



# Grains for the Entire Family!



This is how many grains we need each day:

Age	Girls	Boys	Age	Women	Men
2-3 years old	2 oz equiv	2 oz equiv	19-30 years old	6 oz equiv	8 oz equiv
4-8 years old	3- 5 oz equiv	3- 5 oz equiv	31-50 years old	6 oz equiv	7 oz equiv
9-13 years old	5 oz equiv	6 oz equiv	51+	5 oz equiv	6 oz equiv
14-18 years old	6 oz equiv	7 oz equiv			

What is a 1 ounce equivalent of grains?

1 regular slice of bread    1 cup of cornflakes or cheerios    ½ cup cooked rice    7 saltine crackers

How will you fit grains into meals/snacks for you and your child?

# of Ounces Needed	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
My Child: _____					
Me: _____					