

# OSPI Child and Adult Care Food Program Worksheet

## Calculating Grains Contribution From Recipes

### 1. Creditable Grain Ingredient

Write the name of the recipe in the line after "Homemade Grains Worksheet". Then, list each creditable enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe.

Do not include non-creditable grains. Use the [Whole and Enriched Grains Reference Sheet](#) for details.

### 2. Amount

List the amount of each creditable grain ingredient in the recipe. If amount are listed as fractions, change the amounts to decimals by using the Fractions and Decimals Chart, below.

Fraction	Equals	Decimal
1/8	=	0.125
1/4	=	0.25
1/3	=	0.333
3/8	=	0.375
1/2	=	0.5
5/8	=	0.625
2/3	=	0.667
3/4	=	0.75
7/8	=	0.875

### 3. Conversion Factor

If the recipe lists the amount of grain ingredients in grams (g), skip to Step 5. If amounts are listed as cups, ounces, or pounds, you will need to change these measurements to grams.

To convert measurements, use the Grains Conversion Chart on page 5 of the [Determining Ounce Equivalents of Grains in the Child and Adult Care Food Program Recipes handout](#) to find the conversion factor for each grain ingredient.

Write the conversion factor for each grain ingredient on the worksheet. If the recipe has a creditable grain ingredient that is not listed in the chart, you will need to weigh your ingredient in grams.



**4. Grams of Grains**

Multiply the amount of the creditable grain ingredient by the conversion factor to determine grams of the ingredient. If you have weighed the ingredient, enter the weight under the "Grams of Grains" column.

**5. Total Grams**

Add the grams of all creditable grain ingredients to determine the total grams of creditable grains in the recipe.

**6. Grams of Creditable Grains per Serving**

Divide the total grams of creditable grains in the recipe (from Step 5) by the number of servings (yield) in the recipe. This tells you the amount of creditable grains per serving.

**7. Ounce Equivalents of Grains per Serving**

Divide the grams of creditable grains per serving (from Step 6) by 16 grams. This tells you how many ounce equivalents of grains are in each serving.

**8. Round Down to Find Oz. Eq. of Grains per Serving**

Round down to the nearest  $\frac{1}{4}$  grains serving. If the answer in Step 7 ends in a decimal, round the number down to the nearest 0.25 oz eq of grains.

# Homemade Grains Worksheet

## Calculating Grains Contribution from a Recipe

**Recipe:**

**Number of Servings:**

**Steps 1 – 5**

Creditable Grain Ingredient	Amount	Times	Conversion Factor	Equals	Grams of Grains
		X		=	
		X		=	
		X		=	
		X		=	
		X		=	
Total Grams				=	

**Step 6**

grams of creditable grains ÷ number of servings = grams of creditable grains per serving

**Step 7**

grams of creditable grains per serving ÷ 16 grams of grains per oz eq = oz eq of grains per serving

**Step 8**

Round amount of oz eq down to nearest 0.25 oz eq = oz eq of grains per serving