

CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS



Now that you've learned how to identify foods that are creditable toward the meal pattern components, let's learn how to determine the meal pattern contribution (crediting) for each meal component. This is an important step to ensure meals served are nutritious and meet United States Department of Agriculture (USDA) meal pattern requirements.

A food credits based on how it contributes toward the following meal components:

1. **Meats/Meat Alternates (M/MA)**
2. **Vegetables**
3. **Fruits**
4. **Grains**
5. **Fluid Milk**

The "**Food Buying Guide for Child Nutrition Programs**," commonly referred to as the Food Buying Guide (FBG), is the resource developed by USDA to help you determine how much food to purchase and how each food credits toward the meal components. The FBG is available as a(n):

- Interactive Web-based Tool
- Mobile App
- Downloadable PDF

The FBG Interactive Web-Based Tool (FBG Web Tool) and Mobile App include search and navigation functions, the FBG Calculator, the Exhibit A Grains Tool, the Recipe Analysis Workbook (RAW), and the ability for users to create and save a Favorite List.

You can search over 2,100 foods in the FBG to determine which meal component a food item credits toward and how much of that food is needed for the desired meal contribution. You can use the FBG to determine crediting for a standardized recipe



You can use the FBG Web Tool to determine yields, the RAW to determine the meal pattern contribution of standardized recipes, and the Exhibit A Grains Tool to determine the ounce equivalent (oz eq) grains for grain products.



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or to verify Product Formulation Statement (PFS) calculations for combination foods such as pizza or lasagna that credit toward more than one meal component. For example, pizza typically includes grains in the crust, M/MA (such as pepperoni and cheese), vegetables (such as tomato paste and mushrooms), and sometimes a fruit topping (such as pineapple). Remember, for a meal component to credit toward a reimbursable meal, the food must contain the following minimum creditable amounts* per serving:

- 1. Meats/Meat Alternates: at least 0.25 (1/4) ounce equivalent**
- 2. Vegetables: at least 1/8 cup (2 tablespoons)**
- 3. Fruits: at least 1/8 cup (2 tablespoons)**
- 4. Grains: at least 0.25 (1/4) ounce equivalent**
- 5. Fluid Milk: at least 1/4 cup (2 fluid ounces)**
 - Milk is only creditable when served as a beverage or on cereal, or a combination of both. Milk only credits as an ingredient when served in a smoothie.

* Please note minimum creditable amounts do not apply to the infant meal pattern.

DOCUMENTING THE MEAL PATTERN CONTRIBUTION

During a program review, the State agency is responsible for checking your documentation to ensure meal pattern requirements are met. Check with your State agency if you are unsure if a food is creditable or if you have questions on what type of documentation is needed. Documentation may include one or more of the following:

- FBG search results for a food item
- Food product label with ingredient statement
- Standardized recipe
- Valid Child Nutrition (CN) label
- Verified PFS

Documentation requirements may vary depending upon whether a food item is made from scratch or is commercially purchased. For example, if you use a standardized recipe to prepare a burrito from scratch, the standardized recipe may serve as documentation for the meal pattern contribution. However, to properly document the meal pattern contribution of a commercial burrito, you would need a PFS or a CN label.

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CREDITING COMMONLY PURCHASED FOODS

The FBG lists a number of commonly purchased foods; for example, baked beans, canned tuna, and ground chicken. If the food described on the product label matches the FBG description in the “Food as Purchased, AP” column, you may use the yield information in the FBG to determine the meal pattern contribution of that food. For example, when you search “tuna solid” in the FBG, the results are:

Search Results

| Meal Component | Category / Subcategory | Food As Purchased (AP) | Purchase Unit | Servings per Purchase Unit, Edible Portion (EP) | Serving Size per Meal Contribution | Add to Compare | Add to Favorites |
|-----------------------|---|---|---------------|---|------------------------------------|---------------------|---------------------|
| Meats/Meat Alternates | Seafood and Fish Seafood, TUNA, pouch pack or canned | Seafood, canned, Tuna Chunk style, Water packed, Includes USDA Foods | 66-1/2 oz Can | 51.20 | 1 oz drained tuna | Add | Add |
| Meats/Meat Alternates | Seafood and Fish Seafood, TUNA, pouch pack or canned | Seafood, canned, Tuna Chunk style, Water packed, Includes USDA Foods | 66-1/2 oz Can | 34.10 | 1-1/2 oz drained tuna | Add | Add |
| Meats/Meat Alternates | Seafood and Fish Seafood, TUNA, pouch pack or canned | Seafood, canned, Tuna Chunk style, Water packed, Includes USDA Foods | 12 oz Can | 10.50 | 1 oz drained tuna | Add | Add |
| Meats/Meat Alternates | Seafood and Fish Seafood, TUNA, pouch pack or canned | Seafood, canned, Tuna Chunk style, Water packed, Includes USDA Foods | 12 oz Can | 7.00 | 1-1/2 oz drained tuna | Add | Add |
| Meats/Meat Alternates | Seafood and Fish Seafood, TUNA, pouch pack or canned | Seafood, canned, Tuna Chunk style, Water packed, Includes USDA Foods | 6 oz Can | 5.26 | 1 oz drained tuna | Add | Add |
| Meats/Meat Alternates | Seafood and Fish Seafood, TUNA, pouch pack or canned | Seafood, canned, Tuna Chunk style, Water packed, Includes USDA Foods | 6 oz Can | 3.50 | 1-1/2 oz drained tuna | Add | Add |

The search results show the meal component (M/MA in the above example) that the tuna credits toward and how much (1 ounce drained tuna) is needed to provide 1 ounce equivalent M/MA. This search results screen may be used to document meal pattern contributions for your menu items.

Commercial combination food products such as pizza, chicken nuggets and ravioli, vary in ingredients and therefore vary in how much these foods contribute toward a meal component. Due to the uncertainty of the actual amount of the creditable ingredients contained in commercial combination foods, documenting the meal pattern contribution for these types of products requires one of the following:

- CN label
- PFS from the manufacturer

The CN label and a manufacturer’s PFS are documents that provide a way for a manufacturer to demonstrate how a processed food product may credit toward the meal pattern requirements in CNP. A CN label is approved by USDA and provides a warranty of a product’s meal pattern contribution when the product is used according to the manufacturer’s instructions. A PFS may be requested for processed products that do not have a CN label. A manufacturer’s PFS is not approved by USDA.

More information about manufacturer documentation can be found here:

<https://www.fns.usda.gov/cn/manufacturer-documentation> and on page 6 of the **Introduction section** of this resource.



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Remember that only CN-labeled products provide a warranty regarding the crediting information on the label. See page 7 for additional information on the CN Labeling Program.

Beef Crumbles With Soy Protein

Ingredient Statement: Ground beef (no more than 20% fat), textured soy protein product, water, salt, pepper.

CN XXXXXX*

Each 2.20 oz. serving of Cooked Beef Patty Crumbles (By Weight) provides 2.00 oz. equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy**).

CN

Net Wt.: 19.0 pounds

DFG Food Company
1234 Yellow Road Oaktown, PA 12345



Commercially prepared products contain varying amounts of each meal component. In some cases, you may need to serve a very large portion to meet meal pattern requirements. For example, a CN label reveals that a 15 ounce serving of canned ravioli is needed to provide the required 1½ ounce equivalent M/MA for children ages 3 through 5, but this quantity of ravioli greatly exceeds the ¼ cup meal pattern requirement for grains. This portion size is too large for preschool children ages 3 through 5 years old. In this instance, it may be best to serve a smaller portion of canned ravioli with a second M/MA item to provide the required M/MA amount for that meal.

Crediting Standardized Recipes

Now let's look at how to calculate meal pattern contributions using a standardized recipe. Determining meal pattern contributions for recipes is an important step in ensuring that

meals served are nutritious and meet the CACFP meal pattern requirements.

The FBG's Recipe Analysis Workbook (RAW) is available to help simplify the way you calculate meal pattern contributions for standardized recipes. The RAW is available on the FBG Web Tool to registered users with an account other than a "vendor" account. We'll use this tool to credit the example recipe below. Appendix A of the FBG contains additional instructions and examples for crediting recipes using the RAW.

The **FBG Web Tool** contains a user guide and training videos to help you use the RAW to credit standardized recipes toward the meal pattern requirements.

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Example 1: Crediting a Standardized Recipe using the RAW Tool

Gingered Carrots—Makes 25 servings (¼ cup per serving)

| Ingredients | Weight | Measure |
|--|-------------|--------------|
| Carrots, fresh, sliced diagonally | 2 lbs 9½ oz | 2 qts 1 cup |
| Water | 32 fl oz | 1 qt |
| Margarine | | 1 Tbsp 1 tsp |
| Honey | | ¼ cup |
| Lemon Juice | | 1 Tbsp 1 tsp |
| Grated Ginger, fresh | | 2 tsp |

*The creditable ingredient is in bold.

Using the RAW, follow these steps to calculate the vegetables contribution per serving:

Step 1: Navigate to the RAW via the FBG Web Tool homepage. Click “Create RAW”. Fill in Recipe Name, Servings per Recipe, and Serving Size.

Step 2: Use the search feature in the RAW to find the food item most similar to the “carrots, fresh, sliced” from the recipe. Enter “carrots” in the “Keywords” search field and click “Search.”

Search Results

| Meal Component | Category / Subcategory | Food As Purchased, AP | Purchase Unit | Servings per Purchase Unit, EP | Serving Size per Meal Contribution | Additional Information | Add to RAW |
|----------------|-------------------------------|---|---------------|--------------------------------|---|--|---------------------|
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 10.30 | 1/4 cup raw vegetable strips (about 3 strips, 4 inch by 1/2 inch) | 1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 10.60 | 1/4 cup raw, chopped vegetable | 1 lb AP = 0.83 lb trimmed, peeled carrots | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 15.40 | 1/4 cup raw, shredded vegetable | 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 8.10 | 1/4 cup raw, shredded vegetable with dressing | 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 8.83 | 1/4 cup cooked, drained, shredded vegetable | 1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot; 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 10.90 | 1/4 cup raw, sliced vegetable (5/16 inch slices) | 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Without tops | Pound | 8.16 | 1/4 cup cooked, drained, sliced vegetable (5/16 inch slices) | 1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots; 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots | Add |
| Vegetables | Red/Orange Vegetables CARROTS | Carrots, fresh Shredded, Ready-to-use | Pound | 19.90 | 1/4 cup raw vegetable | 1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups) | Add |

Step 3: Select the food item that matches the recipe ingredient.



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Step 3: Choose the food item that most closely matches both the form of the ingredient and as it is served in the prepared recipe. The carrots in this recipe are listed as fresh but are then cooked. Choose the option for **“carrots, fresh, without tops”** which will provide 8.16 servings (¼ cups) of **cooked, drained, sliced vegetable** per pound.

You can select the item by clicking on the green “Add” button.

Step 4: Identify the **Purchase Unit: Pound**

Step 5: Select the **Vegetables tab** since carrots credit toward the vegetables meal component.

Step 6: Enter the quantity of carrots in the recipe (2 lbs 9½ oz) into the **Quantity of Ingredient** field. Please note you must enter the quantity in the same unit as the “Purchase unit”. In this case, the “Purchase Unit” is in pounds, so the quantity of carrots shown in ounces must be converted to the decimal equivalent of a pound. See Table 5 Decimal Weight Equivalents in the FBG Resource Center (under the “home” navigation tab).

For this example, 9½ oz = 9.5 oz which converts to 0.5937 pounds (9.5 oz / 16 oz/lb). So the quantity of carrots to enter into the RAW is **2 lbs + 0.5937 lbs = 2.5937 lbs.**

Step 7: Determine if you need to enter the “Preparation Yield”. The preparation yield factor should only be used when the form of a recipe ingredient **does**

not match the form of the food item selected under “Food As Purchased, AP” column 1. If more than one option is available in “Additional Information”, choose the preparation yield factor that most closely matches the form of the recipe ingredient.

Preparation Yield Factor

The preparation yield factor is the percent of food remaining after preparation of the ingredient (e.g., peeling, dicing). It helps you determine the quantity of ready-to-cook or ready-to-serve food you will get from the quantity of food as purchased. Use the “When To Use a Preparation Yield” interactive flow chart (found under the “Tools” menu in the FBG WebTool) to help you determine if a preparation yield factor is needed.

In the carrot recipe example, the preparation yield factor is needed because the form of the carrots as the recipe ingredient is “fresh, peeled, sliced”, however, the form of the “Food As Purchased” item from the FBG is “fresh, without tops” indicating that the carrots are not peeled or sliced. Therefore, you will need to use the “Preparation Yield” field. For this example, find the preparation yield factor of **0.83** in the **Additional Information** column and enter into the “Preparation Yield” field in the RAW. The amount to purchase of 3.1249 is automatically calculated. Save the information entered by clicking on the “Save” button at the bottom of the screen.

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Create Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

Recipe Name * Servings per Recipe *
 Recipe Number Serving Size *

Select Creditable Ingredient | Recipe Notes | **Vegetables** | Fruit | Meats/MA | Grains - Method A | Grains - Method B | Grains - Method C | Meal Pattern Contribution

Red/Orange Vegetables

| Food As Purchased, AP | Purchase Unit | Servings per Purchase Unit, EP | Serving Size per Meal Contribution | Additional Information | Quantity of Ingredient | Preparation Yield (If applicable) | Calculated Quantity to Purchase |
|--------------------------------|---------------|--------------------------------|--|---|-------------------------------------|-----------------------------------|-------------------------------------|
| Carrots, fresh Without tops | Pound | 8.16 | 1/4 cup cooked, drained, sliced vegetable (5/16 inch slices) | 1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots; 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots | <input type="text" value="2.5937"/> | <input type="text" value="83"/> | <input type="text" value="3.1249"/> |

You must save the RAW prior to printing it. Use the "Back to RAW List" button and select from the RAW list. Click the PDF link to generate a copy to print or save.

Step 8: Select the **Meal Pattern Contribution** tab to see the results of the meal pattern contribution for this recipe.

Select Creditable Ingredient | Recipe Notes | Vegetables | Fruit | Meats/MA | Grains - Method A | Grains - Method B | Grains - Method C | **Meal Pattern Contribution**

Vegetables Red/Orange Vegetables 1/4 cup

1/4 cup provides 1/4 cup total vegetable (1/4 cup red/orange vegetable)

Please note that:

- For School Meals and CACFP: Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- For School Meals and CACFP: Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- For School Meals Only: Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

One serving (1/4 cup) of this recipe credits as 1/4 cup Vegetables.

You can save or print a copy for your files and use this as crediting documentation for your standardized recipe.

This example demonstrates how to use the FBG's RAW to calculate the meal pattern contribution of a standardized recipe. The next recipe is credited using hand calculations to show an alternative method for determining the meal pattern contribution for recipes. Appendix A in the FBG contains the RAW worksheets and templates that you can use to do the hand calculations.



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Example 2: Crediting a Standardized Recipe using Hand Calculations

Mango Smoothie Bowl—Makes 25 servings (1 serving = ¾ cup)

| Ingredients | Weight | Measure |
|------------------------------|-----------|--------------|
| Low-Fat Plain Yogurt | 6 lb 4 oz | 3 qts 3 cups |
| Frozen Mangoes, diced | 5 lb | 3 qts 3 cups |
| Agave Syrup | | ¼ cup |
| Vanilla Extract | | 2 Tbsp |

*The creditable ingredients are in bold.

Using the FBG, follow these steps to calculate the M/MA contribution for low-fat plain yogurt per serving and to determine how much of the low-fat plain yogurt to purchase for the recipe:

Step 1: Navigate to the Food Items “Search” within the FBG Web Tool. Search for “yogurt” in the “Keywords” field and find the food item most similar to **low-fat plain yogurt**. Choose the food item that most closely matches both the form of the food as it is purchased and as served in the prepared recipe. For this example, we selected: Yogurt, fresh, Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared, (includes Greek yogurt)

| Meal Component | Category / Subcategory | Food As Purchased (AP) | Purchase Unit | Servings per Purchase Unit, Edible Portion (EP) | Serving Size per Meal Contribution | Add to Compare | Add to Favorites |
|-----------------------|--------------------------------|--|-----------------|---|---|---------------------|---------------------|
| Meats/Meat Alternates | Cheese, Eggs, Yogurt YOGURT | Yogurt, fresh** Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods Footnote | 32 oz Container | 6.00 | 1/2 cup or 4 oz yogurt provides 1 oz meat alternate | Add | Add |
| Meats/Meat Alternates | Cheese, Eggs, Yogurt YOGURT | Yogurt, fresh** Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods Footnote | 32 oz Container | 5.33 | 3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate | Add | Add |
| Meats/Meat Alternates | Cheese, Eggs, Yogurt YOGURT | Yogurt, fresh** Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods Footnote | 32 oz Container | 4.00 | 1 cup or 8 oz provides 2 oz meat alternate | Add | Add |

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Step 2: Identify the **Purchase Unit**:

32-ounce container

Step 3: Convert the ingredient amount in the recipe to match the unit of the **Purchase Unit** from the FBG food item. The recipe calls for 6 lb 4 oz of low-fat plain yogurt. The purchase unit is in ounces (32-oz container).

6 lb x 16 oz per lb = 96 oz

Add 4 oz to 96 oz = 100 oz

There are 100 oz of low-fat plain yogurt in this recipe.

Step 4: Determine how many 32-ounce containers of yogurt you need (the calculated quantity to purchase) by dividing the 100 oz of yogurt in the recipe by 32 oz (the weight of the **Purchase Unit**).

100 oz ÷ 32 oz in a container of yogurt = 3.125 containers of yogurt.

You will need to round this up to the nearest whole number to determine how many 32-oz containers of yogurt to purchase. In this example, round 3.125 up to 4; hence, 4 containers need to be purchased. (Note: You will have extra yogurt once you measure out the 100 oz of yogurt needed for the recipe).

Step 5: Find the **Servings per Purchase Unit, EP** (edible portion) for yogurt, fresh that provides a 1 oz eq M/MA (found under **Serving Size per Meal Contribution** column):

8.00 servings per 32-oz container

Step 6: Calculate the number of ounce equivalent (oz eq) of M/MA in the recipe:

3.125 containers of yogurt (32 oz each) x 8 servings per Purchase Unit, EP = 25 total oz eq M/MA

Step 7: Divide the total oz eq of M/MA by the number of servings per recipe to determine the oz eq of M/MA per serving:

25 oz eq M/MA ÷ 25 servings per recipe =

1.0 oz eq M/MA per serving.

One serving (¾ cup) of the recipe provides 1 oz eq M/MA.

Key Tip: The FBG contains more than 2,100 food items that are typically served in CNP settings, but it does not contain every food item that may be served. If your food item is not in the FBG, you can use the item most similar to that food. Document which food item was used as a substitute to determine the meal pattern contribution. For commercially processed items that vary significantly by manufacturer (e.g., chicken nuggets), manufacturer documentation such as a CN label or PFS is required for crediting determination.



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Using the FBG, follow these steps to calculate the fruits contribution per serving for the frozen mangoes, diced:

Search Results

| Meal Component | Category / Subcategory | Food As Purchased (AP) | Purchase Unit | Servings per Purchase Unit, Edible Portion (EP) | Serving Size per Meal Contribution | Add to Compare | Add to Favorites |
|----------------|-------------------------------|--|---------------|---|---|---------------------|---------------------|
| Fruits | Fruit and Fruit Juice MANGOES | Mangoes, fresh Whole | Pound | 7.60 | 1/4 cup cubed or sliced fruit | Add | Add |
| Fruits | Fruit and Fruit Juice MANGOES | Mangoes, frozen Unsweetened, Cubed, IQF | Pound | 6.00 | 1/4 cup thawed, drained fruit | Add | Add |
| Fruits | Fruit and Fruit Juice MANGOES | Mangoes, frozen Unsweetened, Diced | Pound | 7.50 | 1/4 cup thawed, drained fruit | Add | Add |
| Fruits | Fruit and Fruit Juice MANGOES | Mangoes, dried Slices, 100% dried fruit only | Pound | 21.00 | 1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/ISBP and CACFP) | Add | Add |



Step 1: Navigate to the Food Items “Search” within the FBG Web Tool. Search for “mangoes” in the “Keywords” field and find the food item most similar to the frozen mangoes, diced in the recipe. Choose the food item that most closely matches both the form of the food as it is purchased and as served in the prepared recipe. For this example, we selected **mangoes, frozen, unsweetened, diced**.

Step 2: Identify the **Purchase Unit: Pound**

Step 3: Determine if you need to use the preparation yield factor. In this example, because the form of the food from the FBG (mangoes, frozen, unsweetened, diced) matches the form of the food in the ingredient list of the recipe (frozen mangoes, diced), the preparation yield is not needed. Use 5 pounds (quantity

of the recipe ingredient) of frozen diced mangoes when completing the calculations below.

If, however, you purchased fresh, whole mangoes and your recipe calls for frozen, diced mangoes, you must convert the quantity of mangoes, as listed in the recipe, to match the form of the mangoes as listed under the **Food As Purchased, AP** column.

The **Additional Information** column for the mangoes, fresh, **whole** states, “1 lb AP = 0.69 lb ready-to-serve raw mangoes,” meaning that 1 pound as purchased of fresh, whole mangoes yields 0.69 pound of ready-to-serve mangoes after the mango is peeled, seeded, and diced (0.69 lb is the preparation yield factor).

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Step 4: Find the **Servings per Purchase Unit, EP** (edible portion) for the mangoes, **frozen, unsweetened, diced** that provide $\frac{1}{4}$ cup thawed, drained fruit (found under **Serving Size** column):

7.50

Step 5: Calculate the number of $\frac{1}{4}$ cups of thawed, drained fruit in the recipe using the calculated quantity to purchase:

5 lbs mangoes, frozen, unsweetened, diced x 7.50 Servings per Purchase Unit, EP = 37.50 $\frac{1}{4}$ cups fruit.

Step 6: Convert the $\frac{1}{4}$ cups to cups:

37.50 $\frac{1}{4}$ cups \div 4 = 9.375 cups.

Step 7: Divide the total cups by the number of servings per recipe to determine the total cups of fruit per serving:

9.375 cups \div 25 servings per recipe = 0.375 cup fruit per serving.

Step 8: Use the table below for converting decimal equivalents to the nearest $\frac{1}{8}$ cup portion. In this example, 0.375–0.499 credits as $\frac{3}{8}$ cup fruit.

One serving of the recipe provides $\frac{3}{8}$ cup fruit.

Converting Decimal Equivalents to the Nearest Portion of a Cup for Fruits and Vegetables

| If decimal equivalent is | The recipe contributes |
|--------------------------|------------------------|
| 0.125 - 0.249 | 1/8 cup |
| 0.250 - 0.374 | 1/4 cup |
| 0.375 - 0.499 | 3/8 cup |
| 0.500 - 0.624 | 1/2 cup |
| 0.625 - 0.749 | 5/8 cup |
| 0.750 - 0.874 | 3/4 cup |
| 0.875 - 0.999 | 7/8 cup |
| 1.000 - 1.124 | 1 cup |

You can use this table to identify the creditable amount of fruits or vegetables in any recipe.

Step 9: Write your meal pattern contribution statement to show how the standardized recipe credits toward the CACFP meal pattern requirements:

1 serving ($\frac{3}{4}$ cup) of the mango smoothie bowl provides 1 oz eq M/MA and $\frac{3}{8}$ cup fruit.



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HANDS-ON PRACTICE: CREDITING GRAIN PRODUCTS TOWARD THE MEAL PATTERN REQUIREMENTS

You likely purchase grain products from your local grocery store or supermarket. To determine how these commercial products credit toward the grains component, you will compare the weight of one serving (found on the Nutrition Facts label) against the ounce equivalent (oz eq) amount in the applicable group in Exhibit A.

Here are the general steps to follow:

1. Find the serving size on the Nutrition Facts label of the product package.
2. Find the Group in Exhibit A chart to which your grain product belongs.
3. Find the amount in grams that equals 1 oz eq for that group.
4. Divide the serving size of your product by the amount from step 3.
5. Round down to the nearest 0.25 oz eq.
6. Record the serving size and grains contribution.

Examples for Calculating the Grains Credit for Groups A–G of Exhibit A.

For grain products listed in Groups A–G (such as crackers, breads, muffins, pancakes, and waffles), each portion must contain at least 16 grams of creditable grains (whole grains, enriched grains, bran or germ) to provide 1 oz eq grains.

Let's look at a few examples using the sample Nutrition Facts labels to calculate oz eq grains.

Example 1: Enriched Wheat Sandwich Bread

| Nutrition Facts | |
|---|-----------------------|
| 23 servings per container | |
| Serving size | 1 slice (31g) |
| <hr/> | |
| Amount per serving | |
| Calories | 70 |
| <hr/> | |
| | % Daily Value* |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 2g | 8% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 2% |
| Protein 3g | |
| <hr/> | |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Step 1: Find the Serving Size on the Nutrition Facts label on the package of Enriched Wheat Sandwich Bread:
1 serving = 1 slice = 31 g

Step 2: Find bread in Exhibit A under Group B which reads:
Breads—all (for example sliced, French, Italian)
1 oz eq = 28 g or 1.0 oz

Step 3: Divide 31 g per slice by 28 g per oz eq:
31 ÷ 28 = 1.1071 oz eq per slice

Step 4: Round 1.1071 oz eq down to the nearest 0.25 oz eq.
1.1071 → 1.0 oz eq grains

Step 5: Record the quantity served and the grains contribution.
1 slice enriched bread credits as 1 oz eq grains.

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Example 2: Tortilla (made with enriched grains)

| Nutrition Facts | |
|---|-----------------------|
| 10 servings per package | |
| Serving size 1 tortilla (49g) | |
| <hr/> | |
| Amount per serving | |
| Calories | 140 |
| | % Daily Value* |
| Total Fat 3.5g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 420mg | 18% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 1g | 4% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 2% |
| Protein 4g | |
| <hr/> | |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

- Step 1:** Find the Serving Size on the Nutrition Facts label on the package of tortillas:
1 serving = 1 tortilla = 49 g
- Step 2:** Find tortillas in Exhibit A under Group B which reads:
Tortillas 1 oz eq = 28 g or 1.0 oz
- Step 3:** Divide 49 g per tortilla by 28 g per oz eq:
 $49 \div 28 = 1.75$ oz eq grains per tortilla*
- Step 4:** Record the quantity served and the grains contribution.
1 enriched tortilla credits as 1.75 oz eq grains.

Example 3: Savory Crackers (made with enriched grains)

| Nutrition Facts | |
|---|-----------------------|
| About 4 servings per container | |
| Serving size 30g (8 crackers) | |
| <hr/> | |
| Amount per serving | |
| Calories | 140 |
| | % Daily Value* |
| Total Fat 4.5g | 7% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 280mg | 12% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 1g | 4% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 2% |
| Protein 2g | |
| <hr/> | |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

- Step 1:** Find the Serving Size on the Nutrition Facts label on the package of the crackers:
1 serving = 30 g (8 crackers)
- Step 2:** Find crackers in Exhibit A under Group A which reads:
Savory Crackers (saltines and snack crackers) 1 oz eq = 22 g or 0.8 oz
- Step 3:** Divide 30 g by 22 g per oz eq:
 $30 \div 22 = 1.3636$ oz eq per serving.
- Step 4:** Round 1.3636 oz eq down to nearest 0.25 oz eq. **$1.3636 \rightarrow 1.25$ oz eq grains**
- Step 5:** Record the quantity served and the grains contribution.
8 enriched grain crackers credits as 1.25 oz eq grains.

* This result does not need to be rounded down.



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

What if you only need to provide 1 oz eq grains? To determine how many crackers you need to serve to provide 1 oz eq of grains, you can do this calculation:

Step 1: 22 g per 1 oz eq from Exhibit A divided by 30 g per serving of 8 crackers from the Nutrition Facts label equals 73 percent:

$$22 \div 30 = 0.73 \text{ (73\%)}$$

Step 2: Multiply 0.73 by 8 crackers to determine how many crackers are needed to provide 1 oz eq grains:

$$0.73 \times 8 = 5.84 \text{ crackers}$$

Step 3: Round 5.84 crackers up to the next whole number (5.84 rounds to 6):

6 crackers are needed to provide 1.0 oz eq grains.

Examples for Calculating the Grains Credit for Group H Items (Cereal Grains, Pasta, Rice)

There are 3 methods to calculate oz eq grains for Group H items:

1. **Cooked volume:** For any item listed in Group H of Exhibit A, $\frac{1}{2}$ cup cooked grains provides 1 oz eq grains.
2. **Dry weight:** For any item listed in Group H, 28 grams (dry) provides 1 oz eq grains.
3. **Grams of creditable grains per serving.**



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Example: Pasta

| Nutrition Facts | |
|-------------------------------|------------|
| 8 servings per container | |
| Serving size | 32g |
| Amount per serving | |
| Calories | 100 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0.5g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Additional information obtained from the pasta package and/or PFS for this example:

- Contains whole-wheat flour, enriched flour, and no noncreditable grains.
- Cooks to a ½ cup volume per 32 g dry weight portion, according to the label.
- Contains 29 g of creditable grains per 32 g portion, according to the manufacturer's PFS.

Let's try the 3 calculation methods to determine oz eq grains:

1. Using cooked volume:

$$\frac{1}{2} \text{ cup cooked pasta} \div \frac{1}{2} \text{ cup standard (Group H)} = 1 \text{ oz eq}$$

2. Using the dry weight of pasta:

$$\frac{32 \text{ g dry weight}}{28 \text{ g standard (Group H)}} = 1.1428$$

1.1428 rounds down to 1 oz eq

3. Using grams of creditable grains:

$$\frac{29 \text{ g of creditable grains per serving (from PFS)}}{28 \text{ g standard (Group H)}} = 1.0357$$

1.0357 rounds down to 1 oz eq

Meal Pattern Contribution Statement:

1 serving of pasta (32 g dry or ½ cup cooked) credits as 1.0 oz eq grains.

In this example, the three calculation methods result in the same crediting (1 serving credits as 1.0 oz eq grains). Please note that each of the methods could result in a slightly different answer. As long as the method was calculated correctly, the result for any method may be used. Choose and document the method that works best for your program.



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Example for Calculating the Grains Credit Using the Exhibit A Grains Tool

The Exhibit A Grains Tool, found within the FBG Web Tool, assists program operators with determining the grains contribution for grain products listed in Exhibit A chart. The Exhibit A Grains Tool allows the user to easily

determine the oz eq grains for a grain product. In addition, the tool also allows the user to determine the amount to serve to provide a desired grains contribution in oz eq as well as to determine the amount to serve each age group. This tool is also available on the FBG Mobile App.

Example: RTE Cereal

Use the steps in the example below to calculate the oz eq grains in this cereal using the Exhibit A Grains Tool.

ABC Fortified Toasted Cereal Rounds



| Nutrition Facts | |
|---------------------------|---------------------|
| 17 servings per container | |
| Serving size | 1 cup (30 g) |
| <hr/> | |
| Amount per serving | |
| Calories | 120 |

Step 1: Navigate to the Exhibit A Grains Tool in the FBG Web Tool or FBG Mobile App. Click the “Enter Exhibit A Product” button.

Step 2: Enter the required information in the Product Name field as listed on the Product Label. For this example, you may enter, “ABC Fortified Toasted Cereal Rounds”. Next, choose the program and meal that you will serve the grain product. The drop-down menu provides many program and meal options. There are four CACFP options: Breakfast, Lunch and Supper, Snack, and Infant. For this example, you may select “CACFP – Breakfast.”



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Step 3: Search for the grain product as it is listed in Exhibit A. Exhibit A does not have brand names listed, so you will need to search for the general term, such as, “cereal.” You can see that “Ounce Equivalent (oz eq) Grains” is automatically selected since we chose CACFP in Step 2.

Exhibit A Grains Tool - Edit Product

Instructions

Asterisks (*) denote required information
The numbers listed below correspond to the steps in the instructions accordion above.

1 Product Name * ABC Fortified Toasted Cereal Rounds Product Date 08/29/2025 (MM/DD/YYYY)

Program—Meal * CACFP—Breakfast

2 Item Keywords: cereal Search Clear Search

3 Choose Method * Ounce Equivalent (oz eq) Grains (All Programs) Grains/Breads Serving(s) (SFSP/NSLP Afterschool Snack Service)

| Action | Item Name | Group | Grams per 1 oz eq | Ounces per 1 oz eq | Grams per 1 Bread Serving | Ounces per 1 Bread Serving |
|--------|---|---------|-------------------|--------------------|---------------------------|----------------------------|
| 4 Add | Breakfast cereals (cooked) | Group H | 28 g | 1 oz | 25 g | 0.8928 oz |
| Add | Cereal Grains (barley, quinoa, etc.) | Group H | 28 g | 1 oz | 25 g | 0.8928 oz |
| Add | Ready to eat breakfast cereal (cold, dry) | Group I | 28 g | 1 oz | 28 g | 1 oz |

All the Exhibit A items that contain the keywords you entered in the search and are creditable for the program and meal you selected will populate on the table below. Once you find the appropriate grain item that matches the product, you can click on the “Add” button to select it. In this example, the ABC Fortified Toasted Cereal Rounds are a “Ready to eat breakfast cereal.”



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Step 4a: Click on the Grains Contribution tab and enter the serving size as listed on product label and/or the Nutrition Facts label. You may enter the serving size either in cups or in grams if the correct measurement unit is indicated. For this example, you will enter that a serving is 30 grams, as shown on the Nutrition Facts label above.

With this information, the grains contribution is calculated for you and displayed in these two places (outlined in the blue boxes below). As you can see, 30 grams of the cereal provides 1.0 oz eq grains. Be sure to click “Save” in order to save this item.

| Action | Item Name | Group | Grams per 1 oz eq | Ounces per 1 oz eq | Grams per 1 Bread Serving | Ounces per 1 Bread Serving |
|--------|---|---------|-------------------|--------------------|---------------------------|----------------------------|
| Add | Breakfast cereals (cooked) | Group H | 28 g | 1 oz | 25 g | 0.8928 oz |
| Add | Cereal Grains (barley, quinoa, etc.) | Group H | 28 g | 1 oz | 25 g | 0.8928 oz |
| Add | Ready to eat breakfast cereal (cold, dry) | Group I | 28 g | 1 oz | 28 g | 1 oz |

| Grains Contribution | Amount to Serve | Amount to Serve by Age Group/Grade Group |
|---------------------|-----------------|--|
|---------------------|-----------------|--|

| Description of Food Item per Exhibit A | Serving Size (as provided on Product Label) Decimal Equivalents of Commonly Used Fractions | Measurement Unit | Weight or Cups of One Ounce Equivalent/Minimum Serving Size as Listed in Exhibit A | Grains Contribution |
|---|---|------------------|--|---------------------|
| X Ready to eat breakfast cereal (cold, dry) | 5 30.00 | 6 grams | 7 28 grams | 8 1.00 oz eq grains |

Grains Contribution: 30.00 grams of Ready to eat breakfast cereal (cold, dry) provide 1.00 oz eq grains

NOTE:

- Refer to Exhibit A for specific guidance on creditable grain products in Child Nutrition Programs.
- Creditable grain items are made from whole or enriched grains.
- Grain-based desserts are not creditable in CACFP or NSLP/SBP infant and preschool meals.
- Make sure the food you are entering is creditable for infants. For more information, see ["Feeding Infants in the CACFP's Appendix F: Infant Foods List"](#)
- For combination foods that credit toward more than one meal component, enter the weight of the grain portion only (e.g., for pizza, only enter the weight of the crust).

You must save the Exhibit A Product prior to printing it. Use the "Back to List" button and select from the Exhibit A Products list. Click the PDF link to generate a copy to print or save.

Save Back to List

The Exhibit A Grains Tool has three tabs:

- 1 The Grains Contribution tab calculates the Grains Contribution for a grain product based on a serving as stated on the Nutrition Facts label.
- 2 The Amount to Serve tab calculates the amount to serve for a grain product based on your desired grains contribution.
- 3 The Amount to Serve by Age Group/Grade Group tab calculates the amount to serve for a grain product to meet the minimum grains requirement for the program and meal you selected in Step 2.

CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Step 4b: Click on the Amount to Serve tab. First, we need to distinguish the “food item type” for the ready-to-eat cereal. The options are: flakes and rounds, puffed, or granola cereal. For this ABC Fortified Toasted Cereal Rounds example, select the “flakes and rounds” option from the drop-down menu. Next, enter the desired grains contribution that you want to serve. For this example, you want to provide 0.50 oz eq grains. As soon as this amount is entered, the amount to serve is calculated and displayed in two places (outlined in the blue boxes below). To provide 0.50 oz eq grains, you need to serve 0.50 cups, which is a ½ cup of the cereal.

| Grains Contribution | | Amount to Serve | Amount to Serve by Age Group/Grade Group | |
|--|---|--|--|--------------|
| Description of Food Item per Exhibit A | | Food Item Type | Desired Grains Contribution | |
| <input type="checkbox"/> | Ready to eat breakfast cereal (cold, dry) | ⑤ flakes and rounds | ⑥ 0.5 | oz eq grains |
| Amount to Serve: To provide 0.5 oz eq grains of Ready to eat breakfast cereal (cold, dry), serve 0.50 cup(s) | | ⑧ Amount to Serve Decimal Equivalents of Commonly Used Fractions 0.50 cup(s) | | |

NOTE:

- Refer to Exhibit A for specific guidance on creditable grain products in Child Nutrition Programs.
- Creditable grain items are made from whole or enriched grains.
- Grain-based desserts are not creditable in CACFP or NSLP/SBP infant and preschool meals.
- Make sure the food you are entering is creditable for infants. For more information, see ["Feeding Infants in the CACFP's Appendix E: Infant Foods List"](#)
- For combination foods that credit toward more than one meal component, enter the weight of the grain portion only (e.g., for pizza, only enter the weight of the crust).

You must save the Exhibit A Product prior to printing it. Use the "Back to List" button and select from the Exhibit A Products list. Click the PDF link to generate a copy to print or save.

[Save](#) [Back to List](#)



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Step 4c: Click on the Amount to Serve by Age Group/Grade Group tab. First, you need to select the type of cereal from the drop-down options. Again, for this example, select “flakes and rounds”. The program and meal type are automatically shown based on your selection in Step 2. For this example it is CACFP Breakfast.

The table is displayed with the amount of the product to serve to meet the minimum grains requirement by age group. This is helpful if you are serving a group of children of different ages.

Grains Contribution
Amount to Serve
Amount to Serve by Age Group/Grade Group

| Description of Food Item per Exhibit A | Food Item Type | Program—Meal |
|---|---|---|
| X Ready to eat breakfast cereal (cold, dry) | ⑤ flakes and rounds | ⑦ CACFP—Breakfast ← |

⑧ Amount to Serve by Age Group/Grade Group to Meet Minimum Grains Requirement for CACFP—Breakfast
[Decimal Equivalents of Commonly Used Fractions](#)

| Age Group/Grade Group | Amount to Serve to Meet Minimum Grains Requirement | Minimum Grains Requirement |
|-----------------------|--|----------------------------|
| Ages 1—2 | 0.50 cup(s) | 0.50 oz eq grains |
| Ages 3—5 | 0.50 cup(s) | 0.50 oz eq grains |
| Ages 6—12 | 1.00 cup(s) | 1.00 oz eq grains |
| Ages 13—18 | 1.00 cup(s) | 1.00 oz eq grains |
| Adult | 2.00 cup(s) | 2.00 oz eq grains |

NOTE:

- Refer to Exhibit A for specific guidance on creditable grain products in Child Nutrition Programs.
- Creditable grain items are made from whole or enriched grains.
- Grain-based desserts are not creditable in CACFP or NSLP/SBP infant and preschool meals.
- Make sure the food you are entering is creditable for infants. For more information, see ["Feeding Infants in the CACFP's Appendix F: Infant Foods List"](#)
- For combination foods that credit toward more than one meal component, enter the weight of the grain portion only (e.g., for pizza, only enter the weight of the crust).

The Exhibit A Grains Tool does the math calculations for you, making it easier to determine the grains contribution for grain products. Remember, you can use the Exhibit A Grains Tool to:

1. Calculate the grains contribution for a grain product based on a serving as stated on the Nutrition Facts label,
2. Calculate the amount to serve for a grain product based on your desired grains contribution, and
3. Calculate the amount to serve for a grain product to meet the minimum grains requirement by age/grade group for a selected program and meal.



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Example for Calculating the Grains Credit for a Standardized Recipe

Italian Bread Recipe

Use the steps in the example below to calculate the oz eq grains in a standardized recipe. Please note that this recipe contains both whole-grain and enriched flours and meals.

Please note that in determining the grains contribution, decimals are always rounded down so there will never be less credit than what is claimed. However, in determining amounts to prepare, decimals are always rounded up to ensure enough food is prepared to provide the correct number of servings.

Italian Bread Recipe—Makes 25 servings (1 serving = 1 slice)

| Ingredients | Weight | Measure |
|-----------------------------------|--------------|-----------------|
| Active Dry Yeast | | 2 Tbsp 1 tsp |
| Water (110 °F) | | ½ cup |
| Whole-Wheat Flour | 1 lb | 3½ cups |
| Enriched Bread Flour | 14 oz | 3 ⅛ cups |
| Instant Nonfat Dry Milk | 1½ oz | 3 Tbsp |
| Sugar | | 2 Tbsp |
| Salt | | 1¾ tsp |
| Water (70-75 °F) | | 1½ cups |
| Shortening, trans fat-free | | 2 Tbsp |
| White Whole Grain Cornmeal | | 1 Tbsp |

The creditable grain ingredients are in bold.

Step 1: Convert creditable grain ingredients to ounces:

Whole-Wheat Flour: 1 lb = 16 oz

Enriched Bread Flour: 14 oz

White Whole Grain Cornmeal

is disregarded because 1 tablespoon (approximately 8 grams) of cornmeal weighs less than 1 ounce. This weight is very small and therefore not added to the weight of the other creditable grains.

Note: To convert the weight in pounds to ounces, multiply the pounds by 16 ounces per pound and add any remaining ounces. For example, if the weight is 1 lb 4 oz

Multiple the pounds by 16 oz per pound

$$1 \text{ lb} \times 16 \text{ oz per pound} = 16 \text{ oz}$$

Add the remaining ounces (4 oz)

$$16 \text{ oz} + 4 \text{ oz} = 20 \text{ oz}$$

Step 2: Convert ounces to grams.

Note: 1 oz = 28.35 g

Whole-Wheat Flour:

$$16 \text{ oz} \times 28.35 \text{ g per ounce} = 453.6 \text{ g}$$

Enriched Bread Flour:

$$14 \text{ oz} \times 28.35 \text{ g per ounce} = 396.9 \text{ g}$$

Step 3: Add the total grams of creditable grains ingredients:

| | | |
|-----------------------------|---|----------------|
| Whole-Wheat Flour | | 453.6 g |
| | + | |
| Enriched Bread Flour | | 396.9 g |
| Total grains | = | 850.5 g |

Step 4: Divide the total grains by the number of servings in the recipe:

$$850.5 \text{ g grains} \div 25 \text{ servings} = 34.02 \text{ g grains per serving}$$



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Step 5: Divide the grams of grains per serving by 16 g per oz eq. Remember, for grain items in Groups A—G of Exhibit A, each portion must contain at least 16 grams of creditable grains per 1 oz eq:

$$34.02 \text{ g grains per serving} \div 16 \text{ g per oz eq} = 2.1262 \text{ oz eq grains.}$$

Step 6: Round down to the nearest 0.25 oz eq:

2.1262 rounds down to 2.0 oz eq grains per serving.

Step 7: Record the quantity served and the grains contribution

1 slice of Italian bread provides 2 oz eq grains.

(Note: If you want to provide only 1 oz eq of grains, you could serve a ½ slice of this Italian Bread.)

You may also use the RAW available on the FBG Web Tool to calculate the meal pattern contribution of your standardized recipes. The FBG Web Tool contains a user guide and training videos to assist you in using the RAW.

WEIGHTS OF COMMONLY USED GRAINS

If your recipe only provides the quantity of grains in cup measurements, use the table below to determine the weight of each ingredient in grams. This saves you the additional step of converting recipes from cups to ounces/pounds and then to grams.

Of course, remember to divide or multiply the number of grams to reflect the number of cups in your recipe.

| Food Item | Description | Weight of 1 cup in grams |
|--------------------------|-------------------|--------------------------|
| Flour, All-Purpose | Unsifted, spooned | 125 grams |
| Bread Flour | Unsifted, spooned | 137 grams |
| Masa Harina (Corn Flour) | Unsifted, spooned | 114 grams |
| Oats | Uncooked | 81 grams |
| Wheat Germ | Spooned | 115 grams |
| Whole-Wheat Flour | Unsifted, spooned | 120 grams |

Source: USDA National Nutrient Database for Standard Reference

CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

SPECIAL CREDITING SITUATIONS FOR GRAINS

Please note, when crediting combination foods that contain a grain product listed in Exhibit A, such as a wonton or egg roll skins (Exhibit A, Group B) or the crust portion of savory pies (Exhibit A, Group C), the weights of the finished products vary widely with differences in the amount of fillings so that standard total weights cannot be established. As with all grain items, **ONLY** the weight of the grains in the product, **NOT** the weight of the entire food product, is used to determine the grains contribution. Document the grains contribution of these combination foods with a standardized recipe, a PFS, or a CN label. Maintain a copy of the documentation on file

to demonstrate how the food credits toward the meal pattern requirements.

The weights listed for 1-ounce equivalent grains in Groups A—G of Exhibit A reflect the total weight of the product needed to provide at least 16 grams of creditable grains (whole grain, enriched grain, bran, or germ) along with any other ingredients in the product.

One ounce equivalent for some foods may be less than a measured ounce if the food is concentrated or low in water content (e.g., savory crackers or croutons) or more than an ounce if the food contains a large amount of water (e.g., cooked rice or cooked pasta).

