

Exhibit A: Grain Requirements^{1,2} Based on Ounce Equivalents

GROUP A	Ounce Equivalent (Oz Eq) for GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) <i>Note: weights apply to bread in stuffing</i> 	1 oz eq = 22 gm or 0.8 oz 1/2 oz eq = 11 gm or 0.4 oz
GROUP B	Ounce Equivalent (Oz Eq) for GROUP B
<ul style="list-style-type: none"> • Animal crackers • Bagels • Batter type coating • Biscuits • Breads (sliced, French, Italian) • Buns (hamburger and hot dog) • Egg roll skins • English muffins • Graham crackers • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	1 oz eq = 28 gm or 1.0 oz 1/2 oz eq = 14 gm or 0.5 oz
GROUP C	Ounce Equivalent (Oz Eq) for GROUP C
<ul style="list-style-type: none"> • Cornbread • Corn muffins • Croissants • Pancakes • Waffles 	1 oz eq = 34 gm or 1.2 oz 1/2 oz eq = 17 gm or 0.6 oz
GROUP D	Ounce Equivalent (Oz Eq) for GROUP D
<ul style="list-style-type: none"> • Muffins (all, except corn) 	1 oz eq = 55 gm or 2.0 oz 1/2 oz eq = 28 gm or 1.0 oz
GROUP E	Ounce Equivalent (Oz Eq) for GROUP E
<ul style="list-style-type: none"> • French toast 	1 oz eq = 69 gm or 2.4 oz 1/2 oz eq = 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"> • Breakfast cereals (cooked)³ • Bulgur or cracked wheat • Cereal Grains (barley, quinoa, etc.) • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (white or brown) 	1 oz eq = 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"> • Ready to eat breakfast cereal (cold, dry)³ 	Flakes and rounds: 1 oz eq = 1 cup or 1 oz 1/2 oz eq = 1/2 cup or 0.5 oz Puffed cereal: 1 oz eq = 1.25 cups or 1 oz 1/2 oz eq = 3/4 cup or 0.5 oz Granola: 1 oz eq = 1/4 cup or 1 oz 1/2 oz eq = 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 added sugar per dry ounce and must be whole grain, enriched, or fortified. Refer to Florida WIC-Approved Cereal List.