

# Grains Chart

Grain items must be whole grain or enriched or made with whole-grain or enriched meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day must be whole grain-rich.

*This chart is a guide for commonly-used food items. If serving an item not listed below, determine the amount of food required (grams or ounces) per age group (1-5 or 6-18 year olds) and refer to Nutrition Facts Label for purchased products or weigh the final product if making from scratch to determine the serving size.*

<b>Group A</b>	<b><u>1-5 year olds</u></b>	<b><u>6-18 year olds</u></b>
	<b>Serving Size<sup>1</sup></b> Minimum weight 10 grams (0.4 oz)	<b>Serving Size<sup>1</sup></b> Minimum weight 20 grams (0.7 oz)
Bread Type Coating	10 grams (0.4 ounces)	20 grams (0.7 ounce)
Bread Sticks (hard - approx 7¾")	2 sticks	3 sticks
Chow Mein Noodles	1/4 cup	1/2 cup
Crackers (saltines)	4 squares	8 squares
Crackers (snack-rounds, ovals, squares)	4 crackers	8 crackers
Crackers (one inch squares)	6 crackers	12 crackers
Crackers (small fish-shaped or similar - savory)	~25 crackers	~50 crackers
Croutons	1/4 cup	1/2 cup
Melba Toast	3 slices	5 slices
Pilot Bread	1 slice	2 slices
Pretzels (hard-mini pretzel twists)	7 pretzels	14 pretzels
Pretzel Chips	7 chips	14 chips
Rice Cakes	1-1/2 cakes	3 cakes
Bread Stuffing (dry)	1/4 cup	1/2 cup
Wafers (rye)	2 wafers	4 wafers
Zwieback	2 pieces	3 pieces
<b>Group B</b>	<b>Serving Size<sup>1</sup></b> Minimum weight 13 grams (0.5oz)	<b>Serving Size<sup>1</sup></b> Minimum weight 25 grams (.9 oz)
Bagels (approx. 4" diameter)	1/4 bagel	1/2 bagel
Bagels (approx. 3" diameter)	1/2 bagel	1 bagel
Batter Type Coating	13 grams (0.5 oz)	25 grams (0.9 oz)
Biscuits (approx. 2½" diameter)	1/2 biscuit	1 biscuit
Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, raisin)	1/2 slice	1 slice
Buns (hamburger, hot dog)	1/2 bun	1 bun
Crackers (small fish-shaped)	~19 crackers	~37 crackers
Crackers (small cheese-flavored)	12 crackers	24 crackers
Egg Roll Skins (approx. 7" square)	1/2 skin	1 skin
English Muffins	1/2 muffin	1 muffin
Fry-Bread	1/2 piece	1 piece
Oyster Crackers	1/3 cup (30 crackers)	2/3 cup (60 crackers)
Pita Bread (white, wheat - 6½ round)	1/4 medium	1/2 medium
Pizza Crust	Varies based on size***	Varies based on size***
Pretzels (soft)	1/2 pretzel	1 pretzel

<sup>1</sup> The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.

\*\*\*Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group and column.

<b>Group B (continued)</b>	<b><u>1-5 year olds</u></b>	<b><u>6-18 year olds</u></b>
	Serving Size <sup>1</sup> Minimum weight 13 grams (0.5 oz)	Serving Size <sup>1</sup> Minimum weight 25 grams (0.9 oz)
Rolls (dinner, white, wheat, whole wheat, potato)	1/2 roll	1 roll
Tortillas 6" (corn or wheat)	1/2 tortilla	1 tortilla
Tortillas 8" (flour)	1/3 tortilla	2/3 tortilla
Tortilla Chips (round or large)	6 chips (9 mini rounds)	12 chips (18 mini rounds)
Taco Shells 6" (fried corn tortilla)	1/2 shell	1 shell

<b>Group C</b>	<b><u>Serving Size<sup>1</sup></u></b> Minimum weight 16 grams (0.6 oz)	<b><u>Serving Size<sup>1</sup></u></b> Minimum weight 31 grams (1.1 oz)
	Cornbread (2 1/4" x 1 1/2")	1 piece
Corn Muffin	1/2 muffin	1 muffin
Croissant	1/2 croissant	1 croissant
Dumplings	Varies based on size***	Varies based on size***
Hush Puppies (large)	Varies based on size***	Varies based on size***
Pancakes (approx 4" diameter)	1/2 pancake	1 pancake
Popovers	1/2 popover	1 popover
Spoonbread	Varies based on size***	Varies based on size***
Waffles (frozen - square or round) (approx 4")	1/2 waffle	1 waffle

<b>Group D</b>	<b><u>Serving Size<sup>1</sup></u></b> Minimum weight 25 grams (0.9 oz)	<b><u>Serving Size<sup>1</sup></u></b> Minimum weight 50 grams (1.8 oz)
	Muffins (all but corn muffins)	1/2 muffin

<b>Group E</b>		
French Toast	1/2 slice	1 slice

**Group H**  
NOTE: All breakfast cereals must be whole grain, enriched or fortified & must contain no more than **6 grams** of sugar per dry ounce

Barley	1/4 cup	1/2 cup
Breakfast Cereals (cooked)	1/4 cup	1/2 cup
Bulgur (cracked wheat)	1/4 cup	1/2 cup
Corn Grits or Meal	1/4 cup	1/2 cup
Macaroni (all shapes)	1/4 cup	1/2 cup
Noodles Egg (all varieties)	1/4 cup	1/2 cup
Pasta (all shapes)	1/4 cup	1/2 cup
Ravioli (noodles only)	1/4 cup	1/2 cup
Rice (enriched or brown)	1/4 cup	1/2 cup

<b>Group I</b>	<b><u>1-2 year olds</u></b>	<b><u>3-5 year olds</u></b>	<b><u>6-18 year olds</u></b>
Cereals, Ready-to-eat (Wheat, corn, rice, oats, granola) <sup>1</sup>	The serving size is 1/4 cup or .33 ounce whichever is less	The serving sizes is 1/3 cup or .5 ounce whichever is less	The serving size is 3/4 cup or 1 ounce whichever is less

<sup>1</sup> The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.

\*\*\*Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group and column.