

# Acceptable Grains/Breads

## APPENDIX C

# Acceptable Grains/Breads

### What makes a product acceptable to serve as a grains/ breads item for the CACFP?

- All grains/breads items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identify (21 CFR Section 136, 137, 139) for enriched bread, macaroni and noodle products, rice, or cornmeal.
- The item must be provided in quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.
- A full serving is required for children 6 years of age and older.
- A half serving is the minimum required for children under 6 years of age.

## How will you know a particular product contains enough whole-grain or enriched flour or meal?

There are a number of different ways. The one you choose will depend on whether you are using a recipe or buying a commercial product.

### **If you are using your own recipe...**

...you can calculate this yourself as shown on pages C-4 and C-5.

### **If you are using a standardized recipe from the USDA publication *Child Care Recipes: Food for Health and Fun* (FNS-304)...**

...refer to the crediting of each recipe. Look, for example, at Pineapple Scones, Recipe A-1. Under the heading “SERVING,” you will see the following: “1 scone provides the equivalent of  $1\frac{1}{2}$  slices of bread.”

### **If you are buying a commercial product...**

...the manufacturer can supply you with this information;

...or you can consult USDA guidance materials, such as the lists shown on pages C-6, C-7, and C-8. These lists show equivalent minimum serving sizes for a wide variety of purchased food items.

## How will you use the USDA lists of equivalent minimum serving sizes for purchased items?

For each group of foods, you will find minimum weights for a full serving, a half serving, and a one-quarter serving. Cornbread, for example, is listed in Group C.

*Here's how you will use this information:*

If you are serving a child 6 years or older, you need to provide a *full serving*. Looking at the column on the right, you see that a full serving of cornbread needs to weigh at least 31 grams (or 1.1 oz) to contain the required 14.75 grams of whole-grain or enriched flour or meal.

If you are serving a child younger than 6 years old, you need to provide at least a *half serving*. You see that a *half serving* of cornbread must weigh at least 16 grams (or .6 oz).

## What else is important to know about grains/breads?

When making decisions about which recipes to use and which products to buy, keep in mind the following important considerations:

1. USDA recommends that cookies, granola bars, and similar foods be served in a *supplement* (snack) no more than *twice* a week.
2. Donuts, coffee cakes, and sweet rolls are allowed as a bread item in *breakfasts and supplements* only.
3. French, Vienna, Italian, and Syrian breads are commercially prepared products that often are made with *unenriched* flour. Check the label or ask the manufacturer to be sure the product is made with *enriched* flour.
4. The amount of *dried* bread in a half serving of stuffing should weigh at least 10 grams (.4 oz).
5. Whole-grain, enriched, or fortified breakfast cereals (cold, dry, or cooked) are traditionally served as a breakfast item, but may be served in meals other than breakfast.

## Calculating the Grain Contribution In a Recipe

**You have a recipe that will make 25 corn muffins. Since it is not a USDA standardized recipe, you do not know what one muffin will contribute to meeting the grains/breads requirement. How will you calculate this?**

### 1. Start with basic information about minimum requirements:

ONE full serving of a grains/breads product must contain at least 14.75 grams (.52 oz) of whole-grain or enriched flour or meal.

### 2. List the ingredients per 25 servings and the quantity of grain stated in pounds.

Your recipe calls for 8 ounces all-purpose flour and 3 ounces yellow cornmeal for 25 servings.

### 3. Multiply the quantity of grains by the number of grams per pound (454 grams = 1 pound).

You convert ounces to pounds as follows: 8 oz = .5 lb and 3 oz = .1875 lb. You multiply .5 by 454 and .1875 lb by 454. This tells you how many grams of flour and cornmeal are in 25 servings. Add grams of flour and grams of cornmeal, and you get total grams of grains (312.125 grams).

### 4. Divide the total grams of grains by 25 servings.

This tells you the number of grams per serving of whole-grain or enriched flour in each muffin (12.485 grams).

### 5. Divide the number of grams per serving by 14.75.

(A FULL serving of grains/breads requires 14.75 grams of whole-grain or enriched flour or grain.) You will get .8464 grams.

### 6. Round DOWN to the nearest 1/4 of a serving.

***This tells you what one muffin contributes to meeting the requirement for one full serving of enriched or whole-grain flour, cereal, or meal. Completing the calculations, as shown on the next page, you determine that one of these corn muffins will provide the equivalent of 3/4 slice of bread.***

## Calculations:

Whole-grain or enriched flour and/or meal:	Quantity needed for 25 servings (in pounds):	Multiplied by 454 grams (g) (1 lb = 454 g)
All-purpose flour	8 oz = .5 lb	.5 x 454 = 227
Yellow cornmeal	3 oz = .1875 lb	.1875 x 454 = 85.125

1. To get total grams of grain in 25 servings, you add:

$$227 \text{ plus } 85.125 = 312.125$$

2. To get grams of grain in each muffin, you divide:

$$312.125 \text{ by } 25 = 12.485$$

3. To determine grain contribution, you divide:

$$12.485 \text{ by } 14.75 = .8464$$

4. You round DOWN to the nearest 1/4 of a serving:

$$.8464 \text{ rounds down to } .75 \text{ (3/4) of a serving}$$

You have determined that 1 serving (1 muffin) provides the equivalent of 3/4 slice of bread.

(A half serving is the minimum required for children under 6 years of age. For children 6 years of age and older, a full serving is required.)

# A Guide to Equivalent Minimum Serving Sizes

The following charts show minimum serving sizes for a wide variety of purchased products. Keep in mind that a half serving is the minimum required for children under 6 years of age. For children 6 years of age and older, a full serving is required.

Group A	Minimum Serving Size for Group A
Bread type coating	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	3/4 serving = 15 gm or 0.5 oz
Chow mein noodles	1/2 serving = 10 gm or 0.4 oz
Crackers (saltines and snack crackers)	1/4 serving = 5 gm or 0.2 oz
Croutons	
Pretzels (hard)	
Stuffing (dry) Note: Weights apply to <i>bread</i> in stuffing.	

SUMMARY: When you buy items from Group A, a *full serving* should have a minimum weight of 20 gm (or 0.7 oz). A *half serving* should have a minimum weight of 10 grams (0.4 oz).

Group B	Minimum Serving Size for Group B
Bagels	1 serving = 25 gm or 0.9 oz
Batter type coating	3/4 serving = 19 gm or 0.7 oz
Biscuits	1/2 serving = 13 gm or 0.5 oz
Breads (white, wheat, whole-wheat, French, Italian)	1/4 serving = 6 gm or 0.2 oz
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)	
Taco shells	

SUMMARY: When you buy items from Group B, a *full serving* should have a minimum weight of 25 grams (0.9 oz). A *half serving* should have a minimum weight of 13 grams (0.5 oz).

**Group C****Minimum Serving Size for Group C**

Cookies (plain)	1 serving = 31 gm or 1.1 oz
Cornbread	3/4 serving = 23 gm or 0.8 oz
Corn muffins	1/2 serving = 16 gm or 0.6 oz
Croissants	1/4 serving = 8 gm or 0.3 oz
Pancakes	
Pie crust (dessert pies, fruit turnovers, and meat/meat alternate pies)	
Waffles	

SUMMARY: When you buy items from Group C, a *full serving* should have a minimum weight of 31 grams (1.1 oz). A *half serving* should have a minimum weight of 16 grams (0.6 oz).

**Group D****Minimum Serving Size for Group D**

Donuts (cake and yeast raised, unfrosted)	1 serving = 50 gm or 1.8 oz
Granola bars (plain)	3/4 serving = 38 gm or 1.3 oz
Muffins (all, except corn)	1/2 serving = 25 gm or 0.9 oz
Sweet roll (unfrosted)	1/4 serving = 13 gm or 0.5 oz
Toaster pastry (unfrosted)	

SUMMARY: When you buy items from Group D, a *full serving* should have a minimum weight of 50 grams (1.8 oz). A *half serving* should have a minimum weight of 25 grams (0.9 oz).

**Group E****Minimum Serving Size for Group E**

Cookies (with nuts, raisins, chocolate pieces and/or fruit purees)	1 serving = 63 gm or 2.2 oz
	3/4 serving = 47 gm or 1.7 oz
Donuts (cake and yeast raised, frosted or glazed)	1/2 serving = 31 gm or 1.1 oz
French toast	1/4 serving = 16 gm or 0.6 oz
Grain fruit bars	
Granola bars (with nuts, raisins, chocolate pieces and/or fruit)	
Sweet rolls (frosted)	
Toaster pastry (frosted)	

SUMMARY: When you buy items from Group E, a *full serving* should have a minimum weight of 63 grams (2.2 oz). A *half serving* should have a minimum weight of 31 grams (1.1 oz).

**Group F****Minimum Serving Size for Group F**

Cake (plain, unfrosted)	1 serving = 75 gm or 2.7 oz
Coffee cake	3/4 serving = 56 gm or 2 oz
	1/2 serving = 38 gm or 1.3 oz
	1/4 serving = 19 gm or 0.7 oz

SUMMARY: When you buy items from Group F, a *full serving* should have a minimum weight of 75 grams (2.7 oz). A *half serving* should have a minimum weight of 38 grams (1.3 oz).

**Group G****Minimum Serving Size for Group G**

Brownies (plain)	1 serving = 115 gm or 4 oz
Cake (all varieties, frosted)	3/4 serving = 86 gm or 3 oz
	1/2 serving = 58 gm or 2 oz
	1/4 serving = 29 gm or 1 oz

SUMMARY: When you buy items from Group G, a *full serving* should have a minimum weight of 115 grams (4 oz). A *half serving* should have a minimum weight of 58 grams (2 oz).

**Group H****Minimum Serving Size for Group H**

Barley	1 serving = 1/2 cup cooked (or 25 gm dry)
Breakfast cereals (cooked)	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Ravioli (noodle only)	
Rice (enriched white or brown)	

SUMMARY: When you buy items from Group H, a *full serving* should have a minimum of 1/2 cup cooked product (25 grams dry). A *half serving* should have a minimum of 1/4 cup cooked product (or 13 grams dry).

**Group I****Minimum Serving Size for Group I**

Ready-to-eat breakfast cereal (cold dry)	1 serving = 3/4 cup or 1 oz, whichever is less
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SUMMARY: When you serve items from Group I, a *full serving* should measure 3/4 cup or weigh 1 ounce, whichever is less. A *half serving* should measure 3/8 cup or weigh 0.5 ounce, whichever is less.