

How to Credit Components in School Nutrition Programs

Grains:

Schools can use any of the four calculation methods below to determine a product's grain contribution. Remember to round down to the nearest 0.25 oz after calculating.

Method 1:

Convert the weight of the item from grams, listed on the nutrition facts label, to ounces by dividing the grams by 28 and refer to the updated grain memo on crediting. Divide the serving size of the product by the corresponding oz eq listed in groups A through G.

Method 2:

Determine the item's weight in ounces by weighing the item and refer to the updated grain memo on crediting. Divide the serving size of the product by the corresponding oz eq listed in groups A through G.
For example, 1.2 oz of cornbread = 1 oz equivalent. Therefore a 2 oz piece of cornbread, when divided by 1.2, would equal 1.66. After rounding down to the nearest 0.25 oz the cornbread would credit as 1.5 grain oz eq.

Method 3:

Obtain a manufacturer's product analysis sheet or Child Nutrition (CN) label.

Method 4:

Divide the enriched and whole grain gram weight of the product, often listed within the recipe, by the number of servings and then by 16 grams to get the amount of grain ounce equivalents per serving. Conversions of cups or pounds of flour/other grains to grams can be found on page 3-12 of the grain section of the food buying guide.

Meat/Meat Alternate:

Schools can use any of the two calculation methods below to determine a product's meat/meat alternate contribution. Remember to round down to the nearest 0.25 oz after calculating.

Method 1:

If it is an unprocessed item you can use the weight of the cooked meat. Refer to the Food Buying Guide for cooked yields or edible portions of raw meat.

Method 2:

If it is a processed item (with breading, fillers, etc) you need a CN label, USDA food fact sheet if it's a USDA food, the Food Buying Guide, or the manufacturer's product analysis sheet.
Note: The manufacturer's advertising sheet cannot be used to validate how a food item meets the individual food components.

Additional Information for crediting meat/meat alternates:

- Deli meat and similar items have added ingredients that do not contribute to the amount of meat in a product. In this case the items count as less meat ounce equivalent. Check the Food Buying Guide for crediting information. If the product is not in the Food Buying Guide use Method 2 above.
- Peanut butter counts as 2 TBSP = 1 oz
- Beans count as $\frac{1}{4}$ cup = 1 oz. *Beans cannot count as a vegetable and a meat in the same meal.*
- Yogurt counts as $\frac{1}{2}$ cup = 1 oz
- 1 oz of cheese counts as 1 oz of meat alternate. *Some slices of cheese may only count as $\frac{1}{2}$ oz. Refer to the Food Buying Guide and USDA Food Fact Sheets for crediting.*

Vegetables:

All servings are measured by volume not weight. You can find the weight (*pounds, ounces*) converted to volume (*cups, teaspoons, tablespoons*) in the Food Buying Guide. Remember that 1/8 cup is the smallest creditable amount.

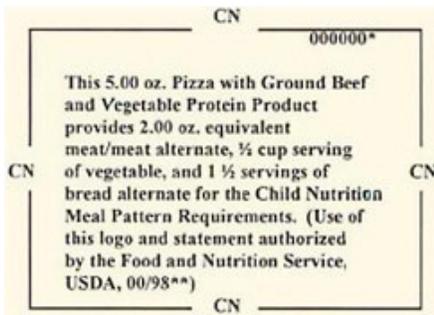
- Raw leafy greens count for half the volume. *For example, 1 cup of raw spinach counts as ½ cup of vegetable.*
- Refer to <http://www.choosemyplate.gov/food-groups/vegetables.html> for information on vegetable subgroups.
- To credit vegetable mixtures to a specific vegetable subgroup, you will need to know the exact quantities of each vegetable within the mixture. This information can be found within the recipe or in a manufacturer’s statement. If you cannot verify the exact quantities of each vegetable you can count non-starchy vegetable mixtures as “other vegetables” and starchy vegetable mixtures as “additional vegetables”.

Fruits:

All servings are measured by volume not weight. You can find the weight (*pounds, ounces, grams*) converted to volume (*cups, teaspoons, liters*) in the Food Buying Guide. Remember that 1/8 cup is the smallest creditable amount.

- Dried fruit counts as twice the volume. *For example, ¼ cup of raisins credits as ½ cup of fruit.*
- Most fresh fruit will be credited according to the count of the item, the creditable amount can be found in the Food Buying Guide.

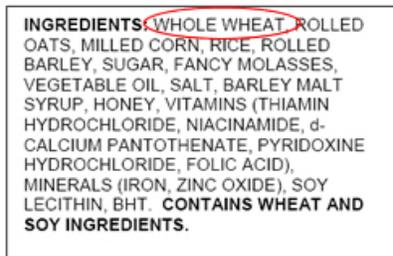
CN Label



Nutrition Facts Label with Weight of Grain Product

| Nutrition Facts | |
|---|---------------------------|
| Serving Size 1 oz. (28g/About 21 pieces) | |
| Servings Per Container About 2 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 11g | 17% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 250mg | 10% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber less than 1g | 2% |
| Sugars 0g | |
| Protein 2g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 0% | Iron 4% |
| Vitamin E 6% | Thiamin 4% |
| Riboflavin 2% | Niacin 4% |
| Vitamin B ₆ 2% | Phosphorus 2% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |

Whole Grain Rich Identification on Ingredient List



Additional Resources

1. **Grain Memo** <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP30-2012os.pdf>
2. **Food Buying Guide** <http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>
3. **USDA Food Fact Sheets** <http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets>
4. **Food Buying Guide Calculator** <http://fbg.nfsmi.org/>
5. **USDA Recipes** <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTEwMiZpc01ncj10cnVI>

How to Determine Contribution of Individual Food Components in a Recipe

To determine the contribution of food components you can use the Food Buying Guide Calculator or any method outlined below.

For Pasta, Rice, or Vegetables

1. Refer to the Food Buying Guide, which will tell you how many cooked $\frac{1}{4}$ cup or $\frac{1}{2}$ cup portions are in one pound of dry pasta/rice or As Purchased vegetables in column 3.
2. Next, multiply the number of pounds of rice/pasta/vegetable in the recipe by the number of servings per pound to determine the number of cooked $\frac{1}{4}$ cup or $\frac{1}{2}$ cup servings in your recipe
3. Last, if the recipe calls for 1 cup servings divide the final number by 2 for $\frac{1}{2}$ cup servings or by 4 for $\frac{1}{4}$ cup servings. **If you have pounds and ounces (eg, 4 lbs 3 ounces) convert the ounces to a decimal by dividing the ounces by 16 before multiplying by the number of servings per pound.**

For Meat/Meat Alternate

1. Determine the cooked Edible Portion of raw meats using the Food Buying Guide.
2. Next, convert cooked pounds of meat/meat alternate into ounces by multiplying the pounds by 16 and divide by the number of servings.

For Creditable Grain/Flour in a Recipe

1. Add up the cups of flour indicated in the recipe and multiply by 128 (*1 cup of all-purpose flour is about 128 grams*).
2. Then, divide that number by the number of servings in the recipe, then divide by 16 to give you the oz equivalent of grain per serving.

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