



## What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.

The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases the number of ounce-equivalents for common portions are also shown.

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
<b>Bagels</b>	WG*: whole wheat RG*: plain, egg	1 "mini" bagel	1 large bagel = 4 ounce equivalents
<b>Biscuits</b>	(baking powder/ buttermilk—RG*)	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
<b>Breads</b>	WG*: 100% Whole wheat RG*: white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack-size slices rye bread	2 regular slices = 2 ounce equivalents
<b>Bulgur</b>	cracked wheat (WG*)	½ cup cooked	
<b>Cornbread</b>	(RG*)	1 small piece (2 ½" x 1 ¼" x 1 ¼")	1 medium piece (2 ½" x 2 ½" x 1 ¼") = 2 ounce equivalents
<b>Crackers</b>	WG*: 100% whole wheat, rye	5 whole wheat crackers 2 rye crispbreads	
	RG*: saltines, snack crackers	7 square or round crackers	
<b>English muffins</b>	WG*: whole wheat RG*: plain, raisin	½ muffin	1 muffin = 2 ounce equivalents
<b>Muffins</b>	WG*: whole wheat RG*: bran, corn, plain	1 small (2 ½" diameter)	1 large (3 ½" diameter) = 3 ounce equivalents
<b>Oatmeal</b>	(WG)	½ cup cooked 1 packet instant 1 ounce dry (regular or quick)	

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
<b>Pancakes</b>	WG*: Whole wheat, buckwheat RG*: buttermilk, plain	1 pancake (4 ½" diameter) 2 small pancakes (3" diameter)	3 pancakes (4 ½" diameter) = 3 ounce equivalents
<b>Popcorn</b>	(WG*)	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents
<b>Ready-to-eat breakfast cereal</b>	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1 cup flakes or rounds 1 ¼ cup puffed	
<b>Rice</b>	WG*: brown, wild RG*: enriched, white, polished	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
<b>Pasta--spaghetti, macaroni, noodles</b>	WG*: whole wheat RG*: enriched, durum	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
<b>Tortillas</b>	WG*: whole wheat, whole grain corn RG*: Flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4 ounce equivalents

\*WG = whole grains, RG = refined grains. This is shown when products are available both in whole grain and refined grain forms.

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Josef Broder, Dean and Director