

- All grain products served in the National School Lunch and Breakfast Program (NSLP/SBP) must be credited based on per-ounce equivalent (oz. eq.) standards.
- Be sure to use the version of Exhibit A that specifies “Whole Grain-Rich”.
- Foods that meet the whole grain-rich criteria for the school meal programs contain 100 percent whole grain **-OR-** a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50 percent is whole grain.

How Exhibit A for Whole Grain-Rich Products Works

Ounce equivalent grain servings for commonly available food products can be determined using Exhibit A.

Products are divided into groups based on the portion of grain to the total weight of the product. Food types that have similar concentrations of creditable grains are grouped together.

Each group in Exhibit A provides the minimum serving size needed to supply a 1-ounce grain equivalent serving.

- For types of food products listed in Groups A-G, a 1-ounce grain equivalent must provide at least 16 grams of whole grains or can be made with 8 grams of whole grain and 8 grams of enriched grain to be considered whole grain-rich.
- Group H for cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1-ounce by weight of dry product). Since usually these grains are served cooked and water is added in preparation, cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.
- Group I for ready-to-eat cereal, 28 grams or 1 ounce of product is considered an ounce equivalent. Cereals must be whole grain, whole grain-rich, or fortified cereal

Grains Chart Steps

1. Determine that the product meets the whole grain-rich criteria and does not contain a non-creditable grain in more than 2% or 0.25 oz. eq of the product. If the product contains more than 1 non-creditable grain, Exhibit A cannot be used and the sponsor will need to get further documentation from the manufacturer. (non-creditable grains = oat fiber, corn fiber, bran, germ, modified food starch, corn starch and wheat starch, potato, legume, and other vegetable flours, plus any grains not whole or enriched)
2. If the product meets the Whole Grain-Rich criteria and does not contain more than 1 non-creditable grain at more than 2%, identify the group on the chart where the product would fit.
Example: Creditable Whole Grain Waffle – Group C
3. Look at the weight on the chart to see what equals a 1-ounce equivalent of grain.
Example: 1 oz. eq. = 34 gm or 1.2 oz.
4. Check the product serving size weight to determine the ounce equivalent.
Example: Waffle weight = 28 gm/1 oz.
Divide by the amount that equals a 1-ounce equivalent.
 $28 \div 34 = .823$ or $1 \div 1.2 = .83$
Round down .83 to nearest quarter oz. = .75
1 waffle = ¾ oz. equivalent of grain.

Exhibit A for the National School Lunch & School Breakfast Programs Whole Grain-Rich Ounce Equivalency (oz. eq) Requirements for School Meals Programs ^{1,2}

Group A		Group D		Group G	
Bread type coating	1 oz eq = 22 gm or 0.8 oz	Doughnuts ⁴ (Cake & yeast raised, unfrosted)	1 oz eq = 55 gm or 2.0 oz	Brownies ³ (plain, unfrosted)	1 oz eq= 125 gm or 4.4 oz
Bread sticks (hard)	¾ oz eq = 17 gm or 0.6 oz	Cereal bars, breakfast bars, granola bars ⁴ (plain)	¾ oz eq = 42 gm or 1.5 oz	Cake ³ (all varieties, frosted)	¾ oz eq = 94 gm or 3.3 oz
Chow Mein noodles	½ oz eq = 11 gm or 0.4 oz	Muffins (all, except corn)	½ oz eq = 28 gm or 1.0 oz		½ oz eq = 63 gm or 2.2 oz
Savory Crackers (saltines/snack crackers)	¼ oz eq = 6 gm or 0.2 oz	Sweet roll ⁴ (unfrosted)	¼ oz. eq. = 14 gm or 0.5 oz		¼ oz eq = 32 gm or 1.1 oz
Croutons		Toaster pastry ⁴ (unfrosted)			
Pretzels (hard)					
Stuffing					
Group B		Group E		Group H	
Bagels	1 oz eq = 28 gm or 1.0 oz	Cereal bars, Breakfast bars, granola bars ⁴ (with nuts, dried fruit and/or chocolate pieces)	1 oz eq = 69 gm or 2.4 oz	Cereal Grains (barley, quinoa, oats)	1 oz eq = ½ cooked or 1 oz (28 g) dry
Batter type coating	¾ oz eq=21 gm or 0.75 oz	Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees)	¾ oz eq = 52 gm or 1.8 oz	Breakfast cereals ^{5,6} (cooked)	
Biscuits	½ oz eq = 14 gm or 0.5 oz	Doughnuts ⁴ (cake/yeast raised, frosted or glazed)	½ oz eq = 35 gm or 1.2 oz	Bulgur or cracked wheat	
Breads	¼ oz eq = 7 gm or 0.25 oz	French toast	¼ oz eq= 18 gm or 0.6 gm	Macaroni (all shapes)	
Buns (hamburger/hot dog)		Sweet rolls ⁴ (frosted)		Noodles (all varieties)	
Sweet Crackers ⁴ (graham/animal crackers)		Toaster pastry ⁴ (frosted)		Pasta (all shapes)	
Egg roll skins				Ravioli (noodle only)	
English Muffins				Rice (enriched white or brown)	
Pita Bread					
Pizza Crust					
Pretzels (soft)					
Rolls					
Tortillas					
Tortilla chips					
Taco Shells					
Group C		Group F		Group I	
Cookies ³ (plain)	1 oz eq = 34 gm or 1.2 oz	Cake ³ (plain, unfrosted)	1 oz eq = 82 gm or 2.9 oz	Ready-to-eat breakfast cereal (cold, dry) ^{5,6}	1 oz eq = 1 cup or 1 oz for flakes & rounds
Cornbread	¾ oz eq = 26 gm or 0.9 oz	Coffee cake ⁴	¾ oz eq = 62 gm or 2.2 oz		1 oz eq = 1.25 cups or 1 oz for puffed cereal
Corn muffins	½ oz eq = 17 gm or 0.6 oz		½ oz eq = 41 gm or 1.5 oz		1 oz eq = 1/45 cup or 1 oz for granola
Croissants	¼ oz eq = 9 gm or 0.3 oz		¼ oz eq = 21 gm or 0.7 oz		
Pancakes					
Pie crust (dessert ³ , cobbler ³ , fruit turnover ⁴)					
Waffles					

¹ The food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8grams of enriched meal and/or enriched flour to be considered whole grain-rich. ² Some of the grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. ³ Allowed only as dessert at lunch. ⁴ Allowed for desserts at lunch and for breakfast served under the SBP. ⁵ Breakfast cereals may be served in meals other than breakfast. ⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal