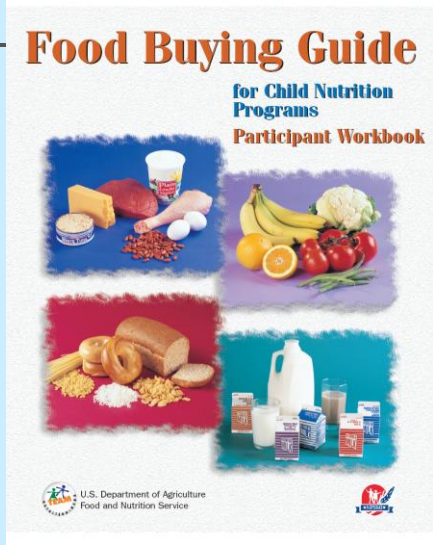
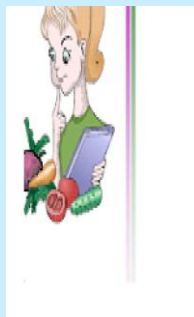
Use Creditable Foods





GRAINS AND BREADS GUIDE

Grains and Breads

1. The grain/bread must be whole grain or enriched or made from whole grain or enriched meal and/or flour, bran or germ. Cereals must be whole grain, enriched or fortified. Enriched means the product conforms to the FDA's required levels of added iron, thiamin, riboflavin, niacin and folic acid.
2. To determine the amount to serve, use the meal pattern chart and the *Grains/Breads Serving Size Chart*. Do not use the serving size on the label. Do use the product label to determine the weight of the listed serving of the product. Then convert the serving on the label to the amount needed to meet meal pattern requirements (a "cheat sheet" is provided on the back of the *Grains/Breads Serving Size Chart* and gives common grain/bread serving sizes for the CACFP). Save product labels and keep your own list of amounts of frequently used grains/breads. For CACFP provide ½ serving for ages 1-5 yrs. and 1 serving for 6 yrs. to adult.
3. The minimum amount that a food item can contribute to count as a serving is ½ serving.
4. Children need nutrient dense foods. Dessert may not be credited as a grains/breads at lunch. Sweet foods should be limited and may not be served more than twice a week at snack.
5. To credit homemade grain/bread recipes, divide the total weight (in grams) of all creditable grains in the recipe by 14.75. This is the number of grain/bread 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.

Creditable

Bagel
Banana, carrot, pumpkin, zucchini bread
Boston brown bread
Bread pudding[1] – if homemade (HM)
Breading or batter on meats - if CN labeled or amount is known
Bread sticks, hard[4] or soft
Bread stuffing[1]
Cake, cupcakes[2]
Cereal – dry or cooked, 6 gm. of sugar or less is recommended
Cereal bars[1, 3]
Chips[4] – grain based, enriched or whole grain ○
Chow mein noodles ○
Cinnamon roll[5]
Coffee cake[5]
Cookies, brownies or bars[2, 5] ○
Corn pone, hoe cake
Corn tortillas
Couscous
Crackers[4]
Cream puff shells[2]
Crepes
Croissants ○
Croutons[4] ○
Doughnuts[5] ○
Dumplings
Egg roll skins, won ton wrappers
English muffins
Fig bars (only the cookie part)
Fruit crisp or cobbler crust[1, 2, 5]
Fry bread ○
Gingerbread
Graham crackers
Grain fruit bars, granola bars[1, 3]
Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat
Granola cereal[1, 4]
Grits
Hushpuppies ○
Ice cream cones[5]

○ Limit use, since may be high in salt and/or high in fat.

Johnny cake
Macaroni, noodles, spaghetti and other pasta shapes
Macaroni in boxed or homemade macaroni and cheese
Pie crust or shell[5] ○ (dessert pies[2], or in main dish pie)
Pita bread
Pizza crust
Popovers
Pretzels, soft and hard[4]
Pop tarts, toaster pastries (only the crust)[2, 5]
Puff pastry with main dish ○
Quick breads like biscuits, cornbread, muffins, waffles
Rice cakes[5]
Rice pudding[1, 2]
Scones
Snack crackers[4]
Sopapillas
Spoon bread
Sweet rolls, buns, pastries[3] ○
Taco or tortilla shells[4] ○
Tortillas
Turnover crust[3] ○
Vanilla wafers (plain cookies)[3]
Waffles
Wheat germ, bran

Non creditable

Caramel corn
Hominy
Nut or seed flour
Popcorn
Potatoes, potato pancakes
(potatoes are credited as a vegetable, not as a grain)
Potato chips, potato sticks
Tapioca

[1] Only the amount of bread, flour, meal or grain counts.
[2] May serve for snack.
[3] May serve for breakfast and snack.
[4] Hard, dry foods may cause choking.
[5] Serving size may not be reasonable for small children.

26

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

GRAINS AND BREADS CHART

Grains/Breads[1, 2] Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, then a larger serving is needed to provide this amount of flour.

Group A
1 serving = 20 gm or 0.7 oz
1/2 serving = 10 gm or 0.4 oz

- Bread type coating
- Bread sticks (hard)
- Chow mein noodles
- Crackers (saltines or soda crackers and snack crackers)
- Croutons[7]
- Pretzels (hard)[7]
- Stuffing (dry)[7]
  Note: weights apply to bread in stuffing.

Group B
1 serving = 25 gm or 0.9 oz
1/2 serving = 13 gm or 0.5 oz

- Bagels
- Batter type coating, breading
- Biscuits
- Breads (white, wheat, whole wheat, French, Italian, pumpernickel)
- Buns (hamburger and hot dog)
- Crackers (graham crackers - all shapes, animal crackers)
- Egg roll skins
- English muffins
- Pita bread (white, wheat, whole wheat)
- Pizza crust
- Pretzels (soft)
- Rolls (white, wheat, whole wheat, potato)
- Tortillas (wheat or corn)
- Tortilla chips (wheat or corn)[7]
- Taco or tortilla shells[7]
- Wonton wrappers

Group C
1 serving = 31 gm or 1.1 oz
1/2 serving = 16 gm or 0.6 oz

- Cookies[3] (plain)
- Cornbread, Johnny cake or hushpuppies
- Corn muffins
- Croissants
- Pancakes or crepes
- Pie crust (dessert pies[3], fruit turnovers[4], and meat/meat alternate pies)
- Waffles

Group D
1 serving = 50 gm or 1.8 oz
1/2 serving = 25 gm or 0.9 oz

- Doughnuts[4] (cake and yeast raised, unfrosted)
- Granola bars[4] (plain)
- Muffins (all, except corn)
- Sweet rolls[4] (unfrosted)
- Toaster pastries[4] (unfrosted)

Group E
1 serving = 63 gm or 2.2 oz
1/2 serving = 31 gm or 1.1 oz

- Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees)
- Doughnuts[4] (cake and yeast raised, frosted or glazed)
- French toast
- Grain fruit bars[4]
- Granola bars[4] (with nuts, raisins, chocolate pieces and/or fruit)
- Sweet rolls[4] (frosted)
- Toaster pastries[4] (frosted)

Group F
1 serving = 75 gm or 2.7 oz
1/2 serving = 38 gm or 1.3 oz

- Cake[3] (plain, unfrosted)
- Coffee cake[4]

Group G
1 serving = 115 gm or 4 oz
1/2 serving = 58 gm or 2 oz

- Brownies[3] (plain)
- Cake[3] (all varieties, frosted)

Group H
1 serving = 1/2 cup cooked (or 25 gm dry)

- Barley
- Breakfast cereals (cooked)[5, 6]
- Bulgur, couscous or cracked wheat
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

Group I
1 serving = 3/4 cup or 1 oz, whichever is less

- Ready to eat breakfast cereal (cold dry)[5, 6]

[1] The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.
[2] Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
[3] Allowed only for snacks. [4] Allowed for snacks and for breakfasts.
[5] Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
[6] Cereals may be whole-grain, enriched, or fortified. [7] Choking risk.

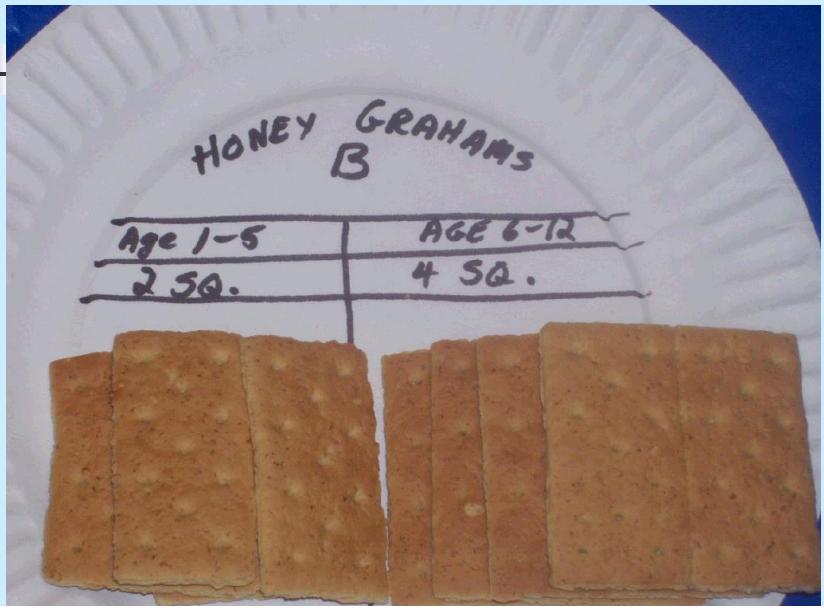
27

Bread/Grains Chart Points to Remember

- **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 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**

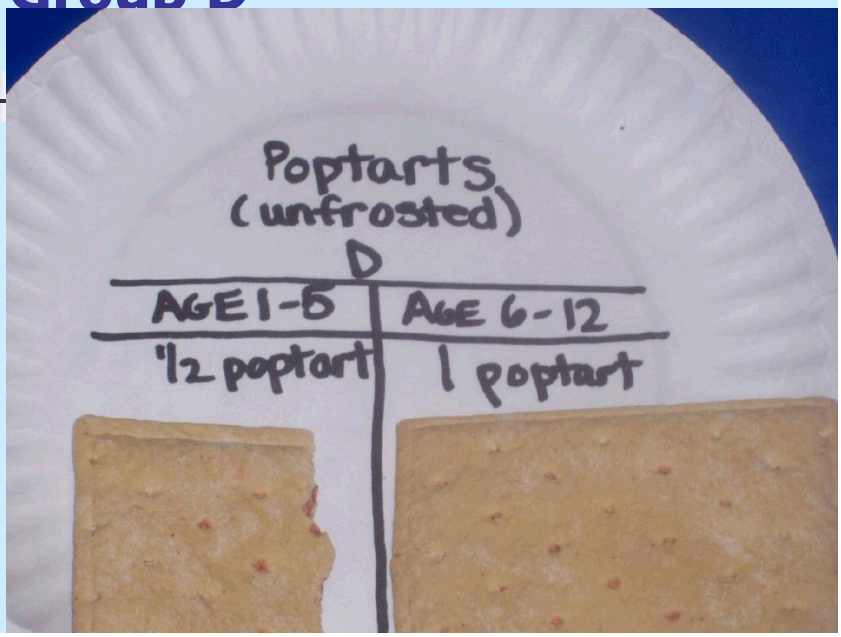
Group A

Group B



Group B

Group D



Group E

GROUP F & G

Brownie/ Cake –Group F & G

Grains/Breads[1, 2] Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

Group G 1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz
• Brownies[3] (plain) • Cake[3] (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

Read labels and look for lower fat, salt and sugar choices. Some foods listed are not appropriate for younger children or elderly due to risk of choking

Food	Serving Size 1-5 yr	Serving Size 6 yr-adult	Cost* full serving
Animal crackers–store brand	5	9	.08
Bagel – 3 oz.	1/6	1/3	.08
Bread – store brand	½ slice	1 slice	.02
Cereal, cooked – store brand	¼ c.	½ c.	.03
Cereal, Cheerios	¾ c.	¾ c.	.15
Cheez-it snack crackers	9	18	.16
Chips Ahoy cookies	3	6	.34
Corn Chips – store brand, yellow round	5	10	.08
Ritz snack crackers	3	6	.10
English muffin – split	1/4	½	.06
Fish crackers	19	36	.19
Graham crackers – national brand	1 sheet (2 squares)	2 sheets (4 squares)	.21
Graham crackers – store brand	1 sheet (2 squares)	2 sheets (4 squares)	.07
Grain/fruit bars – Nutrigrain	1	2	.77
Granola Bar, with chocolate chips – Nutrigrain	1¼	2¼	1.12
Granola Bar, plain – Nature Valley	¾	1¼	.52
Toaster Pastry, plain (52 g)	½	1	.21
Toaster Pastry, frosted (50 g)	¾	1¼	.27
Pretzels – store brand			
Ring – small	6	12	.06
Ring – large	3	5	.06
Stick	12	23	.06
Saltines – national brand	4	7	.08
Saltines – store brand	4	7	.04
Oyster cracker – store brand	26	51	.04
Teddy grahams – plain	10	20	.18
Tortilla – fajita size	1/2	3/4	.06
Triscuits	3	6	.16
Vanilla Wafers – national brand	4	8	.29
Wheat Thins	6	11	.14
Wheatsworth	4	7	.23

*Approximate prices at Fareway in central Iowa, 3/05. Instead of counting out crackers, you can put the correct amount in a measuring cup and scoop the same amount for everyone.

Fruit & Vegetable Yields

Serving sizes and yields are approximate

Vegetable	Yield
Carrot sticks ½" x 4"	6 sticks = ½ cup 3 sticks = ¼ cup
Baby Carrots	1 lb =10, ¼ cup servings
Cauliflower - 1 med head	6 cups flowerets
Celery sticks	6 sticks = ½ cup
½" x 4"	3 sticks = ¼ cup
Cucumber sticks ¾" x 3"	6 sticks = ½ cup 3 sticks + ¼ cup
Lettuce (bag) Iceberg only Salad mix (mostly iceberg) Salad mix (mixed lettuce)	¼ cup servings per lb 29 26 25
Tomatoes Cherry ¼" slices	 5 halves = ¼ cup 2 slices = ¼ cup
Fruit	**Yield**
Apples (125-138 ct)	½ apple = ½ cup
Bananas (regular)	½ banana = ¼ cup
Juice (12 oz. can concentrate)	12 – ½ cup servings 8 – ¾ cup servings
Juice (46 oz. can)	11 – ½ cup servings 7 – ¾ cup servings
Oranges (138 ct)	1 orange = ½ cup

Crediting Grain/Bread Recipes

Grain Product	Weight of 1 cup (grams)
Cheerios	28 g
Corn Chex	30 g
Corn Flakes (crushed)	80 g
Rice Chex	33 g
Rice Krispies	24 g
Corn meal (regular)	122 g
Cake flour[1]	111 g
All purpose flour[1]	125 g
Bread flour[1]	123 g
Whole wheat flour[1]	120 g
Oats (uncooked)	81 g

[1] Unsifted flour, spooned into measuring cup

Homemade Recipe Example: Cornbread

The grain items in the recipe are 1 cup of cornmeal and 1 cup of all purpose flour

1. Total the grams of grain in the recipe
   1 cup corn meal = 122 g
   + 1 cup flour = 125 g
   Total = 247 g grains
2. Divide the total grain by the grams of grain needed to make one serving (14.75 grams).
   247÷14.75 = 16.7 servings of grain in the recipe

Serves 16 school-aged children (6-12 years) and 32 children ages 1-5. You may serve more if desired.

28

Make site specific serving size sheets, by measuring out commonly used bread/ grain products Admin Man 2-15