

Usando Equivalentes de Onça para Grãos no CACFP

Uma Apresentação de Treinamento para Operadores do Programa de Alimentação para Crianças e Adultos (CACFP)



USDA's Team Nutrition



- Uma iniciativa do Serviço de Alimentação e Nutrição do USDA para apoiar os Programas de Nutrição Infantil do USDA.

- Visa melhorar os hábitos alimentares e de atividade física das crianças ao longo da vida.

- Fornece educação nutricional e materiais de treinamento para agências estaduais, organizações patrocinadoras e locais do CACFP.



TeamNutrition.usda.gov



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Usando Equivalentes de Onça para Grãos no CACFP FY'2023

*Este é um treinamento obrigatório para
Participação no Programa de Alimentação para Crianças e Adultos
(CACFP)*

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**Se não estiver participando de uma apresentação de treinamento “ZOOM”,
você deve preencher todas as perguntas do Home Study Quiz on-line em www.yoursforchildren.com
dentro de duas (2) semanas após o recebimento
deste estudo em casa.**



Yours for Children, inc.

Durante a primeira semana do próximo mês, a YFCI enviará um e-mail de confirmação de ter concluído esta formação.

Guarde esse e-mail para seus registros!

Imprima esse e-mail e guarde-o em seu
Yours for Children, Inc. Provider Handbook.

Uma cópia do texto deste treinamento será incluída nesse e-mail para referência futura.

Let's Start

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mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email: program.intake@usda.gov

This institution is an equal opportunity provider

O que são equivalentes em onças?

- Um método de medição de grãos no CACFP
 - Onça equivalente = a quantidade de comida que você precisa para fazer 16 gramas de grãos
- A quantidade de grãos em um produto pode variar de acordo com o tipo de item e o tamanho.

Bread Roll
28 grams



16 grams grains
1 oz. eq.

Waffle
34 grams



16 grams grains
1 oz. eq.

Waffle
68 grams



32 grams grains
2 oz. eq.

Por que a mudança para equivalentes em onça?

- Equivalentes de onça (oz eq) ajudam a simplificar o CACFP com outros Programas de Nutrição Infantil (CNP)
- Oz eq são usados pelas Diretrizes Dietéticas Nacionais para Americanos e com as mensagens do consumidor MyPlate
- OZ eq ajuda os programas a saber que estão servindo as porções corretas de grãos para atender às necessidades nutricionais dos participantes.

IMPORTANTE!

Você NÃO precisa registrar os grãos que você serve de forma diferente.

Você NÃO precisa registrar a quantidade de grãos que serve.

Este treinamento irá ajudá-lo a determinar se você está servindo muito ou pouco grãos!

Usando equivalentes de onça para grãos na planilha CACFP

USDA
United States Department of Agriculture
Food and Nutrition Service

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?

20 cheese crackers (1" by 1" = 1 oz. eq.)
12 thin wheat crackers (1 1/4" by 1 1/4" = 1 oz. eq.)
5 woven whole-wheat crackers (1 1/2" by 1 1/2" = 1 oz. eq.)

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:
 - Lists a weight for the grain, such as at least 56 grams,** then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.
 - Does not list a weight or size for the grain,** then you do not need to check the size or weight of the product before using the chart.
 - Lists a size for the grain, such as about 1 1/2" by 1 1/2",** then check if the item is the same size, or larger than, this amount. See page 6.
- Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	1-through 5-year-olds at Breakfast, Lunch, Supper, Snack	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams)**	1/4 pita or 14 grams	1/4 pita or 14 grams	1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams	1 1/2 cups or 14 grams	1 1/2 cups or 14 grams
Prezel, Hard, Mini-Twist (about 1 1/4" by 1 1/4")**	7 twists or 11 grams	7 twists or 11 grams	7 twists or 11 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1-through 5-year-olds at Breakfast, Lunch, Supper, Snack	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Bagel (entire bagel) at least 56 grams*	1/4 bagel or 14 grams	1/4 bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams**	1/4 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams**	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	1/2 slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams**	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 bun/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 grams dry	1/4 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	1/2 cup or 14 grams	1/2 cup or 28 grams	1/2 cup or 56 grams
Cereal, Ready-to-Eat: Puffed	1/2 cup or 14 grams	1 1/2 cup or 28 grams	2 1/2 cups or 56 grams
Corn Muffin at least 34 grams*	1/2 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 1/2" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (-1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by 1/2")**	12 crackers (-1/4 cup) or 14 grams	24 crackers (-1/2 cup) or 28 grams	48 crackers (-1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (-1/2 cup) or 22 grams	40 crackers (-1 cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about 3/4" by 1/2")**	21 crackers (-1/4 cup) or 11 grams	41 crackers (-1/2 cup) or 22 grams	81 crackers (-1 cup) or 44 grams

*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
 **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)*** to determine the ounce equivalents per serving for standardized recipes.

*Available at <https://foodbuyingguide.fns.usda.gov>

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

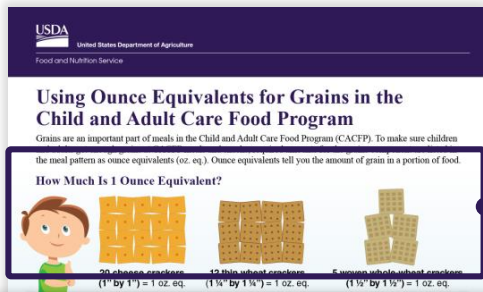
Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.

FNS-862 October 2019
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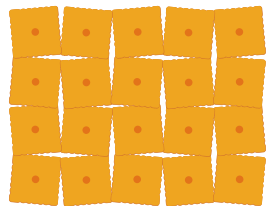


Quanto é equivalente a 1 onça?

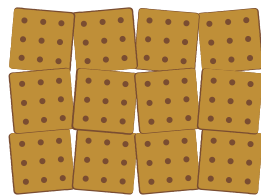
9



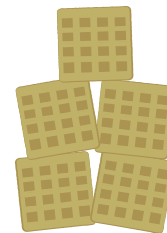
Quanto é equivalente a 1 onça?



20 cheese crackers
(1" by 1") = 1 oz. eq.



12 thin wheat crackers
(1 1/4" by 1 1/4") = 1 oz. eq.



5 woven whole-wheat crackers
(1 1/2" by 1 1/2") = 1 oz. eq.



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Grains Measuring Chart for the Child and Adult Care Food Program (Tabela de Medição de Grãos para o Programa de Alimentação Infantil e Adulto)

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
 Grain Item and Size	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	½ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¼ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (-1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1 ½" by 1")**	12 crackers (-¼ cup) or 14 grams	24 crackers (-½ cup) or 28 grams	48 crackers (-1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (-½ cup) or 22 grams	40 crackers (-¾ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by 1½")**	21 crackers (-¼ cup) or 11 grams	41 crackers (-½ cup) or 22 grams	81 crackers (-1 cup) or 44 grams

! *Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
 Grain Item and Size	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ½" by 1 ½")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	½ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Meiba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

! *Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
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Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
 Grain Item and Size	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Poppcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ½" by 1 ½")**	7 twists (-½ cup) or 11 grams	14 twists (-¾ cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¼ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	¼ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

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**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



Grains Measuring Chart for the Child and Adult Care Food Program (Continued)

(Tabela de Medição de Grãos para o Programa de Alimentação Infantil e Adulto-Continuação)

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
 Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	1 bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	¼ cup or 14 grams	½ cup or 28 grams	1 cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¼ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1 ½")**	3 crackers or 14 grams	15 crackers or 28 grams	30 crackers (-1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (-¼ cup) or 14 grams	24 crackers (-½ cup) or 28 grams	48 crackers (-1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (-½ cup) or 22 grams	40 crackers (-¾ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (-¼ cup) or 11 grams	41 crackers (-½ cup) or 22 grams	81 crackers (-1 cup) or 44 grams

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 Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ½" by 1 ¼")**	5 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Meats Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

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**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

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	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
 Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (-¾ cup) or 11 grams	14 twists (-¾ cup) or 22 grams	27 twists (-1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¼ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 5")**	¼ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

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Grains Measuring Chart for the Child and Adult Care Food Program

Tabela de Medição de Grãos para o Programa de Alimentação Infantil e Adulto



Grain Item and Size (Item e tamanho do grão)

Age Group and Meal (Grupo Etário e Refeição)

Pasta (whole grain-rich or enriched, all shapes)

Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*

Popcorn

Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**

1- through 5-year-olds at Breakfast, Lunch, Supper, Snack

Serve at Least
½ oz. eq., which equals about...

¼ cup cooked or 14 grams dry

¼ pita or 14 grams

1 ½ cups or 14 grams

7 twists (~⅓ cup) or 11 grams

6- through 18-year-olds at Breakfast, Lunch, Supper, Snack
Adults at Snack only

Serve at Least
1 oz. eq., which equals about...

½ cup cooked or 28 grams dry

½ pita or 28 grams

3 cups or 28 grams

14 twists (~⅔ cup) or 22 grams

Adults at Breakfast, Lunch, Supper

Serve at Least
2 oz. eq., which equals about...

1 cup cooked or 56 grams dry

1 pita or 56 grams

6 cups or 56 grams

27 twists (~1 cup) or 44 grams

Grains Measuring Chart for the Child and Adult Care Food Program

Tabela de Medição de Grãos para o Programa de Alimentação Infantil e Adulto



Grain Item and Size (Item e tamanho do grão)

Age Group and Meal (Grupo Etário e Refeição)

1- through 5-year-olds
at Breakfast, Lunch,
Supper, Snack

6- through 18-year-olds
at Breakfast, Lunch,
Supper, Snack
Adults at Snack only

Adults at Breakfast,
Lunch, Supper

Serve at Least
½ oz. eq., which equals
about...

Serve at Least
1 oz. eq., which equals
about...

Serve at Least
2 oz. eq., which equals
about...

Pasta (whole grain-rich
or enriched, all shapes)

¼ cup cooked or
14 grams dry

½ cup cooked or
28 grams dry

1 cup cooked or
56 grams dry

Pita Bread/Round
(whole grain-rich
or enriched) at least
56 grams*

¼ pita or 14 grams

½ pita or 28 grams

1 pita or 56 grams

Popcorn

1 ½ cups or 14 grams

3 cups or 28 grams

6 cups or 56 grams

Pretzel, Hard, Mini-Twist
(about 1 ¼" by 1 ½")**

7 twists (~⅓ cup)
or 11 grams

14 twists (~⅔ cup)
or 22 grams

27 twists (~1 cup)
or 44 grams

Grains Measuring Chart for the Child and Adult Care Food Program

Tabela de Medição de Grãos para o Programa de Alimentação Infantil e Adulto



Grain Item and Size (Item e tamanho do grão)

Age Group and Meal (Grupo Etário e Refeição)

Grain Item and Size (Item e tamanho do grão)	Age Group and Meal (Grupo Etário e Refeição)		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Usando a Tabela de Medição de Grãos

USDA United States Department of Agriculture
Food and Nutrition Service

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?

- 20 cheese crackers (1" by 1") = 1 oz. eq.
- 12 thin wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.
- 5 woven whole-wheat crackers (1 1/2" by 1 1/2") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight by the name of the grain. If the chart:
- Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.
- Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.
- Lists a size for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.

Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about...
Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams)	1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>

Usando a Tabela de Medição de Grãos

A Tabela de Medição de Grãos nas páginas 2-4 informa quanto de um item de grão você precisa servir para atender aos requisitos do padrão de refeição do CACFP. Para usar este gráfico:

- 1 Encontre o grão que deseja servir na coluna "Item e tamanho do grão".
- 2 Verifique se o gráfico lista um tamanho ou peso pelo nome do grão. Se o gráfico:
- 3 Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo. Esta coluna lista a quantidade de grãos que você precisará servir para atender aos requisitos do padrão de refeição para grãos.

Lista um peso para o grão, como pelo menos 56 gramas e, em seguida, use o rótulo de informações nutricionais do item que deseja servir para garantir que ele pese o mesmo ou mais que o grão no gráfico. Consulte a página 5.


Não lista um peso ou tamanho para o grão, então você não precisa verificar o tamanho ou peso do produto antes de usar a tabela.

Lista um tamanho para o grão, como cerca de 1 1/4" por 1 1/2", e verifique se o item é do mesmo tamanho ou maior que esse valor. Consulte a página 6.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Serve at Least 1/2 oz. eq., which equals about...	
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams


1

Encontre o grão que deseja servir na coluna “Grain Item and Size” (Item e tamanho do grão).

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

1

Encontre o grão que deseja servir na coluna “Grain Item and Size” (Item e tamanho do grão).

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1



2

Verifique se o gráfico lista um tamanho ou peso pelo nome do grão. Se o gráfico:

Pita Bread/Round
(whole grain-rich
or enriched) at least
56 grams*

Popcorn

Pretzel, Hard, Mini-Twist
(about 1 ¼" by 1 ½")**

Step 2 →

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3

Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.

Grains Measuring Chart for the Child and Adult Care Food Program



Grain Item and Size

Age Group and Meal

1- through 5-year-olds
at Breakfast, Lunch,
Supper, Snack

6- through 18-year-olds
at Breakfast, Lunch,
Supper, Snack
Adults at Snack only

Adults at Breakfast,
Lunch, Supper

Serve at Least
½ oz. eq., which equals
about...

Serve at Least
1 oz. eq., which equals
about...

Serve at Least
2 oz. eq., which equals
about...

Pasta (whole grain-rich
or enriched, all shapes)

¼ cup cooked or
14 grams dry

½ cup cooked or
28 grams dry

1 cup cooked or
56 grams dry

Pita Bread/Round
(whole grain-rich
or enriched) at least
56 grams*

¼ pita or 14 grams

½ pita or 28 grams

1 pita or 56 grams

Popcorn

1 ½ cups or 14 grams

3 cups or 28 grams

6 cups or 56 grams

Pretzel, Hard, Mini-Twist
(about 1 ¼" by 1 ½")**

7 twists (~⅓ cup)
or 11 grams


14 twists (~⅔ cup)
or 22 grams

27 twists (~1 cup)
or 44 grams

Step 3

3

Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq. , which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams




Experimente!

Você quer servir aveia para crianças de 4 anos no café da manhã. Quantas xícaras de aveia cozida você precisa servir para atender às quantidades mínimas de grãos exigidas no CACFP?

- 1 copo
- 2 copos
- ¼ copo
- ½ copo



Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams



Resposta


Você quer servir aveia para crianças de 4 anos no café da manhã. Quantas xícaras de aveia cozida você precisa servir para atender às quantidades mínimas de grãos exigidas no CACFP?

- 1 copo
- 2 copos
- 1/4 copo
- 1/2 copo



1/4 copo

Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams


Step 1 →

1

Encontre o grão que deseja servir na coluna “Grain Item and Size” (Item e tamanho do grão).



Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1 →

2

Verifique se o gráfico lista um tamanho ou peso pelo nome do grão. Se o gráfico:

Pita Bread/Round
(whole grain-rich or enriched) at least 56 grams*

Popcorn

Pretzel, Hard, Mini-Twist
(about 1 ¼" by 1 ½")**

Lista um peso para o grão, como pelo menos 56 gramas e, em seguida, use o rótulo de informações nutricionais do item que deseja servir para garantir que ele pese o mesmo ou mais que o grão no gráfico. Consulte a página 5.

Não lista um peso ou tamanho para o grão, então você não precisa verificar o tamanho ou peso do produto antes de usar a tabela.

Step 2 →

Lista um tamanho para o grão, como cerca de 1 ¼" por 1 ½", e verifique se o item é do mesmo tamanho ou maior que esse valor. Consulte a página 6.

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.^{*} This tool will let you know how many ounce equivalents of grains are in one serving of the item.

- Use the *FBG Recipe Analysis Workbook (RAW)*^{*} to determine the ounce equivalents per serving for standardized recipes.

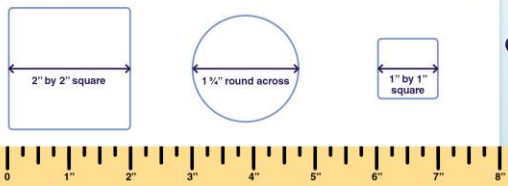
^{*}Available at <https://foodbuyingguide.fns.usda.gov>.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.



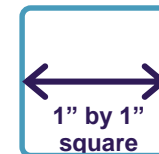
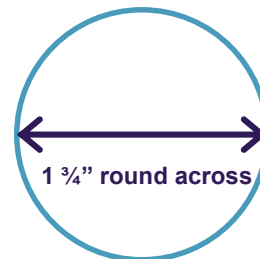
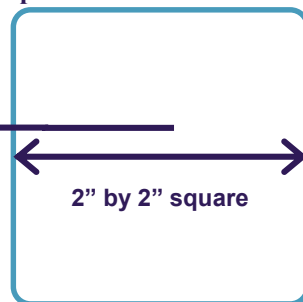
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-6-

Ferramentas de Medição de Grãos

Compare sua alimentação com as guias abaixo para ver se é do mesmo tamanho ou maior que o item listado na Tabela de Medição de Grãos.

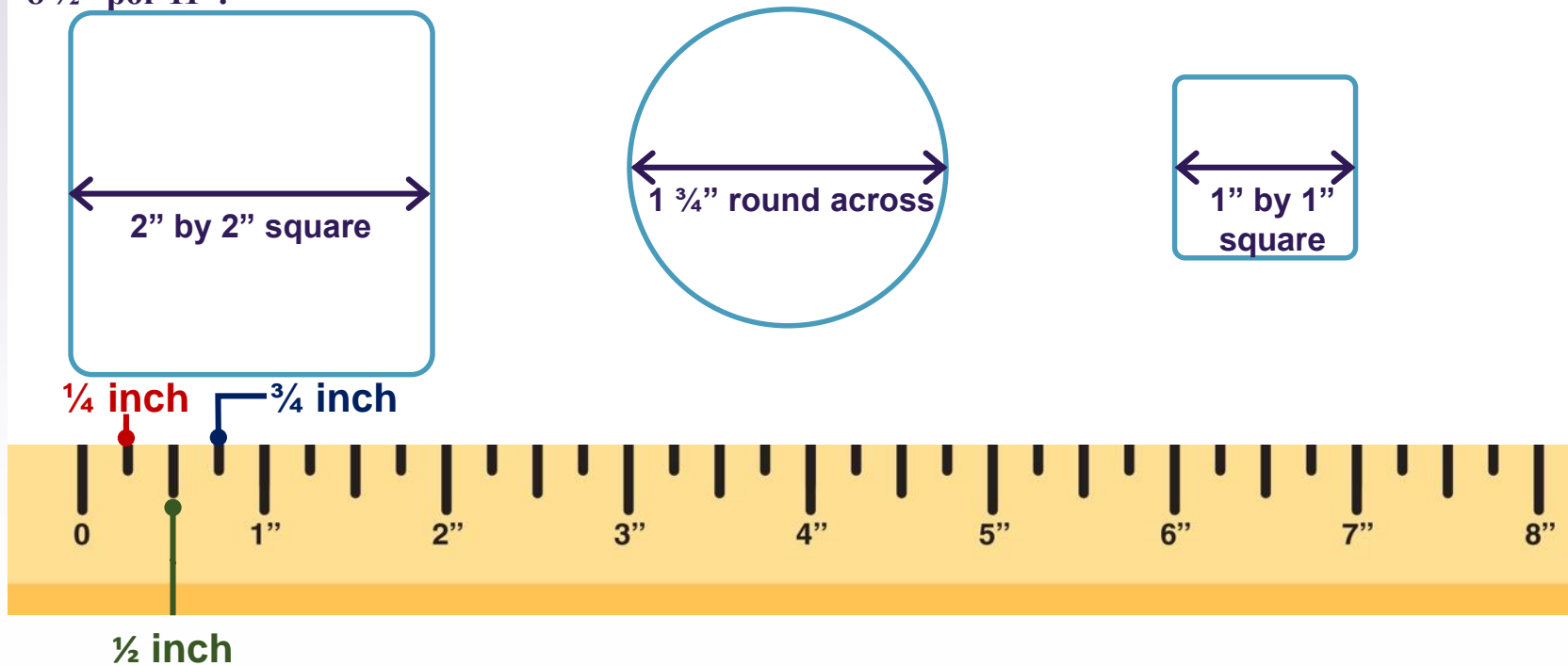
As guias aparecem em tamanho real quando esta planilha é impressa em 100% em papel padrão de 8 1/2" por 11".



Ferramentas de Medição de Grãos

Compare sua alimentação com os guias abaixo para ver se ela é do mesmo tamanho ou maior que o item listado na Tabela de Medição de Grãos.

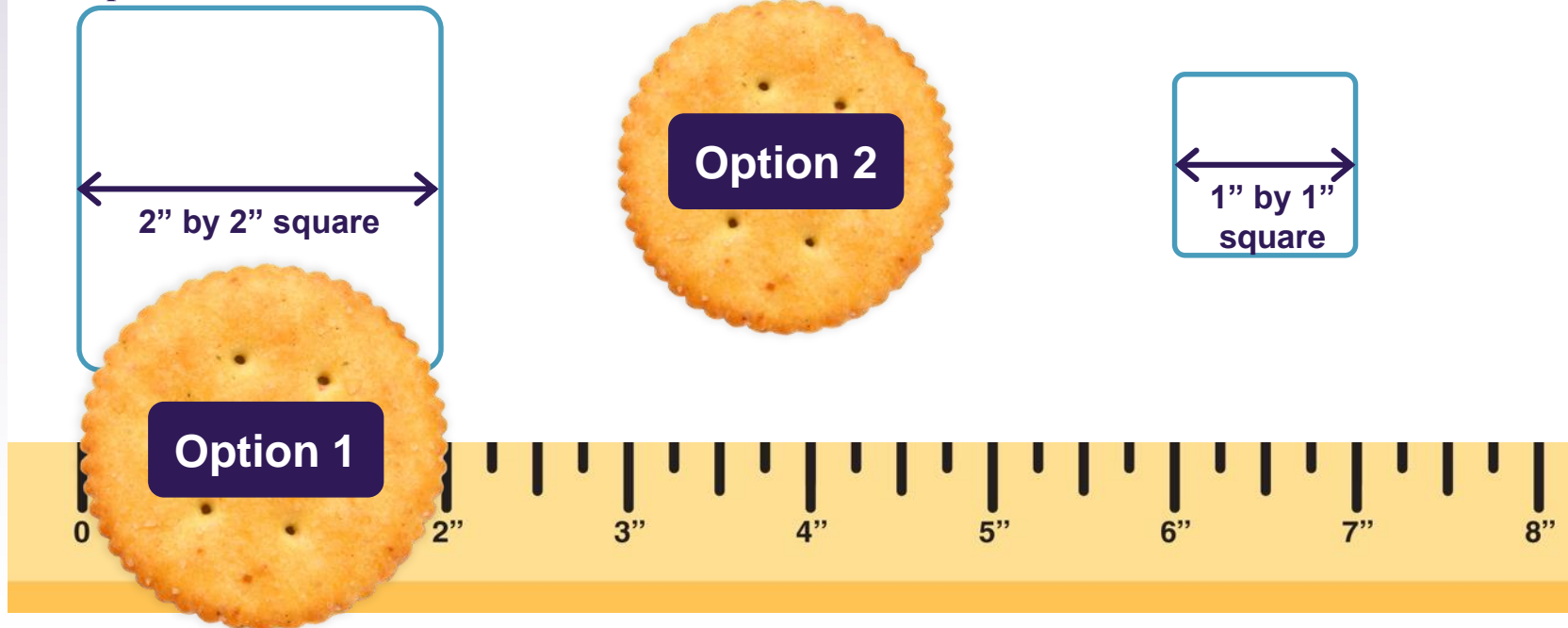
As guias aparecem em tamanho real quando esta planilha é impressa em 100% em papel padrão de 8 ½" por 11".



Ferramentas de Medição de Grãos

Compare sua alimentação com as guias abaixo para ver se é do mesmo tamanho ou maior que o item listado na Tabela de Medição de Grãos.

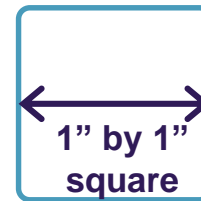
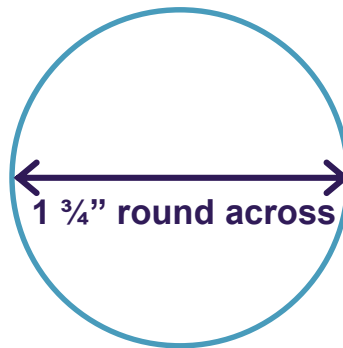
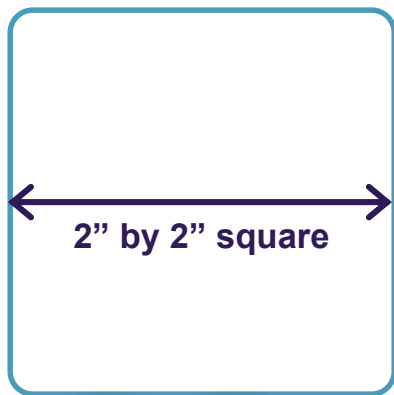
As guias aparecem em tamanho real quando esta planilha é impressa em 100% em papel padrão de 8 ½" por 11".



Ferramentas de Medição de Grãos

Compare sua alimentação com os guias abaixo para ver se ela é do mesmo tamanho ou maior que o item listado na Tabela de Medição de Grãos.

As guias aparecem em tamanho real quando esta planilha é impressa em 100% em papel padrão de 8 ½" por 11".



~1 1/2" across

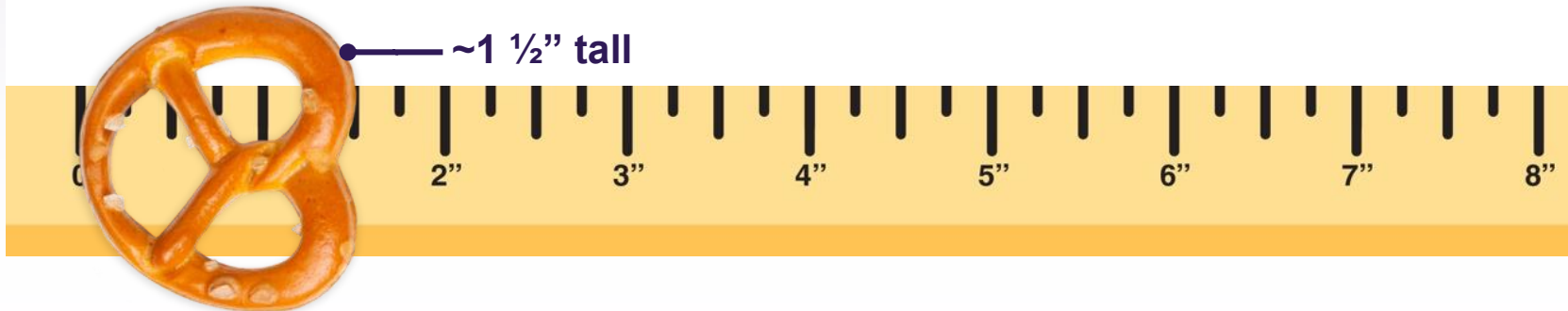
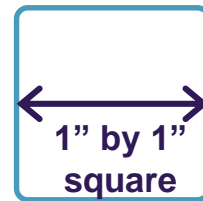
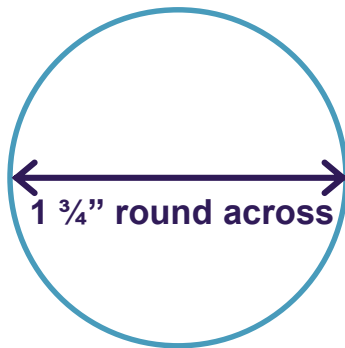
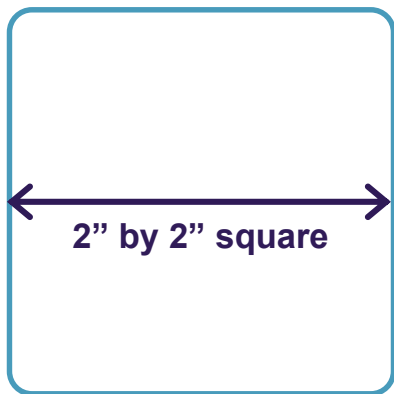
0 1 2" 3" 4" 5" 6" 7" 8"

Ferramentas de Medição de Grãos

Compare sua alimentação com os guias abaixo para ver se ela é do mesmo tamanho ou maior que o item listado na Tabela de Medição de Grãos.

As guias aparecem em tamanho real quando esta planilha é impressa em 100% em papel padrão de 8 ½" por 11".

30



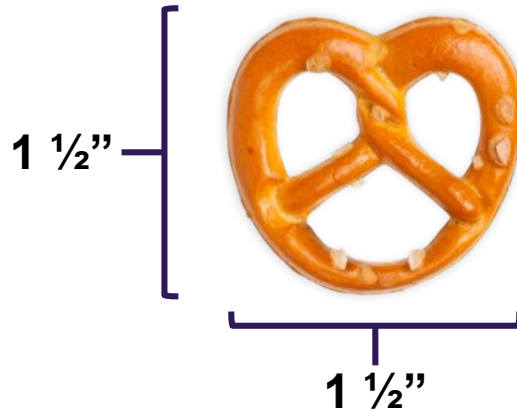


Experimente!

Este pretzel é do mesmo tamanho ou maior que o mini-twist pretzel listado na tabela de medição de grãos?

- Sim, este pretzel é do mesmo tamanho ou maior.
- Não, este pretzel não é do mesmo tamanho ou maior.

Este pretzel mede $1\frac{1}{2}$ " by $1\frac{1}{2}$ ".



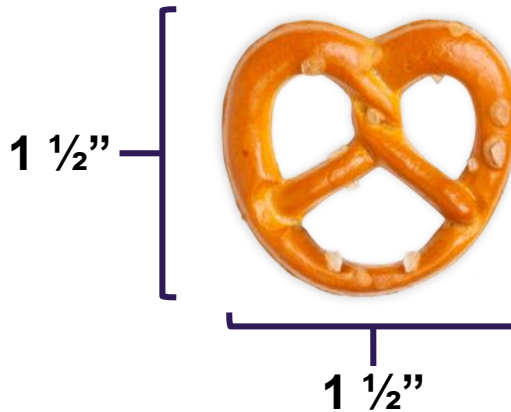


Resposta

Este pretzel é do mesmo tamanho ou maior que o mini-twist pretzel listado na tabela de medição de grãos?

- Sim, este pretzel é do mesmo tamanho ou maior.
- Não, este pretzel não é do mesmo tamanho ou maior.

This pretzel measures 1 ½" by 1 ½".



Pita Bread/Round
(whole grain-rich or enriched) at least 56 grams*

Popcorn

Pretzel, Hard, Mini-Twist
(about 1 ¼" by 1 ½")**


3

Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.



Step 1



Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams




Experimente!

Você quer servir pretzels para crianças de 8 anos no lanche. Quantos mini-twist hard pretzels você precisa servir para atender às quantidades mínimas de grãos exigidas no lanche no CACFP?

- 7 twists
- 11 twists
- 14 twists
- 27 twists



Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams



Resposta

Você quer servir pretzels para crianças de 8 anos no lanche. Quantos mini-twist hard pretzels você precisa servir para atender às quantidades mínimas de grãos exigidas no lanche no CACFP?


- 7 twists
- 11 twists
- 14 twists**
- 27 twists



14 twists

3


Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq. , which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Step 1 →

1

Encontre o grão que deseja servir na coluna “Grain Item and Size” (Item e tamanho do grão).

Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq. , which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq. , which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq. , which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

2

Verifique se o gráfico lista um tamanho ou peso pelo nome do grão. Se o gráfico:

Pita Bread/Round
(whole grain-rich or enriched)
at least 56 grams*

Popcorn

Pretzel, Hard, Mini-Twist
(about 1 ¼" by 1 ½")**

Step 2 →

Lista um peso para o grão, como pelo menos 56 gramas e, em seguida, use o rótulo de informações nutricionais do item que deseja servir para garantir que ele pese o mesmo ou mais que o grão no gráfico. Consulte a página 5.

Não lista um peso ou tamanho para o grão, então você não precisa verificar o tamanho ou peso do produto antes de usar a tabela.

Lista um tamanho para o grão, como cerca de 1 ¼" por 1 ½", e verifique se o item é do mesmo tamanho ou maior que esse valor. Consulte a página 6.

Brand P Pita Rounds

Nutrition Facts

6 servings per container

Serving size 1 Round (57g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

1 Serving =
57 Grams (g)

Brand P Pita Rounds

Nutrition Facts

6 servings per container

Serving size **1 Round (57g)**

Amount Per Serving

Calories 140

1 Pita Round = 57 Grams

Saturated Fat 0g

0%

1 Serving =
57 Grams (g)

1 Serving =
1 Pita Round



Experimente!

Uma rodada de pita Brand P pesa o mesmo ou mais do que o pão pita listado na Tabela de Medição de Grãos?

- Sim, uma rodada de pita Brand P pesa o mesmo ou mais.
- Não, uma pita da Brand P não pesa o mesmo ou mais.

Brand P Pita Rounds

Nutrition Facts

6 servings per container

Serving size 1 Round (57g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%



Resposta!

Uma rodada de pita Brand P pesa o mesmo ou mais do que o pão pita listado na Tabela de Medição de Grãos?

Sim, uma rodada de pita Brand P pesa o mesmo ou mais.

Não, uma pita da Brand P não pesa o mesmo ou mais.

Brand P Pita Rounds

Nutrition Facts

6 servings per container

Serving size 1 Round (57g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Brand P Pita Rounds

Pita Bread/Round

(whole grain-rich or enriched)

at least 56 grams*

Popcorn

Pretzel, Hard, Mini-Twist

(about 1 ¼" by 1 ½")**

Nutrition Facts

6 servings per container

Serving size

1 Round (57g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 1.5g

2%

Saturated Fat 0g

0%


3

Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.



Step 1



Grains Measuring Chart for the Child and Adult Care Food Program			
 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams




Experimente!

Você quer servir pão pita para crianças de 3 anos no almoço. Quantas rodelas de pita da Brand P você precisa servir para atender às quantidades mínimas de grãos exigidas no CACFP?

- ¼ pita round
- ½ pita round
- 1 pita round
- 2 pita rounds

Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams



Resposta


Você quer servir pão pita para crianças de 3 anos no almoço. Quantas rodelas de pita da Brand P você precisa servir para atender às quantidades mínimas de grãos exigidas no CACFP?

- $\frac{1}{4}$ pita round
- $\frac{1}{2}$ pita round
- 1 pita round
- 2 pita rounds



$\frac{1}{4}$ pita round

Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size 3 Pancakes (117g)

Amount per serving

Calories **280**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Usando o “Nutrition Facts Label” (Rótulo de Informação Nutricional)

Using the Nutrition Facts Label
Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart.

1 Find the grain item and its minimum weight in the Grains Measuring Chart. For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
Pancake (at least 34 grams)	Serve at Least ½ oz. eq., which equals about... ½ pancake or 17 grams	Serve at Least 1 oz. eq., which equals about... 1 pancake or 34 grams	Serve at Least 2 oz. eq., which equals about... 2 pancakes or 68 grams

2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

1

Encontre o item de grão e seu peso mínimo na Tabela de Medição de Grãos.

Por exemplo, o peso mínimo de uma panqueca é de pelo menos 34 gramas.



Grain Item and Size

Pancake
at least 34 grams*

	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams	

2

Observe o rótulo de “Nutrition Facts” do grão que deseja servir. Encontre o peso do tamanho da porção (geralmente fornecido em “grams” (g)).

Brand P Pancakes

Nutrition Facts	
4 servings per container	
Serving size 3 Pancakes (117g)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	

Peso de
1 porção =
117 Grams (g)



3

Usando o rótulo “Nutrition Facts”, descubra quantos itens há em uma porção.

Brand P Pancakes

Nutrition Facts	
4 servings per container	
Serving size 3 Pancakes (117g)	
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	

Peso de
1 porção =
117 Grams (g)



Número de itens em
1 porção =
3 Pancakes

4

Se houver mais de um item em uma porção, você precisará dividir para encontrar o peso de cada item.

Divida o peso da porção pelo número de itens em uma porção para encontrar o peso de cada item.

$$\begin{array}{rcccl} \mathbf{117 \text{ grams}} & \div & \mathbf{3 \text{ pancakes}} & = & \mathbf{39 \text{ grams per pancake}} \\ \textit{Serving Weight} & & \textit{Serving Size} & & \textit{Weight of Each Item} \\ \text{Peso da porção} & & \text{Porção} & & \text{Peso de cada item} \end{array}$$



Compare o peso de um item com o peso mínimo listado na “Grains Measuring Chart” (Tabela de Medição de Grãos)-- (da Etapa 1).



39 grams per pancake



**Grain Item
and Size**

**Pancake
at least 34 grams***

1- through 5-year-olds
at Breakfast, Lunch,
Supper, Snack

Serve at Least
½ oz. eq., which
equals about...

½ pancake or
17 grams



Experimente!

Uma panqueca da Brand P tem o mesmo peso ou é mais pesada que o peso da panqueca listada na tabela??

- Sim, uma panqueca da Brand P tem o mesmo peso ou mais.
- Não, uma panqueca da Brand P não tem o mesmo peso ou é mais pesada.



39 grams per pancake



**Grain Item
and Size**

Pancake

at least 34 grams*

1- through 5-year-olds at Breakfast, Lunch, Supper, Snack

Serve at Least
½ oz. eq., which equals about...

½ pancake or
17 grams



Resposta

Uma panqueca da Brand P tem o mesmo peso ou é mais pesada que o peso da panqueca listada na tabela??

Sim, uma panqueca da Brand P tem o mesmo peso ou mais.

Não, uma panqueca da Brand P não tem o mesmo peso ou é mais pesada.



39 grams per pancake



**Grain Item
and Size**

Pancake

at least 34 grams*

1- through 5-year-olds at Breakfast, Lunch, Supper, Snack

Serve at Least
½ oz. eq., which equals about...

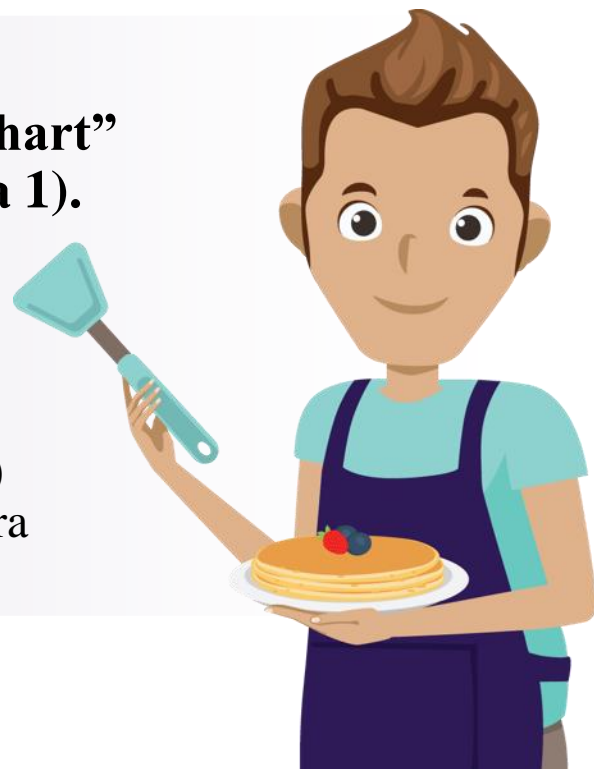
½ pancake or
17 grams

Usando o “Nutrition Facts Label” (Rótulo de Informação Nutricional)


Compare o peso de um item com o peso mínimo listado na “Grains Measuring Chart” (Tabela de medição de grãos)-- (da Etapa 1). O seu item tem o mesmo peso ou é mais pesado que o peso mínimo?



Sim: Use uma “Grains Measuring Chart” (Tabela de Medição de Grãos) para ver quanto de seu grão servir para atender aos requisitos do padrão de refeição do CACFP.




Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Encontre a coluna para a idade de seus participantes e a refeição ou lanche que você está servindo.

Adultos nas Refeições

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq. , which equals about...	Serve at Least 2 oz. eq. , which equals about...	
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

Adultos no Lanche

Imprimindo a Planilha

Page Sizing & Handling i

Size

Poster

Multiple

Booklet

- Fit
- Actual size
- Shrink oversized pages

Custom Scale: %

Choose paper source by PDF page size

Print on both sides of paper

Orientation:

- Auto portrait/landscape
- Portrait
- Landscape





8.5 x 11 Inches

USDA
United States Department of Agriculture
Food and Nutrition Service

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?

20 cheese crackers (1" by 1") = 1 oz. eq.
12 thin wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.
5 woven whole-wheat crackers (1 1/2" by 1 1/2") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- 1 Find the grain you want to serve under the "Grain Item and Size" column.
- 2 Check if the chart lists a size or weight by the name of the grain. If the chart:
- 3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.


Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Snacks, Snacks
Pita Bread/Round (whole grains-oid or enriched) at least 56 grams*	Serve at Least 1/2 oz. eq., which equals about...
Popcorn	1/2 pita or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")	1 1/2 cups or 14 grams
	7 twists or 11 grams

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as about 1 1/2" by 1 1/2", then check if the item is the same size, or larger than, this amount. See page 6.

Lists a weight for the grain, such as at least 56 grams, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

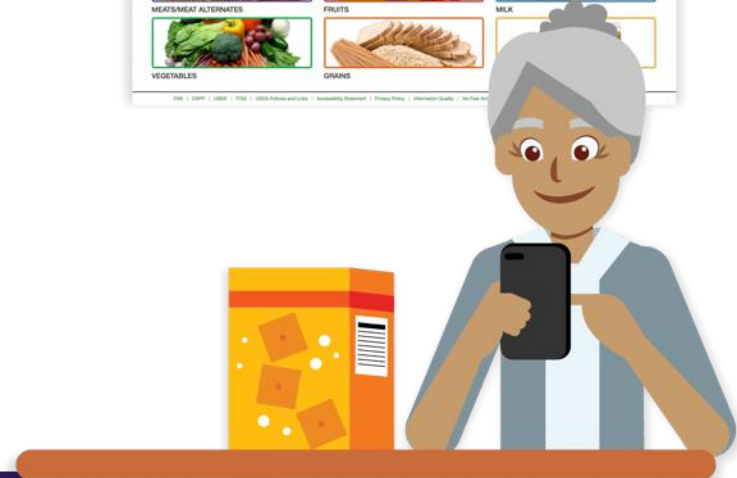
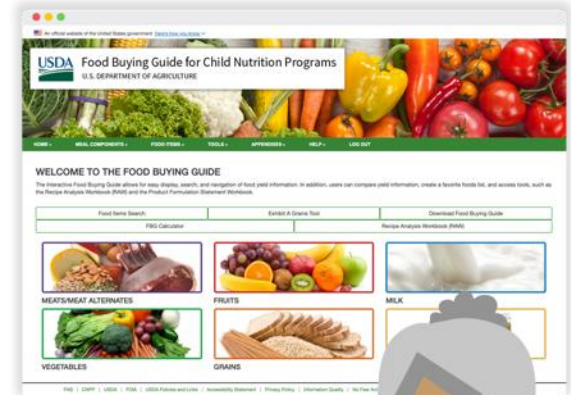
More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>

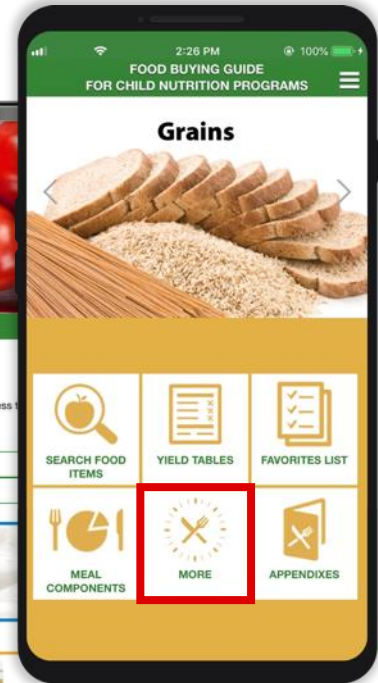
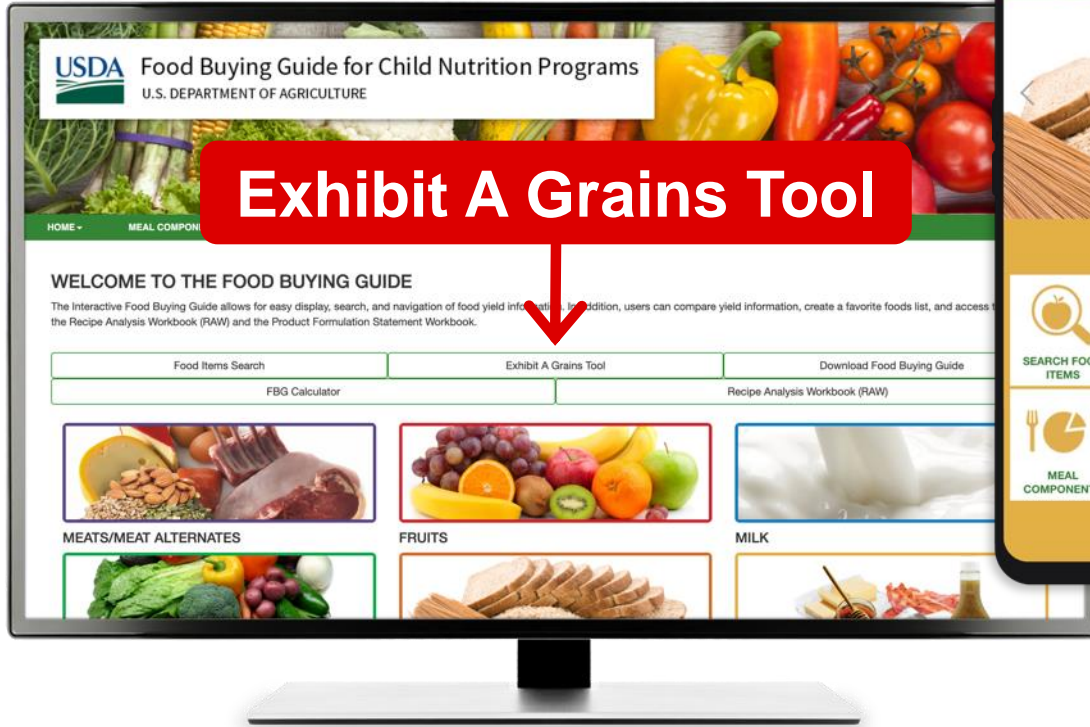


Território desconhecido

Use uma ferramenta diferente se:

- Seu item não está listado **ou**
- Seu item é menor ou mais leve do que o listado na tabela de medição de grãos **ou**
- Você não sabe o tamanho de um item **ou**
- Você está servindo um item de grãos para atender parte do requisito de grãos.





foodbuyingguide.fns.usda.gov

Nutrition Facts

7 servings per container

Serving size **27** Crackers (**30g**)

Amount Per Serving

Calories

140

LTE 8:38 AM 100%

← FOOD BUYING GUIDE EXHIBIT A GRAINS TOOL

SAVORY CRACKERS (SALINES AND SNACK CRACKERS)

CHOOSE METHOD:

OUNCE EQUIVALENT GRAINS

GRAINS/BREADS SERVING(S)

CHOOSE CALCULATION:

GRAINS CONTRIBUTION

AMOUNT TO SERVE

DESIRED GRAINS CONTRIBUTION:

1.00 OZ EQ

SERVING SIZE (AS PROVIDED ON PRODUCT LABEL):

27 PIECE(S)/SLIC... ▾

WEIGH(S)

30 GRAMS ▾

AMOUNT TO SERVE: 20.00 PIECE(S)/SLICE(S)

SHARE DELETE EXHIBIT A ITEM

Exiba uma ferramenta de grãos para o resgate!



Em-Grained: ferramentas fáceis para determinar quantidades de serviço



More Team Nutrition Resources!



TeamNutrition.usda.gov

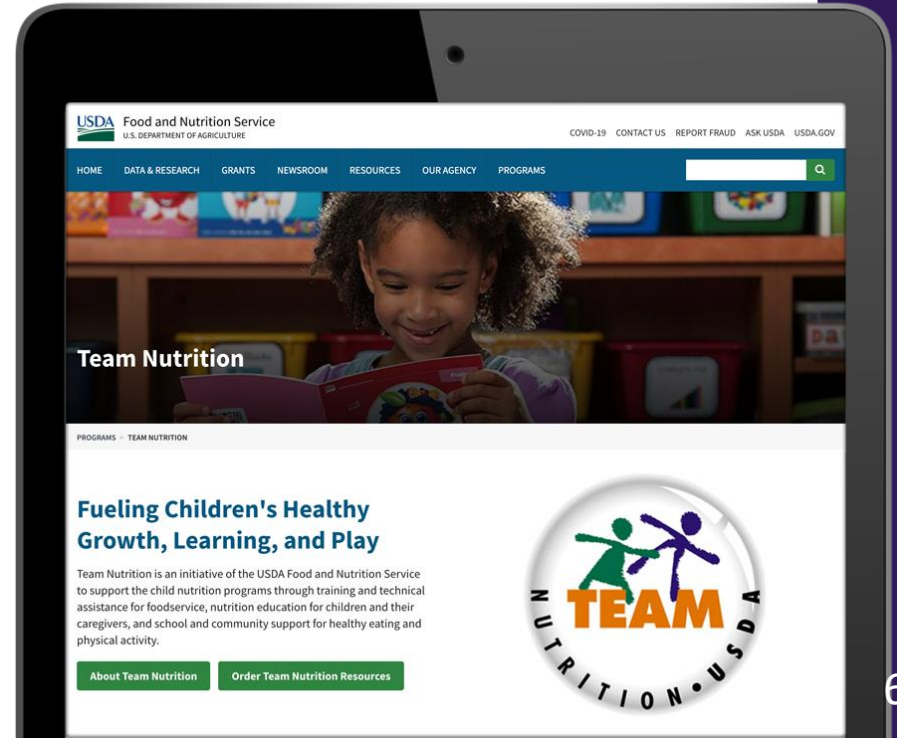
Como solicitar cópias impressas

Formulário de Pedido de Recursos em [TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov).

- **GRATUITO** para os Operadores do Programa de Nutrição Infantil do USDA, enquanto durarem os estoques.
- Organizações patrocinadoras e agências estatais também podem fazer pedidos em massa enviando um e-mail para:



TeamNutrition@usda.gov



**Alguma pergunta?
Por favor, use a caixa de bate-papo.**

Você também pode chegar até nós em:

Yours for Children, Inc.
409 Washington Street
Suite 109
Auburn MA 01501
800-222-2731



Parabéns!

Você concluiu o treinamento “Usando Equivalentes de Onça para Grãos no CACFP”.*

Durante a primeira semana do próximo mês,
a YFCI enviará um e-mail confirmando a conclusão deste treinamento.

Guarde esse e-mail para seus registros!

Imprima esse e-mail e guarde-o em seu

Yours for Children, Inc. Provider Handbook.

* O treinamento concluído on-line ou em papel requer o envio do questionário de treinamento para crédito.

Obrigado por seu serviço dedicado às crianças sob seus cuidados

e

**Obrigado por seu compromisso contínuo com o Child and Adult Care Food Program, patrocinado pela
Yours for Children Inc.**

Para obter recursos adicionais, acesse www.yoursforchildren.com.