

Food Groups in Focus



Grain Group

Make half your grains whole

Age	Recommended Daily Amount* (ounce equivalents)	
	Total for Grain Group	Whole grains
2 to 3 years	3	1 ½
4 to 8 years	4 to 5	2 to 2 ½
9 to 13 years	Female: 5	Female: 3
	Male: 6	Male: 3
14 to 18 years	Female: 6	Female: 3
	Male: 7	Male: 3 ½
19 to 30 years	Female: 6	Female: 3
	Male: 8	Male: 4
31 to 50 years	Female: 6	Female: 3
	Male: 7	Male: 3 ½
51+ years	Female: 5	Female: 3
	Male: 6	Male: 3

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

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 1 ounce equivalent (oz. eq.) from the grains group.

Food	What counts as an ounce equivalent?	Common portions and ounce equivalents
Bagels	<ul style="list-style-type: none"> • 1 mini-bagel 	<ul style="list-style-type: none"> • 1 large bagel = 4 ounce equivalents
Biscuits (baking powder, buttermilk)	<ul style="list-style-type: none"> • 1 small (2-inch diameter) biscuit 	<ul style="list-style-type: none"> • 1 large (3-inch diameter) biscuit = 2 ounce equivalents
Breads	<ul style="list-style-type: none"> • 1 regular slice bread • 1 small slice French bread • 4 snack-size slices rye bread 	<ul style="list-style-type: none"> • 2 regular slices = 2-ounce equivalents
Bulgur (cracked wheat)	<ul style="list-style-type: none"> • ½ cup cooked bulgur wheat 	
Cornbread	<ul style="list-style-type: none"> • 1 small (2½ x 1¼ x 1¼ inch) piece cornbread 	<ul style="list-style-type: none"> • 1 medium (2½ x 2½ x ¼ inch) piece cornbread = 2 ounce equivalents
Crackers	<ul style="list-style-type: none"> • 5 whole wheat crackers • 2 rye crispbreads • 7 square or round crackers 	
English muffins	<ul style="list-style-type: none"> • ½ muffin 	<ul style="list-style-type: none"> • 1 muffin = 2 ounce equivalents
Muffins	<ul style="list-style-type: none"> • 1 small (2½-inch diameter) muffin 	<ul style="list-style-type: none"> • 1 large (3½-inch diameter) muffin = 3 ounce equivalents
Oatmeal	<ul style="list-style-type: none"> • ½ cup cooked oats • 1 packet instant oatmeal • 1 ounce dry regular or quick oats 	
Pancakes	<ul style="list-style-type: none"> • 1 (4½-inch) pancake • 2 small (3-inch) pancakes 	<ul style="list-style-type: none"> • 3 (4½ inch) pancakes = 3 ounce equivalents
Popcorn	<ul style="list-style-type: none"> • 3 cups popped popcorn 	<ul style="list-style-type: none"> • 1 bag microwave popcorn, popped = 4 ounce equivalents
Ready-to-eat breakfast cereal	<ul style="list-style-type: none"> • 1 cup flakes or rounds • 1¼ cup puffed cereal 	
Rice	<ul style="list-style-type: none"> • ½ cup cooked rice • 1 ounce dry rice 	<ul style="list-style-type: none"> • 1 cup cooked rice = 2 ounce equivalents
Pasta (spaghetti, macaroni, noodles)	<ul style="list-style-type: none"> • 1 ounce dry pasta • ½ cup cooked pasta 	<ul style="list-style-type: none"> • 1 cup cooked pasta = 2 ounce equivalents
Tortillas	<ul style="list-style-type: none"> • 1 small (6-inch) flour tortilla • 1 (6-inch) corn tortilla 	<ul style="list-style-type: none"> • 1 large (12-inch) tortilla = 4 ounce equivalents

Source: USDA Center for Nutrition Policy and Promotion, visit MyPyramid.gov on the Web.
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