

Grain¹ Serving Size Chart

Grain products are divided into seven groups (A – G) according to the serving size needed to provide 16 grams of creditable grain per ounce equivalent (oz. eq.). When other ingredients such as water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of grain. See “Determining Portion Sizes for Grain Products”.

Group A

1 oz. eq. – 22 g. or 0.8 oz.

½ oz. eq. – 11 g. or 0.4 oz.

- Bread type coating
- Bread sticks (hard)²
- Chow Mein noodles^{2,3}
- Crackers, savory (saltines and snack crackers)
- Croutons^{2,3}
- Pretzels (hard)²
- Rice cakes, plain³
- Stuffing, bread portion (dry)

Group B

1 oz. eq. = 28 g. or 1 oz.

½ oz. eq. = 14 g. or 0.5 oz.

- Bagels^{2,4}
- Batter type coating⁴
- Biscuits⁴
- Breads (white, whole wheat, French, Italian, pumpernickel)
- Buns (hamburger and hot dog)
- Crackers, sweet (graham – all shapes, animal crackers)
- Egg roll skins
- English muffins
- Pita bread (white, whole wheat)
- Pizza crust
- Popcorn (3 c. = 1 oz. eq.)²
- Pretzels (soft)
- Rolls (white, whole wheat)
- Tortillas (wheat or corn)
- Tortilla chips (wheat or corn)^{2,4}
- Taco Shells^{2,4}

Group C

1 oz. eq. = 34 g. or 1.2 oz.

½ oz. eq. = 17 g. or 0.6 oz.

- Cornbread⁴

- Corn muffins⁴
- Croissants⁴
- Pancakes or crepes⁴
- Pie crust for meat/meat alternate pies⁴
- Waffles⁴

Group D

1 oz. eq. = 55 g. or 2 oz.

½ oz. eq. = 28 g. or 1 oz.

- Muffins (except corn, and those considered to be grain-based desserts – see the prior page describing non-creditable grains)⁴
- Quick breads (e.g., banana, pumpkin, zucchini)⁴

Group E

1 oz. eq. = 69 g. or 2.4 oz.

½ oz. eq. = 35 g. or 1.2 oz.

- French toast⁴

Group F

1 oz. eq. = ½ cup cooked or 1 oz. (28 g.) dry

½ oz. eq. = ¼ cup cooked or 0.5 oz. (14 g. dry)

- Breakfast cereals (cooked)^{5,6}
- Bulgur or cracked wheat
- Cereal Grains (barley, quinoa, etc.)
- Grits (hominy)
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

Group G

1 oz. eq. = 1 cup or 1 oz. flakes or rounds

1 oz. eq. = 1¼ cups or 1 oz. puffed cereal

1 oz. eq. = ¼ cup or 1 oz. granola

- Ready to eat breakfast cereal (cold dry)^{5,6}

¹ Must be whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, or germ.

² Hard, dry food may cause choking.

³ Serving size probably not reasonable.

⁴ Some foods may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve.

⁵ Breakfast cereals are traditionally served as a breakfast menu item, but may be served in other meals.

⁶ Breakfast cereals must contain no more than 6 g. sugar per dry ounce. (No more than 21 g. sucrose and other sugars per 100 g. dry cereals).