The objective of this training is to help sponsors of Child Nutrition Programs better understand how to credit foods in the grain component of the meal pattern. Carefully crediting foods is insuring that meals served to student are reimbursable. The crediting of foods for Child Nutrition Programs is an on-going process. As products are updated or menus are changed the crediting will need to be reviewed to be sure that it is current. Additionally we are continually learning more about the foods that we eat and new program regulations will reflect current dietary needs for healthy meals.

How does this definition of crediting from Webster’s dictionary apply to crediting of food items for Child Nutrition Programs. When sponsors make crediting a careful practice they gain the confidence of the customers, parents and the community that they are doing their best to provide healthy meals to the children they serve.
Schools and institutions participating in the USDA Child Nutrition Programs must be able to document that any foods used in school menus meet the USDA meal pattern requirements. This is especially important for crediting combination foods that may contain ingredients from one or more food component categories where there is no way to take apart a product to weigh and measure each ingredient.

Creditable Foods: are those foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal. Foods are determined to be creditable based upon the following factors: (1) nutrient content; (2) customary function in a meal; (3) compliance with regulations governing the Child Care Food Program (in quantity requirements and/or by definition); (4) compliance with FDA’s Standards of Identity; (5) (if they are meat or meat products) compliance with USDA’s standards for meat and meat products; and (6) compliance with administrative policy decisions on the crediting of popular foods.

Non-Creditable Foods: are those foods that do not count toward meeting meal pattern requirements.

For school year 2013-14, at least half of the grains offered in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be whole grain-rich. Effective July 1, 2014, all grains offered at lunch and breakfast must be whole grain-rich. Whole grain-rich products contain at least 50 percent whole grains and any other grain ingredients are enriched.
This is a brief overview of the different ways to credit grains for Child Nutrition Programs. Each of these bullets will be covered in-depth during this training.

- **The Food Buying Guide** has information on crediting Grain Products in the Grains section. This section is currently in the process of being revised by USDA to meet the new meal pattern requirements.
- **The Child Nutrition, or CN, label** states a food’s contribution toward the meal pattern requirements.
- **When purchasing a commercial product without a CN label**, the sponsor may need to obtain a product formulation statement, or MPFS, from the manufacturer that demonstrates how the processed product contributes to the meal pattern requirements.
- For grains, sponsors may have enough information from the ingredient list and nutrition facts label to use Exhibit A from the Food Buying Guide.
- **The Food Buying Guide** has information and a worksheet that will assist the sponsor menu planner in calculating the grain contribution from a local recipe.
- **Appendix A in the Food Buying Guide** should be used to demonstrate how grains contribute to the meal pattern when they are a part of a recipe. An example would be the noodles in a lasagna recipe. Appendix A would also be used if modifications were made to a USDA recipe.
- **USDA recipes** show the meal contributions. Using USDA recipes is an easy way to assure crediting as long as the recipe and portion size is followed. If there are any
modification to the recipe or variations in the portion size, Appendix A should be used to recalculate the meal contributions for the recipe.

- USDA Food Fact Sheet for processed USDA (commodity) foods will show meal contribution for grains when present. Examples of a USDA Food Fact Sheets for grains would be breaded catfish, breaded 8 cut chicken or macaroni or rice.

This training will include information to assist the sponsors of Child Nutrition Programs to be able to credit:
- Whole Grain and Whole Grain-Rich Products
- Fortified Ready-to-Eat Cereals
- Commercially prepared food items with grains that have a CN label
- Commercially prepared food items with grains that do not have a CN label
- USDA recipes that contain creditable amounts of grains
- And Local or modified USDA recipes that contain grains
What is Whole Grain-Rich?

1. 100% Whole Grain Meal or Flour
2. Whole-grain oz. equivalent from FBG Exhibit A
3. Product includes FDA whole-grain health claim
4. Product ingredient list whole grains first

Whole grain-rich (WGR) requirement timeline:
- For lunch, beginning July 1, 2012, (SY 2012-2013), half of the grains offered during the school week must meet the WGR criteria. For breakfast, beginning July 1, 2013 (SY 2013-2014), half of the grains offered during the school week must meet the Whole Grain-Rich criteria. Beginning July 1, 2014, (SY 2014-2015), all grains must meet the Whole Grain-Rich criteria for lunch and breakfast.

Whole Grain-Rich Criteria
Element 1: Grain products that meet the Whole Grain-Rich criteria contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. Whole grain-rich products must contain at least 50-percent whole grains and the remaining grain, if any, must be enriched.

Element 2: The food must meet at least one of the following:
- The whole-grain content per ounce equivalent based on the attached Exhibit A weights must be at least 8.0 grams or more for Groups A – G. For Groups H and I, the volumes or weights listed must be offered to credit as one ounce equivalent. This information may be determined from information provided on the product packaging or by the manufacturer, if available.
- The product includes the following Food and Drug Administration-approved whole-grain health claim on its packaging: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease..."
and some cancers.”
c. The product ingredient declaration lists whole grains first.

I. Non-mixed dishes (e.g., breads, cereals): whole grains must be the primary ingredient by weight (a whole grain is the first ingredient in the list with an exception for water). When the whole grain content comes from multiple ingredients, the combined whole grain ingredients may be the primary ingredient by weight even though a whole grain is not listed as the first ingredient.

II. Mixed dishes (e.g., pizza, corn dogs): whole grains must be the primary grain ingredient by weight (a whole grain is the first grain ingredient in the list of grains).

There is a link to the USDA Grain Memo on the Resource Page of this training.

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts – bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain. However, a reconstituted grain product is not considered as a whole grain.

The word whole listed before a grain, for example whole corn, is used to indicate that it is a whole grain. The words berries and groats are also used...
to designate whole grains, for example, wheat *berries* or oat *groats*. Rolled oats and oatmeal including old-fashioned, quick-cooking, and instant oatmeal are all whole grains.

The USDA fact sheet on whole grains is listed on the resource page for this training.

This isn’t a complete list of whole grains but it is a list of some of the more common whole grains that are used in products for Child Nutrition Programs.

What grain ingredients are considered non-creditable?

Only grain ingredients that are whole or enriched are creditable for school lunch or breakfast. Grain ingredients that are not creditable include (click) oat fiber, (click) corn fiber, (click) wheat starch, (click) corn starch, (click) bran, (click) germ, and (click) modified food starch (click) (including potato, legume and other vegetable flours). If purchased grain products include these ingredients they must be present at a level of less than 2% of the product formula (or less than 0.25 oz eq) for the product to be creditable at lunch, or
breakfast beginning SY 2013-2014.

If non-creditable grains are present at levels of 2% (or 0.25 oz. equivalent) or more per NSLP/SBP ounce equivalent, the entire product is considered non-creditable.

· Wheat gluten is **not** considered a non-creditable grain, and thus, is allowed in creditable grain products.

· If the ingredient list indicates that a product contains less than 2% of a non-creditable grain, the product could still credit using Exhibit A in the food Buying Guide, as long as it meets all other crediting requirements. However, if the ingredient list indicates the product contain 2% or less of multiple non-creditable grains, the manufacturer should provide documentation clarifying the total grams of non-creditable grain in the product.
Here are some grain products that are not whole grain.

Read list. At flour, enriched say:
Although enriched flour is not a whole grain, it may be used in a grain product along with other whole grains. Enriched flour when used alone or with other non-whole grains.

The Oregon Department of Education Child Nutrition Programs received guidance from USDA concerning the use of corn products traditionally manufactured with corn masa dough where the corn is treated with lime (calcium hydroxide), such as tortilla chips, taco shells, and tamales.

These corn products, using corn treated with lime, may be used in meeting the WGR criteria provided that the manufacturer meets the requirements for inclusion of the Food and Drug Administration (FDA) whole grain health claim and includes the claim on the product carton. The health claim states, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers." Enrichment of corn masa (corn treated with lime) is not required for School
Meal Programs when the finished corn product bears the FDA whole grain health claim.
If the corn product includes other grain ingredients, such as flour, these ingredients must be whole or enriched to meet the WGR requirements.

There is a link to the Corn Masa Dough Memo on the Resource Page of this training.

In reviewing the last few slides there are essentially three categories of grains and grain ingredients:

- Grains that are whole and enriched; these grains are creditable and contribute to the meal pattern for grain ounce equivalents
- Non-creditable grain ingredients that are not allowed in school meal programs unless they are below the specified levels (less than 2%, or 0.25 ounce equivalents, or 3.99 grams or 6.99 grams) in a product. The grain ingredients that are considered non-creditable are: oat fiber, corn fiber, wheat starch, corn starch, bran, germ, and modified food starch (which includes potato, legume and other vegetable flours)
- Other grain ingredients that are listed in the ingredient list that are not whole or enriched, but that is not one of the specified non-creditable grains. These may be present in the product, must be accounted for in the non-creditable grain calculation.
The section on Grains in the Food Buying Guide is being revised. The new Exhibit A from the Food Buying that will be used with Whole Grain and Whole Grain-Rich Products is available. Be sure to use the Exhibit A that specifies Whole Grain-Rich and no longer use the old version of this document.

Here is how Exhibit A works—products are divided into groups based on portion of grain to total weight of the product.

First— you must look at the product ingredients to determine that the product meets the whole grain-rich criteria. Additionally, the sponsor must check to see that there aren’t any non-creditable grains in 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.

2nd – If the product meets the Whole Grain-Rich criteria and does not contain any non-creditable grains then identify the group the product would fit into.

3rd – look at the weight on Exhibit A to see what equals a 1 ounce equivalent.
4th – check the product serving size weight to determine the ounce equivalent.

All grain products must be credited based on these per ounce equivalent standards beginning on July 1, 2013, the beginning of the 2013-2014 year. As provided for in NSLP and SBP regulations, grain products must be credited using the ounce equivalent method. This criteria is applied to various products as follows:

Baked goods, such as breads, biscuits, bagels, etc., require 16 grams of creditable grain ingredients in order to provide 1 ounce equivalent credit.

For cereal grains such as oatmeal, pasta, and brown rice, a 1-ounce equivalent is 28 grams (approximately 1.0 ounce by weight) of dry product. Since these grains are served cooked and water is added in preparation, the cooked volume equivalent is ½ cup cooked cereal, pasta, or rice.

For ready-to-eat (RTE) breakfast cereal, 28 grams or 1.0 ounce of product is considered an ounce equivalent.

This slide shows how Exhibit A looks - This is just the first Group. The equivalencies will vary based on weight of the product.
He said it was a 2 oz. equivalent.

Wow, look at this muffin the salesman gave me to try! 

It’s the menu planner’s responsibility to check

Was he right? 
Sample – here is the label.
Look at the Ingredients - Is it a whole grain-rich product?
Look at the Ingredients – check that there aren’t any grains that do not credit
Which Group does this product fit?
What is the Weight of the finished product

What is the ounce equivalent?

So, let’s take a look. 
Is it whole grain-rich? The first ingredient is (click) Whole Wheat Flour followed by (click) Enriched flour. This would qualify the product as Whole Grain-Rich.
Are there any non-creditable grains? The ingredient list includes (click) that the muffin contains 2% or less and lists (click) oat fiber (click) modified food starch and (click) wheat starch which are both on the list of non-creditable grains.

If the ingredient list indicates that a product contains less than 2% of one non-creditable grain, the product could
still credit using Appendix A in the Food buying guide, as long as it meets all other crediting requirements. However, if the ingredient list indicates the product contains 2% or less of multiple non-creditable grains, the manufacturer should provide documentation clarifying the total grams of non-creditable grain in the product.

At this point rather than using Exhibit A the sponsor would need to obtain additional information from the Manufacturer.

Here is another label.

(click) The product states that there are 16 grams or more of whole grain per serving and that 1 muffin equals 2 bread servings.

Look at the Ingredients - Is it a whole grain-rich product?
Look at the Ingredients – check that there aren’t any grains that do not credit

Is it whole grain-rich? The first ingredient is (click) Whole Wheat Flour followed by (click) Enriched Wheat. This would qualify the product as Whole Grain-Rich.

Are there any non-creditable grains?
No, this product does not contain any non-creditable

This product can now be credited using Exhibit A from the Food Buying Guide
Now that we have determined that this is a creditable whole grain-rich product we can move to Exhibit A in the Food Buying Guide. Which group on Exhibit A? (click) Muffins, other than corn, are in Group D on Exhibit A in the Food Buying Guide. What is the weight that is required for 1 ounce equivalent? (click) For a 1 oz. equivalent the product would need to weigh 55 grams or 2 ounces. What is the weight of the finished product serving size? (click) The Nutrition Facts show that 1 muffin weighs 102 grams. What is the ounce equivalent? (click) 102 grams divided by 55 (55 grams = 1 oz. equivalent) equals 1.85. Always round down to the nearest quarter ounce – so 1.85 would round down to 1.75. This muffin equals 1.75 oz. equivalents of grain not the 2 that was stated on the label.

This is the process you would use for any prepared grain product. Sponsors can also use this method for in-house prepared products.
Wow! Why did the salesman tell me it was 2 grain equivalent?

- Based on the amount of grains in the recipe.
- Would need to be documented on a MPFS

Buyer beware. Need to have documentation for all claimed facts for any product.

However, the salesman could have been right based on a Manufacturer’s Product Formulation Statement.

Based on the weight of grains in a recipe, the product could qualify as a larger per ounce equivalent for crediting.

The Manufacturer’s Product Formulation Statement would document the creditable amount based on Crediting Standards Based on Grams of Creditable Grains which is a specific tab in the Oregon MPFS workbook.

The product manufacturer would need to provide documentation of the amount of creditable grains in the recipe.

Crediting Breakfast Cereals

<table>
<thead>
<tr>
<th>Cooked Breakfast Cereals</th>
<th>Ready-to-Eat (RTE) Breakfast Cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group H – Exhibit A FBG</td>
<td>Group I – Exhibit A FBG</td>
</tr>
<tr>
<td>Credit as cooked volume equivalent of ½ cup equals 1 oz. grain.</td>
<td>1 oz. equivalent</td>
</tr>
<tr>
<td></td>
<td>1 C. flakes/rounds</td>
</tr>
<tr>
<td></td>
<td>1 ¼ C. puffed</td>
</tr>
<tr>
<td></td>
<td>¼ C. granola</td>
</tr>
<tr>
<td></td>
<td>Whole grain as primary ingredient</td>
</tr>
<tr>
<td></td>
<td>Fortified</td>
</tr>
</tbody>
</table>

For school year 2013-14, at least half of the grains offered in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be whole grain-rich. Effective July 1, 2014, all grains offered at lunch and breakfast must be whole grain-rich. Whole grain-rich products contain at least 50 percent whole grains and any other grain ingredients are enriched.

The serving sizes (ounce equivalents) for breakfast cereals are based on the USDA ounce equivalents chart, Exhibit
A - Whole Grain-Rich Ounce Equivalents
Requirements for School Nutrition Programs. The USDA ounce equivalents chart divides products into nine groups (A-I) based on their average grain content. Cooked breakfast cereals such as oatmeal are in Group H. Cold ready-to-eat breakfast cereals are in group I. Both groups require 28 grams or 1 ounce of product to credit as 1 ounce equivalent of grains in school nutrition programs.

Cooked Breakfast Cereals
Cereals in group H of the USDA ounce equivalents chart are served cooked and water is added in preparation, so they credit based on the cooked volume equivalent of ½ cup. For school year 2013-14, schools can continue to serve enriched cooked breakfast cereals such as farina and cream of wheat. However, effective July 1, 2014, all cooked breakfast cereals must meet the USDA’s whole grain-rich criteria and list a whole grain as the primary ingredient.

Ready-to-Eat (RTE) Breakfast Cereals
For RTE cold breakfast cereals in group I of the USDA ounce equivalents chart, a 1-ounce equivalent serving equals:
• 1 cup of flakes or rounds;
• 1 ¼ cups of puffed cereal; and
• ¼ cup of granola.

To be whole grain-rich, RTE breakfast cereals must list a whole grain as the primary ingredient and the cereal must be fortified. Fortified breakfast cereals contain five nutrients lost during the refining process (iron, thiamin, riboflavin, niacin and folic acid), as well as additional vitamins and minerals that
do not exist naturally in grains. To
determine whether a breakfast cereal is
fortified, check the product’s
ingredients statement. Fortified cereals
must contain:
• the five enrichment nutrients (iron,
thiamin, riboflavin, niacin and folic
acid); and
• additional nutrients such as vitamins
A, C, D, E and B6 (pyridoxine
hydrochloride), vitamin B12
(cobalamin), pantothenic acid and zinc.
When fortification nutrients are added
to cereals, they will be listed in the
ingredients statement under “Vitamins
and Minerals.”

All fortified cereals must contain the
five enrichment nutrients but
manufacturers can choose which
additional nutrients to use for
fortification so different cereal brands
may list different fortification nutrients.
The USDA does not specify a minimum
number of nutrients or a minimum
percentage for the level of fortification
for RTE cold breakfast cereals.
Determining if a Breakfast Cereal is Fortified

This product label shows an example of a fortified breakfast cereal that meets the USDA requirements.
- This cereal is enriched because the “Vitamins and Minerals” section of the ingredients statement lists iron, thiamin (vitamin B1 (thiamin mononitrate)), riboflavin (vitamin B2), niacin (niacinamide) and folic acid, the five enrichment nutrients.
- This cereal is fortified because the “Vitamins and Minerals” section of the ingredients statement lists seven other nutrients that are not naturally present in the whole grain oats but have been added to the cereal. These include calcium (calcium carbonate), zinc, vitamin C (sodium ascorbate), vitamin A (palmitate), vitamin D3, vitamin B6 (pyridoxine hydrochloride) and vitamin B12.
- This cereal is whole-grain rich because “whole grain oats” is the first ingredient.

Since this cereal is fortified and contains a whole grain as the first ingredient, it meets the USDA criteria for creditable breakfast cereals.

Noncreditable Cereals

After school year 2013-14, cereal products that contain only enriched grains, bran or germ no longer credit toward the grains component in the NSLP and SBP. Examples include enriched cream of wheat, enriched farina, 100 percent bran cereal and wheat germ. Effective July 1, 2014, all cereals must be whole grain-rich.
To be whole grain-rich, RTE breakfast cereals must list a **whole grain** as the primary ingredient and the cereal must be **fortified**.
A whole grain-rich ready-to-eat cereal may contain more than 0.25 oz. equivalent of non-creditable grains and still be a creditable product for child nutrition programs. The other grains in this type of cereal do not have to be enriched.

We are still waiting for USDA to publish the new version of this section. There are some products that at this time will remain the same and the process of determining creditable amounts of the item.

In this sample for (click) Long grain regular brown rice, there are (click) 17.5 – (click) ¼ cups of cooked rice for each (click) pound of dry rice.

(click) Additional helpful information is in column 6
- There are about 2 ½ cup of dry rice in 1 pound of dry rice.
- 1 pound of dry rice equals about 4 3/8 cups of cooked rice
- And, 1 cup of dry rice equals about 1 ¾ cups of cooked rice.
Manufacturers may apply for a Child Nutrition (CN) Label for qualifying products to indicate the number of oz eq grains that meet the whole grain-rich criteria. The term, “oz eq grains” on the CN Label indicates the product meets the whole grain-rich criteria, while the terms “bread” or “bread alternate” on the CN Label indicates the product meets previous program requirements for grains/breads.

This is an example of a CN Labeled product that contains whole grain-rich. Has all the requirements. Rectangle with CN on all 4 sides

CN number is in upper right corner

The CN label states how the food items credits for child nutrition programs – a 4.60 oz. piece of the whole grain cheese/cheese substitute pizza provides 2 oz. equivalents of meat alternate, 2 oz. equivalent grains and 1/8th cup of red/orange vegetable

Authorization statement with date follow the crediting information.

This is outlined with the distinctive border.

When used as stated, this is a guarantee that the product credits toward the child nutrition meal pattern,

**Grains Product Labeling.** The term oz. eq. grains on the CN Label indicates the product meets the whole grain-rich criteria, while the terms bread or bread alternate on the CN Label indicates the product meets previous requirements
for grains or breads. Products with a CN Label that meet the whole grain-rich criterion will report the contribution of the grain product. *For Example:* The label may say that the grain “provides X.X servings of whole grain-rich (or WGR) grains for Child Nutrition Programs.”

As a reminder – If the sponsor changes the serving size of the product, this will change the crediting. Sponsors should be sure to use the correct serving size for the product or recalculate how the new serving size credits toward the meal pattern.

If a sponsor is unable to document the crediting of a grain product with Exhibit A from the Food Buying Guide and the product does not have a CN Label, then they will need to obtain a Manufacturer’s Product Formulation Statement for the product. There is a template available on the ODE/CNP website for manufacturer’s to complete to document foods in the fruit, vegetable, meat/meat alternate and grain components. The link to this template is on the resource page of this training.

The manufacturer must provide the following supporting documentation: Product label (including nutrition facts and ingredient list) Individual Component(s) Worksheets Formulation Statement (signed and on manufacturer letterhead)
This slide shows clips from the main page of the Product Formulation Workbook that would pertain to grains. The manufacturer would need to complete the information on this page. Including:
The manufacturer letterhead at the top of the page.
(click) Section 1 is the description of the product. The form needs to be completed with the weight of the portion size for the credited amount.
(click) In Section 2 there is a separate area for each of the food components. B & C are where the manufacturer would certify the crediting of grains.
(click) Section 3 must be signed by the person responsible for the crediting information. This would be someone from the company who has actual knowledge of the product ingredients. It might be a quality control official, dietician or president of the company.

The information that must be provided should clearly show how the product credits toward the meal pattern. You should be able to follow the process the manufacturer used to make the crediting determination. All of the information must be complete.

The sponsor needs to verify what has been provided by the manufacturer. This form does not provide a warranty of the product during an administrative review.
There are 2 ways a manufacturer can document how the product is creditable. Section B is for use when the manufacturer is crediting the product based on grams of creditable grains in the ingredients. This is the sheet in the workbook that they would use to list all of the creditable grains.

The second way to credit grains is using Exhibit A. The manufacturer would complete Section C that is shown here. The top part of the page is for product items that fall in the A-G categories of Exhibit A.

(Give participants a few seconds to look at the form then go to the next slide)

The bottom part of the page would be used for products that are in section H or I on Exhibit A.

(Give the participants a few seconds to look at the form.)
Calculating Grain Crediting From A Local Recipe

Grams whole-grain meal and/or flour or
Grams whole-grain plus enriched meal and/or flour +
Number of servings the recipe yields +
16 grams per oz. equivalent standard

The contribution of grains in a local recipe may be calculated to determine the number of ounce equivalent grains the recipe provides based on 16 grams of grain ingredients per ounce equivalent.

The crediting of a food item as ounce equivalent of grains is determined by taking the grams of whole-grain meal and/or flour and dividing it by the number of servings that the recipe yields. This answer is then divided by 16 grams.

Let’s make this easier.

In a recipe for Oatmeal Muffin Square it calls for 1 pound 2 ounces of rolled oats which converts to 1 1/8th or 1.125 pounds.

and 2 pounds 8 ounces which converts to 2.5 pounds of whole wheat flour. To convert the pounds to grams you multiply by the number of grams in a pound which is 453.6.

This gives us 510.30 grams of oats and 1134 grams of whole wheat flour. After determining the grams for each ingredient you would add them for the total grams of creditable grains in the recipe.
Number of servings the recipe yields ÷ 16 grams per oz. equivalent standard

Take the total grams of creditable grain in the recipe (1644.30) and divide it by the number of servings in the recipe (100 oatmeal muffin squares) this gives us 16.44 grams of creditable grains per portion.

Next divide the number of grams per portion (16.44) by 16 grams per oz. equivalent standard to convert it to ounces per serving. 1.03 ounces per serving

Round down to the nearest ¼ ounce for the ounce equivalent of grain per serving. (click) 1.03 would round down to (click) 1 creditable grain serving

The recipe is more than 50% brown rice to equal a Whole Grain-Rich product. The portion size is a # 8 scoop which equals ½ cup
From the Food Buying Guide we know that – ½ cooked rice = 1 oz. equivalent of grain.
Here is a sample recipe ingredient list. The only ingredients listed here are ones chosen to be evaluated for crediting. The macaroni will be evaluated for grains crediting and the cheeses for meat alternate crediting in this macaroni and cheese recipe using Appendix A. For this section of the crediting training we will be emphasizing how the grains will credit using Appendix A.

The recipe calls for (Click) 2 pounds 10 ounces of whole grain elbow macaroni. (Click) The sponsor would find the ingredient in the Food Buying Guide. The Food Buying Guide shows which group on Exhibit A the product would be located in. (Click) In the Food Buying Guide, the purchase unit for elbow macaroni is in pounds. To use Appendix A, the sponsor will need to convert the ounce portion of the recipe to a percent of a pound. (Click) To convert 10 ounces to a percent of a pound, divide 10 by the number of ounces in a pound – 16. The answer is the percent of a pound. 10 ounces is .63 of a pound.
Now we are ready to enter the information from the recipe in Appendix A.

(Click) 1st list the number of portion the recipe will make. Remember if you change the portion size the crediting amount will change.

(Click) Next, enter the ingredient in column 1 and the amount the recipe indicates based on the purchase units from the Food Buying Guide. The 2 pound 10 ounce amount from the recipe we now know is 2.63 pounds.

(Click) In column 4 enter the servings per purchase unit from the Food Buying Guide.

(Click) In the last column enter a ‘G’ for the worksheet to calculate the servings of grain.

(Click) Click on column 7 and you can see that 2.63 pounds of macaroni at 19.5 servings per pound equals 51.285 servings of grain.

(Click) The worksheet then divides the number of servings of grain by the number of servings in the recipe and you can see that this recipe provides 1.026 servings (1/2 cup) of grain per portion.

(Click) Round down 1.026 and you now have the determination that this recipe will provide 1 – 1 ounce equivalent of grain.
USDA Food Fact Sheets provide crediting information. For grains it could be a single source product like macaroni or rice, or it could be a combination food item like in this example of breaded catfish strips.

Your Turn

Determine if this Banana Breakfast Bar is Whole Grain Rich? And, does it have any non-creditable grains?

(Pause)

(Click)Whole wheat flour is the first ingredient and the second grain ingredient is (click) Whole Grain Oats. This is a whole grain-rich product.

The label states that the product (click) contains 2% or less of Modified corn Starch which is a non-creditable grain.

Where do we go from here?

Because there is only 1 non-creditable grain and the label lists it as 2% or less we can credit this product using the new Exhibit A for Whole Grain-Rich Products from the Food Buying Guide.
Ingredients for mini pancakes –
Determine if this is a whole grain-rich product.

(Pause)

(click) Yes, the first, and only, main grain ingredient is whole wheat flour. In the list of less than 2% ingredients there aren’t any non-creditable grain ingredients.

Now that we have determined that this is a Whole Grain-Rich Product, we can use Exhibit A to check the label’s claim that 1 pouch equals 2 oz. equivalent of grains.

The first step is to find the group. Pancakes are in Group C on Exhibit A. Here is a clip of that section from Exhibit A.

Look at the product serving size weight and determine if it is indeed a 2 oz. equivalent of grains.

(Pause)

(click) It takes 34 grams to equal 1 oz. equivalent of grain for items in Group C.

(click) The serving of pancakes in this package is 100 grams.

(click) Divide the weight of the product serving size by the required gram equivalent for 1 oz to determine how this product will credit.

\[
\text{100 grams divided by 34 grams equals 2.94}
\]

Round 2.94 down to the nearest quarter ounce to equal 2.75 or 2 ¾

These pancakes equal 2 ¾ ounce equivalents of grain.
A quick review of what was covered in this training

Information was presented to assist the sponsors of Child Nutrition Programs to be able to:

- Identify Whole Grain and Whole Grain-Rich Products and understand how to determine how they credit toward the school nutrition meal patterns
- Crediting Fortified Ready-to-Eat Cereals
- Identifying commercially prepared food items with grains that have a CN label
- Credit commercially prepared food items with grains that do not have a CN label
- Look at USDA recipes that contain creditable amounts of grains
- And crediting Local or modified USDA recipes that contain grains
Here are links to resources used in this training. They will be helpful for sponsors as questions arise regarding crediting grains. If you have additional questions, please contact your assigned CNP specialist.

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Thank you for participating in A Closer Look at Crediting Grains.