

## Grains/Breads Component: Crediting Recipes

Recipes can be credited towards the grains/breads component based upon the amount of flour, cereal grains or ready to eat cereals used in the recipe. Items 1 through 4 below are examples of how to credit recipes made with flour, cereal grains, and ready to eat cereals.

Refer to **Food Buying Guide for Child Nutrition Programs 2001**: Section 3 – Grains/Breads 3-1 through 3-32 for additional information.

### 1. Recipe with 6 cups of *enriched flour*; yield 100 servings.

#### Step 1: Convert cups to ounces (oz.) to grams

Note: 1 cup enriched all-purpose flour = 5.0 oz.  
Approximately 28 grams in 1 oz.

6 cups flour X 5.0 oz/cup = 30.0 oz. flour  
30.0 oz. flour X 28 gm/oz. = 840 gm flour

#### Step 2: Divide total number of grams of flour in the recipe by the recipe yield.

840 grams flour **divided by** 100 servings = 8.4

There are 8.4 grams of enriched flour in 1 serving.

#### Step 3: Divide grams of enriched flour per serving by the standard, 14.75 grams. (There are 14.75 grams of flour in a slice of bread, the standard reference).

8.4 grams/serving **divided by** 14.75 = .57

One serving from this recipe contributes ½ of a grains/breads serving. (Round decimals down to the nearest ¼ grains/breads serving.)

### 2. Recipe with 4 pounds and 8 ounces of *enriched flour*; yield 100 servings.

#### Step 1: Convert pounds to grams.

Note: 1 pound = 454 grams

4.5 pounds X 454 grams = 2043 grams of flour in the recipe

#### Step 2: Divide total number of grams of flour in the recipe by the recipe yield.

2043 grams flour **divided by** 100 servings = 20.43

There are 20.43 grams of enriched flour in 1 serving.

**Step 3: Divide grams of enriched flour per serving by the standards 14. 75.**

$$20.43 \text{ grams/serving divided by } 14.75 = 1.39$$

One serving from this recipe contributes 1  $\frac{1}{4}$  of a grains/breads serving. (Round decimals down to the nearest  $\frac{1}{4}$  grain/bread serving.)

**3. Recipe with 1.5 pounds of *enriched flour* and 2.5 pounds of *oatmeal*; yield 100 servings.**

**Step 1: Convert pounds to grams for the oatmeal and the flour separately.**

$$1 \text{ pound} = 454 \text{ grams}$$

$$1.5 \text{ pounds of flour} \times 454 \text{ grams} = 681 \text{ grams of flour in the recipe}$$

$$2.5 \text{ pounds of oatmeal} \times 455 = 1135 \text{ grams of oatmeal in the recipe}$$

**Step 2: Divide the grams of the whole-grain or enriched flour in the recipe by 14.75.**

$$681 \text{ grams of flour divided by } 14.75 = 46.17$$

**Divide the grams of cereal grain the recipe by 14.75.**

$$1135 \text{ grams of oatmeal divided by } 14.75 = 76.95$$

**Add the grains/breads servings from flour and cereal together to determine the total grain/bread servings in the recipe.**

$$46.17 + 76.95 = 123.12$$

**Step 3: Divide total grains/bread servings in the recipe by the yield.**

$$123.12 \text{ grains/breads servings divided by } 100 = 1.23$$

One serving from this recipe contributes one grains/breads serving. (Round decimals down to the nearest  $\frac{1}{4}$  grains/breads serving.)

**4. Recipe that has 16 cups *krispie rice cereal*; yield 48 servings.**

**Step 1: Convert cups to grains/breads servings.**

$$\frac{3}{4} \text{ cup} = 1 \text{ grains/breads serving of ready to eat cereal (Exhibit A – Group I).}$$

$$16 \text{ cups divided by } .75 \text{ (} \frac{3}{4} \text{ cup)} = 21$$

There are 21 grains/breads servings in this recipe.

**Step 2: Divide total number of grains/breads servings in the recipe by the yield.**

$$21 \text{ grains/breads servings divided by } 48 = .44$$

One serving from this recipe contributes  $\frac{1}{4}$  of a grains/breads serving. Round decimals down to the nearest  $\frac{1}{4}$  grains/breads serving.)

### Weights of One Cup of Commonly Used Ingredients

Food Item	Type	Weight of One Cup (grams)
Cereals	All-Bran	61
	Bran Buds	75
	Cheerios	28
	Corn Chex	29
	Corn Flakes, crushed	80
	Corn Flakes, whole	29
	Puffed Rice	13
	Rice Chex	33
	Rice Krispies	27
	Wheaties	32
Cornmeal, enriched, uncooked	Yellow, degerminated	151
	Yellow, stone ground	132
Flour, rye, dark	Unstirred, spooned	128
	Stirred, spooned	127
Flour, rye, light	Unstirred, spooned	101
	Stirred, spooned	88
Flour, wheat, all-purpose	Unsifted, dipped	143
	Unsifted, spooned	126
	Sifted, spooned	116
Flour, wheat, bread	Unsifted, dipped	136
	Unsifted, spooned	123
	Sifted, spooned	117
Flour, cake	Unsifted, dipped	119
	Unsifted, spooned	111
	Sifted, spooned	99
Flour, wheat, self-rising	Unsifted, dipped	130
	Unsifted, spooned	127
	Sifted, spooned	106
Flour, whole wheat	Stirred, spooned	120
Oats, rolled, quick	Uncooked	73
	Ground	109
Oats, rolled, regular	Uncooked	75

\*Taken from: **Average Weight of a Measured Cup of Various Foods**, Home Economics Research Report No. 41, USDA