rice
- White cereal
- White crackers
- White tortillas
- White wraps
- White bagels
- White English muffins
- White English muffins
- White pancakes
- White waffles
- White tortilla chips
- White chips
- White cookies
- White muffins
- White donuts
- White pancakes
- White waffles

Note: The number of bread, flour, or grain categories served in a meal should not exceed the recommended daily amount of grains. The recommended amount of grains is 3 servings for adults and 2 servings for children.

Servings Size Chart

- 1 serving = 1 slice of bread
- 1 serving = 1 cup of cooked rice or pasta
- 1 serving = 1/2 cup of cooked cereal
- 1 serving = 1/4 cup of dry cereal
- 1 serving = 1/4 cup of dry pasta
- 1 serving = 1/4 cup of dry rice

Note: Servings may vary by meal and may be adjusted as necessary.
Grains/Breads Points to Remember

- Grain/Bread must be whole grain, enriched or made from a whole grain or enriched meal, flour, bran or germ.
- Cereals must be whole grain, enriched or fortified.
- The minimum amount that a food item can contribute to count as a serving is ½ serving.
- Dessert may not count toward the bread/grain component for lunch.

B/G Homemade Recipes

- To credit homemade grain/bread recipes...divide the total weight (in grams) of all creditable grains in the recipe by 14.75. This will be the number of servings in the recipe. Then divide this by the number of servings the recipe yields to obtain the number of grains/breads in one serving of the recipe.
Bread/Grains Chart
Points to Remember

• Grains/bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour.

• When water, fat, sugar are added, it takes a larger serving to provide this amount of flour in a serving.

• Lists whole servings and ½ servings weights in grams or ounces
Group A

Group B
<table>
<thead>
<tr>
<th>Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teddy Grahams Group B</td>
</tr>
<tr>
<td>Age 1-6</td>
</tr>
<tr>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poptarts (unfrosted)</td>
</tr>
<tr>
<td>Age 1-5</td>
</tr>
<tr>
<td>1/2 poptart</td>
</tr>
</tbody>
</table>
Group E

GROUP F & G
Brownie/ Cake –Group F & G

Grains/Breads¹,² Serving Size Chart
Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

<table>
<thead>
<tr>
<th>Group G</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving = 115 gm or 4 oz</td>
</tr>
<tr>
<td>½ serving = 58 gm or 2 oz</td>
</tr>
</tbody>
</table>

- Brownies³ (plain)
- Cake³ (all varieties, frosted)

GROUP H & I
SWEETS

- Limit to no more than twice a week
- Listed as subscript 3, 4, on the Bread/Grain Chart in FBG and on the Creditable Foods Guide
- Since children need nutrient dense foods, sweets may not be credited as grains/breads at lunch.
- Limiting sweet grains/breads is recommended at breakfast.

At A Glance - Short Cut

How much to serve?

Common Grain/Bread Servings

<table>
<thead>
<tr>
<th>Grains</th>
<th>Serving Size</th>
<th>Calories (kcal)</th>
<th>Fat (g)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>3 oz</td>
<td>120</td>
<td>7</td>
<td>5</td>
<td>18</td>
</tr>
<tr>
<td>Fruits</td>
<td>1 cup</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>24</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 cup</td>
<td>70</td>
<td>0</td>
<td>2</td>
<td>12</td>
</tr>
</tbody>
</table>

Fruit & Vegetable Yields

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Yield (lb)</th>
<th>Calorie (kcal)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce</td>
<td>1 lb</td>
<td>15</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb</td>
<td>20</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 lb</td>
<td>10</td>
<td>0</td>
<td>3</td>
</tr>
</tbody>
</table>

Crediting Grain/Bread Recipes

<table>
<thead>
<tr>
<th>Grain Product</th>
<th>Weight per unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>1 lb</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Rice</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Homemade Recipe Example: Cornbread

1. Preheat oven to 400°F.
2. Mix flour, sugar, and baking powder.
3. Add wet ingredients and mix until well combined.
4. Bake for 20-25 minutes or until golden brown.

Make site specific serving size sheets, by measuring out commonly used bread/grain products

Admin Man 2-15