**Worksheet for Calculating Grains Contribution from a Recipe**

(for the Types of Food Products in Groups A-G, Using Grams of Creditable Grains)

**Instructions:**

1. On the worksheet, list each creditable enriched or whole-grain meal and/or flour, bran, and/or germ ingredient in the recipe.
2. Fill in the quantity (cups, pounds, kilograms, ounces, grams, etc.) of each grain ingredient in the recipe.
3. Convert the amount of each grain ingredient in the recipe to grams.

If you do not know the weight per cup of the grain you are using, here are some commonly used conversions:

|  |
| --- |
| Number of pounds of ingredient X 453.6 grams  Number of ounces of ingredient X 28.35 grams |

|  |  |  |
| --- | --- | --- |
| Number of cups of | | |
| Enriched White Flour  Regular Rolled Oats  Quick Cooking Oats  Regular Oatmeal  Stone Ground Cornmeal  Wheat Bran  Wheat Germ  Whole Wheat Flour | X  X  X  X  X  X  X  X | 125 grams  81 grams  81 grams  122 grams  132 grams  58 grams  115 grams  120 grams |

1. Add the grams for each grain ingredient to determine the total grams of grains in the recipe.
2. Divide the total grams of grains in the recipe by the number of portions in the recipe to determine the number of grams of creditable grains per portion of food product.
3. Divide the number of grams of creditable grains per portion by 16 grams (reference amount of grain in one grains serving).
4. Round down to the nearest 1/4 grains serving.

**Worksheet for Calculating Grains Contribution from a Recipe**

**Steps 1 – 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Creditable Grain Ingredient** | **Quantity** | **Convert to Grams** | | **Grams** | |
|  |  | X |  | = |  |
|  |  | X |  | = |  |
|  |  | X |  | = |  |
|  |  | X |  | = |  |
|  |  | **Total Grams** | | = |  |

**Step 5**

Total grams *divided by* number of portions in recipe:

|  |  |  |
| --- | --- | --- |
| (Total grams creditable grain) | = | Number of grams creditable grains per portion |
| (Number of portions per recipe) |

**Step 6**

Divide number of grams per portion by 16

|  |  |  |
| --- | --- | --- |
| (Number of creditable grams per portion) | = | Grains servings |
| 16 |

**Step 7**

Round *down* to the nearest 1/4 grains serving.

= creditable grains servings