

Crediting Pizza Worksheet

Local Pizza from Restaurant

Example: 16" Cheese Pizza – 8 slice cut

<u>Ingredients</u>	<u>Weight</u>	<u>Measure</u>
Whole Wheat Flour	5 ounces	1 cup 2 Tbsp
Enriched All-Purpose Flour	4.2 ounces	1 cup
Low Fat Mozzarella Cheese	1 pound	4 cups
Low Sodium Tomato Paste	4.5 ounces	½ cup

Steps

- 1) Convert the amount of each creditable grain ingredient in the recipe to grams.

Creditable Grain Ingredient	Quantity	Convert to Grams	Grams
Whole Wheat Flour	5 ounces	X 28.35 grams/ounce	141 grams
Enriched All-Purpose Flour	4.2 ounces	X 28.35 grams/ounce	119 grams
Total Grams =			260 grams

- 2) Total grams divided by number of portions in recipe.

$$\frac{260 \text{ total grams creditable grains}}{8 \text{ portions per recipe}} = 32.5 \text{ grams creditable grains per portion}$$

- 3) Divide the number of grams per portion by 16.

$$\frac{32.5 \text{ grams creditable grains per portion}}{16} = 2 \text{ oz. eq. grains}$$

- 4) Convert the amount of creditable meat/meat alternate ingredient in the recipe to ounces.

$$1 \text{ pound cheese} \times \frac{16 \text{ ounces}}{1 \text{ pound}} = 16 \text{ ounces of mozzarella cheese}$$

- 5) Total ounces divided by number of portions in recipe.

$$\frac{16 \text{ ounces of creditable cheese}}{8 \text{ portions per recipe}} = 2 \text{ ounces mozzarella cheese per portion}$$

$$= 2 \text{ oz. eq. meat alternate (1 oz. mozzarella cheese = 1 oz. meat alternate per the USDA Food Buying Guide)}$$

Portion Crediting Checklist

- All whole grain and/or enriched grain ingredients used in the recipe are accounted for?
- All meat/meat alternate (e.g. Cheese) ingredients used in the recipe are accounted for?
- The full weight or measure of all flours/grains used in the recipe are listed?
- The full weight or measure of all cheeses and other meat/meat alternates used in the recipe are listed?
- The number of portions produced from the recipe is listed and correct?
- Can calculate the ounce equivalents (oz. eq.) of grains per portion?
- Can calculate the oz eq. of meat/meat alternate per portion?

If yes, list oz. eq. here: _____.

If yes, list oz. eq. here: _____.

*Note that meat/meat alternates not listed in the USDA Food Buying Guide will not be creditable without a Child Nutrition Label or a Product Formulation Statement from the manufacturer.

Resources

The grains calculation worksheet maybe accessed through the USDA Food Buying Guide website under Meal Components→Grains→Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains and is also pictured on the next page for convenience.

Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains

Instructions:

- On the worksheet (see page 4-12), list each creditable grain ingredient in the recipe. Creditable grains include, enriched or whole grain meal and/or flour (bran and germ for the CACFP and SFSP only).
- Fill in the quantity (for example: cups, pounds, kilograms, ounces, grams, etc.) of each creditable grain ingredient in the recipe.
- Convert the amount of each creditable grain ingredient in the recipe to grams. Use the chart below for commonly used conversions.

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	x 125 grams
Number of cups of regular rolled oats	x 81 grams
Number of cups of quick-cooking oats	x 81 grams
Number of cups of degermed, enriched cornmeal	x 138 grams
Number of cups of wheat bran	x 58 grams
Number of cups of wheat germ	x 115 grams
Number of cups of whole wheat flour	x 120 grams

- Add the grams for each creditable grain ingredient to determine the total grams of creditable grains in the recipe.
- Divide the total grams of creditable 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.

- Divide the number of grams of creditable grains per portion by 16.0 grams (reference amount of enriched or whole grain meal and/or flour, in one oz eq grains).
- Round down to the nearest 0.25 oz eq grains.

Please note, bran and germ do not contribute toward the grains component in the NSLP and SBP.

Worksheet:

1. Creditable Grain Ingredient	2. Quantity (pounds, ounces, cups)	3. Convert to Grams (reference conversion chart)	Grams
		X	=
		X	=
		X	=
		X	=
4. Total Grams			=

- Total grams divided by number of portions in recipe.

$$\frac{\text{Total grams creditable grains from Step 4}}{\text{Number of portions per recipe}} = \text{Number of grams creditable grains per portion}$$

- Divide the number of grams per portion by 16.0.

$$\frac{\text{Number of grams credible grains per portion from Step 5}}{16.0} = \text{oz eq grains}$$

- Round down to the nearest 0.25 oz eq grains.

$$\text{oz eq from Step 6} = \text{oz eq grains}$$