



How to Use Exhibit A for Grains in the CACFP

- 1 Verify the grain item is creditable.**
Before trying to identify the minimum required portion size of a grain item, verify the grain item is creditable.
- All grain products must be made with enriched or whole grain meal or flour or bran or germ to be creditable. At least one serving of grains per day must be [whole grain-rich](#).
 - [Breakfast cereal](#) must contain no more than 6 grams of sugar per dry ounce.
 - [Grain-based desserts](#), which includes sweet pastries, granola bars, cereal bars, breakfast bars, etc. are not creditable and cannot be served.

- 2 Identify the minimum required oz eq for the age group and meal where the grain is being served.**

	Minimum Required Grains Portion Size		
	Ages 1-5	Ages 6-18	Adults
Breakfast	½ oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	1 oz eq	1 oz eq
Lunch/Supper	½ oz eq	1 oz eq	2 oz eq

- 3 Find the grain item and minimum grain portion size on the Exhibit A Chart.**
- Find the grain item under the Groups and Grain Items column on the Exhibit A Chart.
 - Once the grain item is found, look at the corresponding Minimum Grain Portion Size Requirement column and identify the minimum grain portion size requirement for the minimum required oz eq you identified in step 2.

- 4 Identify the minimum required portion size.**
- If the minimum required portion size is listed in volume (cups):** you have identified your minimum required portion size. Simply use cup measurements or a kitchen scale to measure out the minimum required portion size in accordance with the oz eq requirement for the age groups you serve.
 - If the minimum required portion size is listed in weight (oz, g):** look at the grain item's Nutrition Facts Label. Toward the top of the label, identify the weight of a Serving Size of the grain item. Once the weight of one serving size is identified, divide the minimum required portion size identified in step 2 by the serving size found on the Nutrition Facts label. Round the quotient to the next half or whole number to identify the minimum required portion size for the grain item.

Example: I operate a childcare center and an adult day center and would like to serve **pancakes** for **breakfast**.

- Verify the grain item is creditable. Are pancakes a creditable grain item? Yes!
- Identify the minimum required oz eq for age group and meal being served. My childcare center serves participants 3-12 years of age. My adult center serves adult participants. I must serve the 3-5-year-olds 1/2 oz eq at breakfast, 1 oz eq to 6-12-year-olds, and 2 oz eq to adults at my adult center.
- Find the grain item on the Exhibit A chart. Pancakes are listed in **Group C**.
Minimum Grain Portion Size Requirement for items in Group C (pancakes):
1/2 oz eq = 17 g or 0.6 oz; 1 oz eq = 34 g or 1.2 oz; 2 oz eq = 68 g or 2.4 oz.
- Identify the minimum portion size. The portion size for Group C is listed in weight so I must look for the serving size on the Nutrition Facts Label. Based on the Nutrition Facts label of the pancakes I would like to serve, a **servicing size is 1 pancake or 34 grams**.

Group C	• Cornbread	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
	• Corn Muffins	
	• Croissants	
	• Pancakes	
	• Pie crust (savory pies)	
	• Waffles	

Nutrition Facts
Serving Size 1 pancake (34g)

Now, I divide the minimum required portion size identified in step 3b by the serving size on the Nutrition Facts Label.

3-5-year-olds → **17 grams ÷ 34 grams = 0.5**. I need to serve **half** a serving size, or at least **half of a pancake**, to meet the minimum required portion size at breakfast for 3-5-year-olds.

6-12-year-olds → **34 grams ÷ 34 grams = 1**. I need to serve **one** serving size, or at least **one pancake**, to meet the minimum required portion size at breakfast for 6-12-year-olds.

Adults → **68 grams ÷ 34 grams = 2**. I need to serve **two** serving sizes, or at least **two pancakes**, to meet the minimum required portion size at breakfast for adults.



Exhibit A: Grain Requirement for the CACFP

Groups and Grain Items*		Minimum Grain Portion Size Requirement
Group A	<ul style="list-style-type: none"> • Bread Type Coating • Bread sticks (hard) • Chow Mein Noodles • Savory Crackers • Croutons • Pretzels (hard) • Bread in Stuffing (dry) 	1/2 oz eq = 11 g or 0.4 oz 1 oz eq = 22 g or 0.8 oz 2 oz eq = 44 g or 1.6 oz
Group B	<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Bread – all • Buns/Rolls • Graham and animal crackers • Egg roll skins • English Muffins • Pita Bread • Pizza Crust • Pretzels (soft) • Tortillas • Tortilla chips • Taco Shells 	1/2 oz eq = 14 g or 0.5 oz 1 oz eq = 28 g or 1.0 oz 2 oz eq = 56 g or 2.0 oz
Group C	<ul style="list-style-type: none"> • Cornbread • Corn Muffins • Croissants • Pancakes • Pie crust (savory pies) • Waffles 	1/2 oz eq = 17 g or 0.6 oz 1 oz eq = 34 g or 1.2 oz 2 oz eq = 68 g or 2.4 oz
Group D	<ul style="list-style-type: none"> • Muffins (all, except corn – see group C) 	1/2 oz eq = 28 g or 1.0 oz 1 oz eq = 55 g or 2.0 oz 2 oz eq = 110 g or 4.0 oz
Group E	<ul style="list-style-type: none"> • French Toast 	1/2 oz eq = 35 g or 1.2 oz 1 oz eq = 69 g or 2.4 oz 2 oz eq = 138 g or 4.8 oz
Group H	<ul style="list-style-type: none"> • Cereal Grains • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni and Noodles (all shapes/varieties) • Ravioli (noodle only) • Rice 	1/2 oz eq = 1/4 cup cooked or 0.5 oz (14 g) dry 1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry 2 oz eq = 1 cup cooked or 2 oz (56 g) dry
Group I	<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry) 	<u>Flakes and round cereal</u> 1/2 oz eq = 1/2 cup or 0.5 oz 1 oz eq = 1 cup or 1 oz 2 oz eq = 2 cups or 2 oz <u>Puffed cereal</u> 1/2 oz eq = 5/8 cup or 0.5 oz 1 oz eq = 1.25 cups or 1 oz 2 oz eq = 2.5 cups or 2 oz <u>Granola</u> 1/2 oz eq = 1/8 cup or 0.5 oz 1 oz eq = 1/4 cup or 1 oz 2 oz eq = 1/2 cup or 2 oz

* Groups F and G have been excluded as they only contain non-creditable grain-based desserts.