

## Exhibit A: Grain Requirements<sup>1,2</sup>

GROUP A	Ounce Equivalent (Oz Eq) for GROUP A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow Mein noodles</li> <li>• Savory Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry)</li> <li><i>Note: weights apply to bread in stuffing</i></li> </ul>	1 oz eq (1 svg) = 22 gm or 0.8 oz 1/2 oz eq (1/2 svg) = 11 gm or 0.4 oz
GROUP B	Ounce Equivalent (Oz Eq) for GROUP B
<ul style="list-style-type: none"> <li>• Animal crackers</li> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (sliced, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Graham crackers (plain/honey)</li> <li>• Pita bread</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls</li> <li>• Tortillas</li> <li>• Tortilla chips</li> <li>• Taco shells</li> </ul>	1 oz eq (1 svg) = 28 gm or 1.0 oz 1/2 oz eq (1/2 svg) = 14 gm or 0.5 oz
GROUP C	Ounce Equivalent (Oz Eq) for GROUP C
<ul style="list-style-type: none"> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Waffles</li> </ul>	1 oz eq (1 svg) = 34 gm or 1.2 oz 1/2 oz eq (1/2 svg) = 17 gm or 0.6 oz
GROUP D	Ounce Equivalent (Oz Eq) for GROUP D
<ul style="list-style-type: none"> <li>• Muffins (all, except corn)</li> </ul>	1 oz eq (1 svg) = 55 gm or 2.0 oz 1/2 oz eq (1/2 svg) = 28 gm or 1.0 oz
GROUP E	Ounce Equivalent (Oz Eq) for GROUP E
<ul style="list-style-type: none"> <li>• French toast</li> </ul>	1 oz eq (1 svg) = 69 gm or 2.4 oz 1/2 oz eq (1/2 svg) = 35 gm or 1.2 oz
GROUP F/G	Ounce Equivalent (Oz Eq) for GROUP F/G
Grain-based desserts are not creditable.	
GROUP H	Ounce Equivalent (Oz Eq) for GROUP H
<ul style="list-style-type: none"> <li>• Breakfast cereals (cooked)<sup>3</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Cereal Grains (barley, quinoa, etc.)</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (white or brown)</li> </ul>	1 oz eq (1 svg) = 1/2 cup cooked or 1 oz (28 g) dry
GROUP I	Ounce Equivalent (Oz Eq) for GROUP I
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold, dry)<sup>3</sup></li> </ul>	Flakes & rounds: 1 oz eq (1 svg) = 1 cup or 1 oz 1/2 oz eq (1/2 svg) = 1/2 cup or 0.5 oz  Puffed cereal: 1 oz eq (1 svg) = 1.25 cups or 1 oz 1/2 oz eq (1/2 svg) = 3/4 cup or 0.5 oz  Granola: 1 oz eq (1 svg) = 1/4 cup or 1 oz 1/2 oz eq (1/2 svg) = 1/8 cup or 0.5 oz

1. The following foods must be whole grain, whole grain-rich, or enriched. At least one serving per day must be 100% whole grain or whole grain-rich.
2. Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce and must be whole grain, enriched, or fortified. Refer to *Florida WIC-Approved Cereal List*.