

**Whole Grain-rich Ounce Equivalents (Oz Eq)  
for the Child and Adult Care Food Program (CACFP) <sup>1</sup>**

**EFFECTIVE OCTOBER 1, 2019**

The USDA final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, updates the CACFP meal patterns, effective October 1, 2017. Effective October 1, 2019, serving sizes for grains must comply with the ounce equivalents for creditable grains below. Grain-based desserts cannot credit toward the grains requirement in the CACFP, including cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

Group A	Oz Eq for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, saltines and snack crackers Croutons Pretzels, hard Stuffing, dry <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 grams or 0.8 ounce ¾ oz eq = 17 grams or 0.6 ounce ½ oz eq = 11 grams or 0.4 ounce ¼ oz eq = 6 grams or 0.2 ounce
Group B	Oz Eq for Group B
Bagels Batter-type coating Biscuits Breads, e.g., white, wheat, whole wheat, French, Italian Buns, hamburger and hot dog Egg roll skins English muffins Pita bread, e.g., white, wheat, whole wheat Pizza crust Pretzels, soft Rolls, e.g., white, wheat, whole wheat Tortillas, wheat or corn Tortilla chips, wheat or corn Taco shells	1 oz eq = 28 grams or 1 ounce ¾ oz eq = 21 grams or 0.75 ounce ½ oz eq = 14 grams or 0.5 ounce ¼ oz eq = 7 grams or 0.25 ounce
Group C	Oz Eq for Group C
Cornbread Corn muffins Crackers including filled crackers, e.g., peanut butter or cheese Croissants Pancakes Pie crust (only in meat/meat alternate pies) Waffles	1 oz eq = 34 grams or 1.2 ounces ¾ oz eq = 26 grams or 0.9 ounce ½ oz eq = 17 grams or 0.6 ounce ¼ oz eq = 9 grams or 0.3 ounce
Group D	Oz Eq for Group D
Muffins, all except corn	1 oz eq = 55 grams or 2 ounces ¾ oz eq = 42 grams or 1.5 ounces ½ oz eq = 28 grams or 1.0 ounce ¼ oz eq = 14 grams or 0.5 ounce

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Group E	Oz Eq for Group E
French toast	1 oz eq = 69 grams or 2.4 ounces ¾ oz eq = 52 grams or 1.8 ounces ½ oz eq = 35 grams or 1.2 ounces ¼ oz eq = 18 grams or 0.6 ounce
Group F	Oz Eq for Group F
None (grain-based desserts do not credit)	
Group G	Oz Eq for Group G
None (grain-based desserts do not credit)	
Group H	Oz Eq for Group H
Barley Breakfast cereals, cooked <sup>2</sup> Bulgur or cracked wheat Cereal grains, e.g., barley, quinoa <sup>3</sup> Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 oz eq = ½ cup cooked or 1 ounce (28 grams) dry
Group I	Oz Eq for Group I
Ready-to-eat breakfast cereals (cold dry) <sup>2</sup> Rice cakes	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola

- <sup>1</sup> To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.
- <sup>2</sup> Cereals must be whole-grain, or whole grain and enriched, or fortified. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
- <sup>3</sup> Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.



For information on the CACFP, visit the Connecticut State Department of Education's (CSDE) [CACFP Web site](#) or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/ozreqcacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/ozreqcacfp.pdf).

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