Child and Adult Care Food Program
Handy Guide to Creditable Foods

Green

Revised 7/12

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health to help assure good nutrition for all participants.

2. This is a partial listing of creditable foods for children one year of age and older, and adult participants.

3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.

4. Centers and sponsors of child development homes may make additional restrictions at their discretion. Home providers may contact their sponsor with questions regarding specific foods or quantities.

5. Water must be made available in child care centers and homes during meals and throughout the day. It is not a creditable food and cannot replace any required meal component.

Milk and Milk Products

1. Milk must be served as a beverage or over cereal. Milk used in cooking may not be credited.

2. Milk must be pasteurized fluid milk, fortified with vitamins A and D.

3. Participants must be served milk at breakfast and lunch/supper unless an allergy/exception statement from a medical authority is on file stating the nature of the problem, listing foods to avoid and alternate foods to be substituted or unless milk that is nutritionally equivalent to milk is served. Serving milk at adult care suppers is optional.

4. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that breast milk or iron-fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, iron-fortified formula or breast milk for children under two years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. An allergy/exception statement is needed to serve iron-fortified formula after 13 months of age.

5. It is recommended that whole milk be served to children between one and two years of age.

Creditable

Acidified milk (acidophilus), non-fat or fat free (skim), low fat (1%)
Breast milk, until the child turns two years of age
Buttermilk, cultured milk or kefir
Cow's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
Cocoa – made from fluid skim or 1% milk
Goat's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
Lactose-reduced milk non-fat or fat free (skim), low fat (1%)
Milkshakes – only the milk portion
Milk substitutes when nutritionally equal to cow's milk* (with a written request from a parent/guardian)
Organic milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
Smoothies – only the milk portion credits for milk
Soy milk – only if an exception statement is on file and the nutrients are nutritionally equivalent to cow's milk*
UHT milk – ultra high temperature (shelf stable) cow's milk
Whole milk – for children 1-2 years of age only

*Products known to meet this requirement in Iowa are 8th Continent Soy Milk (regular and vanilla) and Kikkoman shelf-stable product in individual containers (vanilla and chocolate). Contact the State Agency if you have questions about a specific product.

Non creditable

Almond milk
Cocoa mix made with water
Coconut milk
Coffee creamers
Cream
Cream sauce
Cream soup
Custard
Dry milk
Eggnog
Evaporated milk
Half and half
Ice cream
Ice milk
Imitation milk
Pudding
Pudding pops
Raw milk (certified or uncertified)[1]
Reconstituted dry milk
Rice milk
Sherbet or sorbet
Sour cream
Soy milk, beverage or drink (when not nutritionally equal to cow's milk)
Whole and 2% milk for children over age 2
Yogurt – creditable only as a meat alternate for children ages 1-12 years.

[1]Serving this food is prohibited. It may not be served as an "extra" food.

Meat and Meat Alternates

1. Meats and meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. This is a partial list only. A combination of two meat/meat alternates may be served at the same meal to total the required serving size.
2. In breaded products, only the meat portion is counted.
3. At least ¼ ounce or ½ tablespoon of meat or meat alternate must be served to count as part of the required serving.
4. Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
5. Nuts or seeds may be used for up to ½ of the required serving size of the meat/alternate requirement in lunch and supper.
6. CN (Child Nutrition) labels or signed product analysis sheets from the manufacturer (not a distributor or sales person) are recommended for commercial combination foods such as preformed meat patties made with cereal, binders and extenders*; canned or frozen stew; commercial lasagna; beef-a-roni; pizza; pot pie; ravioli; and breaded meats like chicken nuggets or fish sticks. If you cannot determine the meat/meat alternate content, additional sources of creditable meats or meat alternates must be added to supplement the meal. If not CN labeled, a double portion of chicken nuggets or fish sticks will provide the required amount of meat.
7. If an item is homemade, the recipe must list the number of servings it yields and amount of meat/meat alternate per serving.
8. Shell fish or nuts may cause food intolerances, especially among preschool participants.
9. A meat or meat alternate may be served as an extra food at breakfast, but is not required by CACFP regulations.

Creditable

Canadian bacon ❍
Cheese – natural or processed ❍
Cheese food, spread or substitute❍
(2 oz. = 1 oz. meat alternate)
Corndogs - only the hot dog counts as meat ❍
Cottage cheese, ricotta cheese❍
¼ c. or 2 oz. = 1 oz. meat alternate
Dried peas, beans, lentils, refried beans, soy beans
(canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
Eggs – cooked, including deviled eggs
Fish and shellfish – cooked, count only meat portion
Fish sticks – must be at least 60% fish ❍
Hot dogs –must be all meat; no cereals, binders or extenders ❍
Liver, kidney, tripe
Lunch meat ❍ – must be all meat; no cereals, binders or extenders* (includes bologna, ham, liverwurst, turkey ham, turkey roll)
Peanuts, nuts, seeds, soybeans[1]
Peanut, nut, soy or seed butter – regular or reduced fat[1]
Pizza – creditable if CN labeled or homemade and the amount of meat/meat alternate is documented.❍
Quiche – only the meat, cheese or egg portion ❍
Sausage, Polish, knockwurst, Vienna sausage ❍, must be all meat; no cereals, binders or extenders*
Soups – must be home made with at least ¼ oz. or equivalent
of meat/meat alternate per serving to credit
Soy cheese, if CN labeled[3]
Spare ribs – only lean meat portion ❍
Vegetable protein/meat protein mixtures, if CN labeled[2]
Yogurt – plain, flavored, low fat, unsweetened or sweetened
½ cup or 4 ounces = 1 ounce meat alternate
minimum serving is ¼ c.

❍Limit use, since may be high in salt and/or high in saturated fat.

* Examples include: starch, soy flour, soy protein isolate, isolated soy protein, dried milk, cereal, and by-products.

Non creditable

Acorns
Bacon-bits, imitation bacon
Bacon – as in BLT sandwiches
Canned cheese sauce
Cheese product or imitation cheese (Velveeta)
Chestnuts
Coconut
Cream cheese - regular, light (Neufchatel cheese) and fat free
Fish – home caught[4]
Frozen commercial yogurt products and bars
Game – venison, squirrel, fish etc.[4]
Ham hocks
Home canned meats, home slaughtered meats[4]
Imitation meats and meat alternates
Jerky (beef, turkey salmon)
Meat analogs (creditable only if CN labeled)[2]
Meat products made with binders or extenders (creditable only if CN labeled)[2]
Nutella
Oxtails
Pepperoni (creditable only if CN labeled)[2]
Pigs' feet, neck bones, tail bones
Pot pies – commercial
Potted, pressed or deviled canned meat
Powdered cheese – as in boxed macaroni and cheese
Processed meats with binders or extenders (creditable only if CN labeled)[2]*
Salt pork
Scrapple
Sizzlean
Snack meat sticks (smoked, beef, poultry, pepperoni)
Soup – commercial canned
Spam
Summer sausage

[1] Choking risk to those under 4 years and the elderly.
[2] Meat analogs may be up to 100% non-meat protein, and must have a CN label or signed product analysis statement showing how the product meets USDA requirements.
[3] Soy cheese must have a CN label or a manufacturer's statement showing that the product meets USDA requirements.
[4] Serving these foods is prohibited. They may not be served as "extra" foods.

Fruits and Vegetables

Green

1. Most fruits and vegetables are creditable. Serve a variety and use fresh to add texture and nutrition.
2. It is recommended to serve dark green, leafy and orange vegetables at least one time per week.
3. All commercial juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
4. At least ⅛ cup (2 tablespoons) of fruit or vegetable must be served to each participant in order to count it toward meeting the minimum serving size requirement.
5. Juice may count up to ½ of the total fruit/vegetable requirement for lunch or supper.
6. Juice may not be served for snack if milk is the only other required food served.
7. Two forms of the same food (e.g. apples and apple juice) are not creditable in the same meal.
8. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.

Creditable

Apple cider – must be pasteurized.
Baby carrots (choking hazard)
Dried peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry). Count as vegetable or meat/meat alternate, but not both at the same meal.
Chopped vegetables in homemade casserole, stew[1]
Coleslaw
Cranberry juice blend – if a blend of full strength juices.
Cranberry sauce – made with whole cranberries (not jellied).
Dehydrated vegetables – use when re-hydrated.
Dried fruit – apricots, dates, figs, prunes, raisins
Frozen juice bars – must be made with 100% fruit and/or juice.
Fruit cobbler, crisp[1]
Fruit cocktail – counts as one fruit.
Fruit or vegetable in gelatin or pudding[1]
Fruit pie filling – ½ cup filling = ¼ cup fruit
Fruit puree
Fruit sauce – homemade[1]
Juice, 100% full strength
Juice blends – if a blend of full strength juices.
Juice concentrates, reconstituted
Kiwi fruit
Mixed vegetables – counts as one vegetable.
Mushrooms
Olives[1] ◆
Onion rings[1, 2] ◆
Pickles[1] ◆
Pimentos[1]
Pizza sauce[1]
Potatoes
Potato skins
Salsa (all vegetable including spices)
Smoothies (the pureed fruit counts as juice)
Soup (tomato or veg.) – if commercial, 1 c. soup = ¼ c. veg.
Spaghetti sauce[1]
Tomato paste – 1 Tbsp. = ¼ c. vegetable
Tomato puree – 2 Tbsp. = ¼ c. vegetable
Tomato sauce – 4 Tbsp. or ¼ c. = ¼ c. vegetable
Tomato juice
Vegetable juice blend (e.g., V-8 juice)
Water chestnuts

◆Limit use, since high in salt and/or high in fat.

Non creditable

Apple butter
Banana chips, commercial
Barbecue sauce
Caffeinated drinks
Chili sauce
Coconut
Corn chips (count as grain/bread if whole grain or enriched)
Dry spice mixes
Frozen fruit flavored bars, popsicles
Fruit "drink"
Fruit flavored syrup or powder
Fruit in cookies or grain bars – (e.g., Fig Newtons, grain bars)
Fruit in commercial fruited yogurt
Fruit leather, fruit rollups, fruit shapes
Fruit flavored canned punch (e.g., Hawaiian Punch)
Fruit flavored ice cream
Fruit syrup – from canned fruit
Gummy fruit candy
Home canned fruits and vegetables
Hominy
Honey, syrups, jam, jelly, preserves
Jell-O, gelatin
Juice cocktails (e.g., cranberry, grape, etc.)
Juice drink
Ketchup, condiments and seasonings
Kool-Aid
Lemon pie filling
Lemonade
Nectar (e.g. apricot, peach)
Orangeade
Pizza, commercial[2] (amount of sauce is insufficient - unless more is added)
Pop tart filling
Popsicles – commercial
Posole
Potato chips, potato sticks
Pudding with fruit – commercial
Raw sprouts
Sherbet, sorbet
Sports drinks
Tang

[1]Must have a minimum of ⅛ cup fruit or vegetable per serving. Only the fruit or vegetable portion counts.
[2] If a commercial product, must have a CN label or product analysis statement on file or added fruit/vegetable to supplement the product.

Grains and Breads

1. Creditable grains/breads must be whole grain or enriched or made from whole grain or enriched meal and/or flour, bran or germ. Cereals must be whole grain, enriched or fortified. Enriched means the product conforms to the Food and Drug Administration's required levels of added iron, thiamin, riboflavin, niacin and folic acid.
2. The minimum amount a grain/bread food item can contribute is ¼ serving.
3. Since children need nutrient dense foods, sweets may not be credited as grains/breads at lunch and must be limited to no more than twice a week at snack. Sweet food items are indicated with a footnote of 3 or 4. Limiting sweet grains/breads is recommended at breakfast.
4. How to determine portion sizes for grains/breads:
   a. Homemade from scratch: (2 alternate methods)
      - The amount of creditable flour, meal, bran or germ (by weight) in the recipe may be calculated to determine the number of grains/breads servings the recipe provides. Directions are on page 2-16 or in the *Food Buying Guide* starting on page 3-10.
      - A serving of the item may be weighed on a scale (digital preferred) and compared to the required weight on the Grains/Breads Chart on page 2-15. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served. (Larger, but not smaller portions may be served if desired).
   b. Made from a mix at home:
      - A serving of the item must be weighed on a scale and compared to the required weight on the Grains/Breads Serving Size Chart. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served. (Larger, but not smaller portions may be served if desired).
   c. Commercially purchased (prepared): (3 alternate methods)
      - Refer to the Nutrition Facts label to determine the weight of a serving and compare to the required weight on the Grains/Breads Serving Size Chart. If the serving on the Nutrition Facts label is larger or smaller than the required serving size, divide the required weight on Grains/Breads Chart by the weight of a serving on the Nutrition Facts label to determine the number of servings needed.
      - A statement from the manufacturer may be obtained. The documentation must indicate how much grain (by weight) or how many grain/bread servings a defined portion provides.
      - If a Nutrition Facts label or statement from the manufacturer is not available, a serving may be weighed on a scale and compared to the required weight on the Grains/Breads Chart. If the serving is too large or too small, the size of the serving should be adjusted to meet the required portion size based on the age(s) of the children being served. (Larger, but not smaller portions may be served if desired).

Creditable

Bagel
Banana, carrot, pumpkin, zucchini bread
Boston brown bread
Bread pudding [1, 3] – if homemade (HM)
Breading or batter on meats - if CN labeled or amount is known
Bread sticks, hard [2] or soft
Bread stuffing [1]
Cake, cupcakes [3]□
Cereal – dry or cooked, 6 gm. of sugar or less is recommended
Cereal bars [1, 2, 4]
Chips [2] – grain based, enriched or whole grain □
Chow mien noodles □
Cinnamon roll [4]□
Coffee cake [4]□
Cookies, brownies or bars [3, 5] □
Corn pone, hoe cake
Corn tortillas
Couscous
Crackers [2]
Cream puff shells [3] □
Crepes
Croissants □
Croutons [2] □
Doughnuts [4] □
Dumplings
Egg roll skins, won ton wrappers
English muffins
Fig bars (only the cookie part)
Fruit crisp or cobbler crust [1, 3, 5]□
Fry bread □
Gingerbread
Graham crackers
Grain fruit bars, granola bars [1, 2, 4]
Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat
Granola cereal [1, 2]□
Grits
Hushpuppies □
Ice cream cones [5]

□Limit use since may be high in salt and/or high in fat.

Johnny cake
Macaroni, noodles, spaghetti and other pasta shapes
Macaroni in boxed or homemade macaroni and cheese
Muffins
Pie crust or shell[5] □ (dessert pies [3], or in main dish pie)
Pita bread
Pizza crust
Popovers
Pretzels, soft and hard[2]
Pop tarts, toaster pastries (only the crust) [4, 5]
Puff pastry with main dish □
Quick breads including biscuits, cornbread, muffins, banana, carrot, pumpkin, zucchini
Rice cakes [5]
Rice pudding [1, 3]
Scones
Snack crackers [2]□
Sopapillas [3]□
Spoon bread
Sweet rolls, buns, pastries [4]□
Taco or tortilla shells [2]□
Tortillas
Turnover crust [4] □
Vanilla wafers (plain cookies) [3]
Waffles
Wheat germ, bran

Non creditable

Caramel corn
Commercial cereal bars (creditable with CN label or manufacturer statement)
Hominy
Nut or seed flour
Popcorn
Potatoes, potato pancakes (credit as a vegetable)
Potato chips, potato sticks
Tapioca

[1] Only the amount of bread, flour, meal or grain counts.
[2] Hard, dry foods may cause choking.
[3] Sweet food product-creditable only for snacks.
[4] Sweet food product-creditable only for snacks and for breakfast.
[5] Serving size probably not reasonable.

Grains/Breads[1, 2] Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

Group A 1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz
• Bread type coating • Bread sticks (hard)[7] • Chow mien noodles[7] • Crackers (saltines or soda crackers and snack crackers) • Croutons[7] • Pretzels (hard)[7] • Rice cakes, plain[7] • Stuffing, bread portion (dry)[7]

Group B 1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz
• Bagels • Batter type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn)[7] • Taco or tortilla shells[7] • Wonton wrappers

Group C 1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz
• Cookies[3] (plain) • Cornbread, Johnny cake or hushpuppies • Corn muffins • Croissants • Pancakes or crepes • Pie crust (dessert pies[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles

Group D 1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz
• Doughnuts[4] (cake and yeast raised, unfrosted) • Granola bars[4] (plain) • Muffins (all, except corn) • Sweet rolls[4] (unfrosted) • Sweet quick breads (e.g., banana, pumpkin, zucchini) • Toaster pastries[4] (unfrosted)

Group E 1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz
• Cookies[3, 7] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars[4] • Granola bars[4, 7] (with nuts, raisins, chocolate pieces and/or fruit) • Rice cakes, with chocolate chips or peanut butter • Sweet rolls[4] (frosted) • Toaster pastries[4] (frosted)

Group F 1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz
• Cake[3] (plain, unfrosted) • Coffee cake[4]

Group G 1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz
• Brownies[3] (plain) • Cake[3] (all varieties, frosted)

Group H 1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup
• Barley • Breakfast cereals (cooked)[5, 6] • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)

Group I 1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ⅓ cup or .5 oz, whichever is less
• Ready to eat breakfast cereal (cold dry)[5, 6] • Cereal bars[4, 8]

[1] The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.
[2] Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
[3] Sweet food product-creditable for snacks only.
[4] Sweet food product-creditable for snacks and breakfasts only.
[5] Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
[6] Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet the nutrient criteria described in CACFP memo CS-2007-9/IC-2007-9.
[7] Choking risk.
[8] To count as one full serving of grains/breads, a cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Commercial cereal bars may not be automatically credited; further documentation must be obtained from the manufacturer. Crediting will depend on the amount or weight of the ready-to-eat cereal in each cereal bar as documented by the manufacturer.

How much to serve?

Common Grain/Bread Servings

Read labels and look for lower fat, salt and sugar choices. Some foods listed are not appropriate for younger children or elderly due to risk of choking.

Food	Serving Size 1-5 yr	Serving Size 6 yr-adult	Cost* full serving
Animal crackers-national brand	6	11	.29
Bagel – 3.5 oz. national brand	1/6	⅓	.22
Bread – national brand	½ slice	1 slice	.16
Cereal, cooked – store brand	¼ c.	½ c.	.08
Cereal, Cheerios	⅓ c.	¾ c.	.21
Cheez-it snack crackers	9	17	.23
Chips Ahoy cookies	3	6	.58
Corn Chips – Tostitos yellow round	11	22	.28
Ritz snack crackers	4	7	.20
English muffin – split	¼	½	.21
Fish crackers	19	36	.25
Graham crackers – national brand	1 sheet (2 squares)	2 sheets (4 squares)	.25
Graham crackers – store brand	1 sheet (2 squares)	2 sheets (4 squares)	.13
Grain/fruit bars – store brand	1	2	.70
Granola Bar, with chocolate chips – store brand	1.5	3	1.08
Granola Bar, plain – Nature Valley	1.5	2.5	.76
Toaster Pastry, plain (52 g)	½	1	.30
Toaster Pastry, frosted (52g)	¾	1¼	.37
Pretzels – store brand			
Ring – small	7	13	.13
Ring – large	4	7	.13
Stick	19	38	.13
Saltines – national brand	4	7	.14
Saltines – store brand	4	7	.07
Oyster cracker –store brand	26	51	.09
Teddy grahams – plain	10	20	.27
Tortilla	1/2	1	.14
Triscuits	3	5	.26
Vanilla Wafers – store brand	5	9	.23
Wheat Thins	6	11	.25

*Approximate prices at HyVee in central Iowa, 6/11. Instead of counting out crackers, place the correct amount in a measuring cup to determine the required volume and scoop out the serving.

Fruit & Vegetable Yields

Serving sizes and yields are approximate

Vegetable	Yield
Carrot sticks ½" x 4"	6 sticks = ½ cup 3 sticks = ¼ cup
Baby Carrots	1 lb =10, ¼ cup servings
Cauliflower - 1 med head	6 cups flowerets
Celery sticks	6 sticks = ½ cup
½" x 4"	3 sticks = ¼ cup
Cucumber sticks ¾" x 3"	6 sticks = ½ cup 3 sticks + ¼ cup
Lettuce (bag)	¼ cup servings per lb
Iceberg only	29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes	
Cherry	5 halves = ¼ cup
¼" slices	2 slices = ¼ cup
Fruit	**Yield**
Apples (125-138 ct)	½ apple = ½ cup
Bananas (regular)	½ banana = ¼ cup
Juice (12 oz. can concentrate)	12 – ½ cup servings 8 – ¾ cup servings
Juice (46 oz. can)	11 – ½ cup servings 7 – ¾ cup servings
Oranges (138 ct)	1 orange = ½ cup

Crediting Grain/Bread Recipes

Grain Product	Weight of 1 cup (grams)
Cheerios	28 g
Corn Chex	30 g
Corn Flakes (crushed)	80 g
Rice Chex	33 g
Rice Krispies	24 g
Corn meal (regular)	122 g
Cake flour[1]	111 g
All purpose flour[1]	125 g
Bread flour[1]	123 g
Whole wheat flour[1]	120 g
Oats (uncooked)	81 g

[1] Unsifted flour, spooned into measuring cup.

Homemade Recipe Example: Cornbread

The grain items in the recipe are 1 cup of cornmeal and 1 cup of all purpose flour.

1. Total the grams of grain in the recipe

1 cup corn meal = 122 g
+ 1 cup flour = 125 g
Total = 247 g grains

2. Divide the total grain by the grams of grain needed to make one serving (14.75 grams).

247÷14.75 = 16.7 servings of grain in the recipe

Cut into 16 servings. One serving provides one grain/bread serving for school-aged children (6-12 years). Children ages 1-5 need ½ square.

Orange