Section 4 - Grains

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BARLEY					
Barley (Group H) *Hulled, Dry*	Pound	42.00	1/4 cup cooked	2.40	1 lb dry = about 2-1/3 cups dry barley
	Pound	21.20	1/2 cup cooked	4.80	
	Pound	14.10	3/4 cup cooked	7.10	
BREAD					
Bread[1] (Group B) *Sliced, Fresh, (Includes: All types Enriched White[2], Whole Wheat and Enriched Flour Blend[3], and Whole Wheat breads)*	Pound	32.00	1/2 slice provide 1/2 grains serving (must weigh at least 14 g or 1/2 oz)	3.20	
	Pound	16.00	1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)	6.30	
BREAD STICKS					
Bread Sticks (Group A) *(Includes: All types Enriched White[2], Whole Wheat and Enriched Flour Blend[3], and Whole Wheat), Hard*	Pound	45.30	2 sticks provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.20	
	Pound	22.60	3 sticks provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	
BULGUR					
Bulgur (Group H) *Dry*	Pound	39.20	1/4 cup cooked	2.60	1 lb dry = about 3 cups dry bulgur
	Pound	19.60	1/2 cup cooked	5.10	1 lb dry = about 3 cups dry bulgur
	Pound	13.00	3/4 cup cooked	7.70	1 lb dry = about 3 cups dry bulgur
CEREAL GRAINS					
Cereal Grains Amaranth (Group H) *Dry*	Pound	19.60	1/4 cup cooked	5.10	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
	Pound	9.82	1/2 cup cooked	10.20	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth

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CEREAL GRAINS *(continued)*					
Cereal Grains Amaranth (Group H) *Dry*	Pound	6.54	3/4 cup cooked	15.30	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth
Cereal Grains Buckwheat (Group H) *Dry*	Pound	22.80	1/4 cup cooked	4.40	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	11.40	1/2 cup cooked	8.80	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
	Pound	7.61	3/4 cup cooked	13.20	1 lb dry = about 2-1/3 cups dry or 3.06 lb (about 5-2/3 cups) cooked buckwheat when prepared with 2 parts water to 1 part dry buckwheat
Cereal Grains Cornmeal (Group H) *Enriched[2], Dry*	Pound	50.70	1/4 cup cooked	2.00	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	25.30	1/2 cup cooked	4.00	1 lb dry = about 3 cups dry enriched cornmeal
	Pound	16.90	3/4 cup cooked	6.00	1 lb dry = about 3 cups dry enriched cornmeal
Cereal Grains Cornmeal (Group H) *Stone ground[3], Dry, (Similar to Native Blue, White, and Yellow)*	Pound	57.30	1/4 cup cooked	1.80	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
	Pound	28.60	1/2 cup cooked	3.50	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
	Pound	19.10	3/4 cup cooked	5.30	1 lb dry = about 3-3/8 cups dry stone ground cornmeal
Cereal Grains Corn Grits (Group H) *Instant, Enriched[2], Dry*	Pound	54.70	1/4 cup cooked	1.90	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
	Pound	27.40	1/2 cup cooked	3.70	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
	Pound	18.20	3/4 cup cooked	5.50	1 lb dry = about 5-3/4 cups dry instant enriched corn grits
Cereal Grains Corn Grits (Group H) *Quick, Enriched[2], Dry*	Pound	45.00	1/4 cup cooked	2.30	1 lb dry = about 2-3/4 cups dry quick enriched grits
	Pound	22.40	1/2 cup cooked	4.50	1 lb dry = about 2-3/4 cups dry quick enriched grits
	Pound	15.00	3/4 cup cooked	6.70	1 lb dry = about 2-3/4 cups dry quick enriched grits
Cereal Grains Corn Grits (Group H) *Regular, Enriched[2], Dry*	Pound	50.30	1/4 cup cooked	2.00	1 lb dry = about 2-3/4 cups dry regular enriched grits

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CEREAL GRAINS *(continued)*					
	Pound	25.10	1/2 cup cooked	4.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
	Pound	16.70	3/4 cup cooked	6.00	1 lb dry = about 2-3/4 cups dry regular enriched grits
Cereal Grains Corn Grits (Group H) *Whole Corn, Regular, Dry*	Pound	43.50	1/4 cup cooked	2.30	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
	Pound	21.75	1/2 cup cooked	4.60	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
	Pound	14.50	3/4 cup cooked	6.90	1 lb dry = about 3 cups dry whole corn grits; 1 lb dry = about 10-7/8 cups cooked
Cereal Grains Farina (Group H) *Instant, Enriched², Dry*	Pound	45.50	1/4 cup cooked	2.20	1 lb dry = about 2-3/8 cups dry instant enriched farina
	Pound	22.70	1/2 cup cooked	4.40	1 lb dry = about 2-3/8 cups dry instant enriched farina
	Pound	15.10	3/4 cup cooked	6.60	1 lb dry = about 2-3/8 cups dry instant enriched farina
Cereal Grains Farina (Group H) *Regular, Enriched², Dry*	Pound	58.90	1/4 cup cooked	1.70	1 lb dry = about 2-1/2 cups dry regular enriched farina
	Pound	29.40	1/2 cup cooked	3.40	1 lb dry = about 2-1/2 cups dry regular enriched farina
	Pound	19.60	3/4 cup cooked	5.10	1 lb dry = about 2-1/2 cups dry regular enriched farina
Cereal Grains Farina (Group H) *Quick, Enriched², Dry*	Pound	58.10	1/4 cup cooked	1.80	1 lb dry = about 2-1/2 cups dry quick enriched farina
	Pound	29.00	1/2 cup cooked	3.50	1 lb dry = about 2-1/2 cups dry quick enriched farina
	Pound	19.30	3/4 cup cooked	5.20	1 lb dry = about 2-1/2 cups dry quick enriched farina
Cereal Grains Farina (Group H) *Whole Wheat, Quick, Dry*	Pound	51.50	1/4 cup cooked	2.00	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
	Pound	25.70	1/2 cup cooked	3.90	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
	Pound	17.10	3/4 cup cooked	5.90	1 lb dry = about 2-1/2 cups dry whole wheat quick farina; 1 lb dry = about 12-7/8 cups cooked
Cereal Grains Kasha (Group H) *Dry*	Pound	21.10	1/4 cup cooked	4.80	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha

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CEREAL GRAINS *(continued)*					
Cereal Grains Kasha (Group H) *Dry*	Pound	10.50	1/2 cup cooked	9.60	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
	Pound	7.05	3/4 cup cooked	14.20	1 lb dry = about 2-3/8 cups dry or 2.92 lb (about 5-1/4 cups) cooked kasha when prepared with 2 parts water to 1 part dry kasha
Cereal Grains Millet (Group H) *Dry*	Pound	22.90	1/4 cup cooked	4.40	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	11.40	1/2 cup cooked	8.80	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
	Pound	7.64	3/4 cup cooked	13.10	1 lb dry = about 2-1/8 cups dry or 2.30 lb (about 5-5/8 cups) cooked millet when prepared with 1-1/2 parts water to 1 part dry millet
Cereal Grains Oats (Group H) *Rolled, Instant, Dry*	Pound	46.90	1/4 cup cooked	2.20	1 lb dry = about 5-2/3 cups dry instant rolled oats
	Pound	23.40	1/2 cup cooked	4.30	1 lb dry = about 5-2/3 cups dry instant rolled oats
	Pound	15.60	3/4 cup cooked	6.50	1 lb dry = about 5-2/3 cups dry instant rolled oats
Cereal Grains Oats (Group H) *Rolled, Quick, Dry, Includes USDA Foods*	Pound	47.60	1/4 cup cooked	2.10	1 lb dry = about 6-1/4 cups dry quick rolled oats
	Pound	23.80	1/2 cup cooked	4.20	1 lb dry = about 6-1/4 cups dry quick rolled oats
	Pound	15.80	3/4 cup cooked	6.40	1 lb dry = about 6-1/4 cups dry quick rolled oats
Cereal Grains Oats (Group H) *Rolled, Regular, Dry*	Pound	45.40	1/4 cup cooked	2.20	1 lb dry = about 6 cups dry regular rolled oats
	Pound	22.70	1/2 cup cooked	4.40	1 lb dry = about 6 cups dry regular rolled oats
	Pound	15.10	3/4 cup cooked	6.70	1 lb dry = about 6 cups dry regular rolled oats
Cereal Grains Quinoa (Group H) *Dry*	Pound	26.40	1/4 cup cooked	3.80	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa

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CEREAL GRAINS *(continued)*					
	Pound	13.20	1/2 cup cooked	7.60	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
	Pound	8.81	3/4 cup cooked	11.40	1 lb dry = about 2-1/2 cups dry or 2.51 lb (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1 part dry quinoa
Cereal Grains Wheat Berries (Group H) *Dry*	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
	Pound	8.00	3/4 cup cooked	12.50	1 lb dry = about 2-1/4 cups dry or 2.77 lb (about 6 cups) cooked wheat berries when prepared with 3 parts water to 1 part dry wheat berries
Cereal Grains Wheat Cereal (Group H) *Instant, Enriched[2] or Whole Wheat, Dry*	Pound	49.10	1/4 cup cooked	2.10	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	24.50	1/2 cup cooked	4.10	1 lb dry = about 4 cups dry, instant wheat cereal
	Pound	16.30	3/4 cup cooked	6.20	1 lb dry = about 4 cups dry, instant wheat cereal
Cereal Grains Wheat Cereal (Group H) *Regular, Enriched[2] or Whole Wheat, Dry*	Pound	49.20	1/4 cup cooked	2.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
	Pound	24.60	1/2 cup cooked	4.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
	Pound	16.40	3/4 cup cooked	6.10	1 lb dry = about 3-1/3 cups dry regular wheat cereal
Cereal Grains Wheat Rolled (Group H) *Dry*	Pound	38.00	1/4 cup cooked	2.70	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	19.00	1/2 cup cooked	5.30	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat
	Pound	12.60	3/4 cup cooked	8.00	1 lb dry = about 2-3/8 cup dry or 4.83 lb (about 9-1/2 cups) cooked rolled oats when prepared with 3-1/2 parts water to 1 part dry rolled wheat

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CEREALS, READY-TO-EAT					
Cereals, Ready-to-eat Wheat, Corn, Rice, Oats, Granola[2,3] (Group I) *Includes USDA Foods*	Single Serve Package	1.00	1 single serve package provides 1 grains serving (1 cup or 1 oz for flakes and rounds; 1-1/4 cups or 1 oz for puffed cereal; 1/4 cup or 1 oz for granola)	100.00	Package contents vary with the cereal-flakes, biscuits, shreds, granules, etc.
CHOW MEIN NOODLES					
Chow Mein Noodles (Group A) *Enriched[2], Dry*	Pound	34.80	1/4 cup provides 1/2 grains servings (must weigh at least 11 g or 0.4 oz)	2.90	
	Pound	17.40	1/2 cup provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	5.80	
CORN CHIPS (Tortilla Chips)					
Corn Chips[2,3] (Group B)	Pound	20.00	3/4 grains serving (about 1/2 cup; must weigh at least 21 g or 0.75 oz)	5.00	
	Pound	15.00	1 grains serving (about 2/3 cup; must weigh at least 28 grams or 1.0 oz)	6.70	
COUSCOUS					
Couscous (Group H) *Regular, Enriched[2], Dry*	Pound	29.10	1/4 cup cooked	3.50	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
	Pound	14.50	1/2 cup cooked	6.90	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
	Pound	9.71	3/4 cup cooked	10.30	1 lb dry = about 2-3/8 cups dry enriched couscous; Add 3-1/4 cups water to 1 lb dry enriched couscous; 1 lb dry = 2.55 lb (about 7-1/4 cups) cooked
Couscous (Group H) *Dry, Whole Wheat*	Pound	27.00	1/4 cup cooked	3.80	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
	Pound	13.50	1/2 cup cooked	7.50	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked
	Pound	9.00	3/4 cup cooked	11.20	1 lb dry = about 2-1/2 cups dry whole wheat couscous; 1 lb dry = about 6-3/4 cups cooked

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CROUTONS					
Croutons (Group A) *Prepackaged, Enriched[2], Dry*	Pound	44.60	1/4 cup provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.30	1 lb dry = about 11-1/8 cups dry enriched croutons
	Pound	22.30	1/2 cup provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	1 lb dry = about 11-1/8 cups dry enriched croutons
CEREAL GRAINS					
Farro, Pearled[6] (Group H) *Dry*	Pound	24.00	1/4 cup cooked	4.20	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
	Pound	12.00	1/2 cup cooked	8.40	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
	Pound	8.00	3/4 cup cooked	12.60	1 lb dry = about 2-1/4 cups dry pearled farro; 1 lb dry = about 6 cups cooked
GRAHAM CRACKERS					
Graham Crackers[2,3] (Group B)	Pound	32.40	2 crackers provide 1/2 grains serving (must weigh at least 14 g or 1/2 oz)	3.10	1 lb AP = about 64 crackers
	Pound	21.30	4 crackers provides 1 grains serving (about 4 crackers; must weigh at least 28 g or 1 oz)	4.70	1 lb AP = about 64 crackers
CEREAL GRAINS					
Hominy, Grits *Regular, Dry*	Pound	50.30	1/4 cup cooked	2.00	1 lb dry = about 2-3/4 cups dry regular grits
	Pound	25.10	1/2 cup cooked	4.00	1 lb dry = about 2-3/4 cups dry regular grits
	Pound	16.70	3/4 cup cooked	6.00	1 lb dry = about 2-3/4 cups dry regular grits
MELBA TOAST					
Melba Toast (Group A) *Enriched[2]*	Pound	37.80	2 pieces provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	3.10	
	Pound	22.20	5 pieces provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.70	
PASTA					
Pasta (Group H) *Bowties, Large size, Enriched[2], Dry*	Pound	25.10	1/4 cup cooked	4.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min

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PASTA *(continued)*					
Pasta (Group H) *Bowties, Large size, Enriched[2], Dry*	Pound	12.50	1/2 cup cooked	8.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
	Pound	8.39	3/4 cup cooked	12.00	1 lb dry = about 7-1/2 cups dry enriched bowtie pasta; 1 lb dry = 2.66 lb (about 6-1/4 cups) cooked boiled 17 min
Pasta (Group H) *Bowties, Regular size, Whole Wheat Dry*	Pound	28.50	1/4 cup cooked	3.60	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
	Pound	14.20	1/2 cup cooked	7.10	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
	Pound	9.50	3/4 cup cooked	10.60	1 lb dry = about 5-3/4 cups dry whole wheat bowtie pasta; 1 lb dry = about 7-1/8 cups cooked
Pasta (Group H) *Elbow Macaroni, Regular, Enriched[2], Dry*	Pound	39.00	1/4 cup cooked	2.60	1 lb dry = about 3-1/2 cups dry enriched elbow macaroni
	Pound	19.50	1/2 cup cooked	5.20	
	Pound	13.00	3/4 cup cooked	7.70	
Pasta (Group H) *Elbow Macaroni, Whole Wheat, Regular, Dry*	Pound	32.50	1/4 cup cooked	3.10	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
Pasta (Group H) *Elbow Macaroni, Whole Wheat, Regular, Dry*	Pound	16.20	1/2 cup cooked	6.20	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
	Pound	10.80	3/4 cup cooked	9.30	1 lb dry = about 3-5/8 cups dry whole wheat elbow macaroni; 1 lb dry = about 8-1/8 cups cooked.
Pasta (Group H) *Elbow Macaroni, Whole Wheat and Enriched Flour Blend[3], Regular, Dry, Includes USDA Foods*	Pound	34.00	1/4 cup cooked	3.00	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
	Pound	17.00	1/2 cup cooked	5.90	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
	Pound	11.30	3/4 cup cooked	8.90	1 lb dry = about 3-3/4 cups dry whole wheat & enriched elbow macaroni; 1 lb dry = about 8-1/2 cups cooked
Pasta (Group H) *Elbow Pasta, Whole Grain, (brown rice), Regular, Dry*	Pound	34.50	1/4 cup cooked	2.90	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked

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PASTA *(continued)*					
	Pound	17.20	1/2 cup cooked	5.90	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked	8.70	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked
Pasta (Group H) *Noodles, Egg Medium, Enriched[2], Dry*	Pound	40.30	1/4 cup cooked	2.50	1 lb dry = about 11-7/8 cups dry enriched egg noodles
	Pound	20.10	1/2 cup cooked	5.00	1 lb dry = about 11-7/8 cups dry enriched egg noodles
	Pound	13.40	3/4 cup cooked	7.50	1 lb dry = about 11-7/8 cups dry enriched egg noodles
Pasta (Group H) *Noodles, Lasagna, Enriched[2], Dry*	Pound	28.30	1/4 cup cooked	3.60	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
	Pound	14.10	1/2 cup cooked	7.10	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
	Pound	9.46	3/4 cup cooked	10.60	1 lb dry = about 21 pieces dry enriched lasagna noodles; 1 lb dry = 2.66 lb (about 7 cups) cooked boiled 15 min
Pasta (Group H) *Noodles, Lasagna, Whole Wheat, Dry*	Pound	27.00	1/4 cup cooked	3.80	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
	Pound	13.50	1/2 cup cooked	7.50	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
	Pound	9.00	3/4 cup cooked	11.20	1 lb dry = about 4-5/8 cups dry pieces of whole wheat lasagna noodles; 1 lb dry = about 6-3/4 cups cooked pieces
Pasta (Group H) *Noodles, Lasagna, Whole Wheat and Enriched Flour Blend[3], Dry*	Pound	32.50	1/4 cup cooked	3.10	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
	Pound	16.20	1/2 cup cooked	6.20	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces
	Pound	10.80	3/4 cup cooked	9.30	1 lb dry = about 5-7/8 cups dry pieces of whole wheat & enriched lasagna noodles; 1 lb dry = about 8-1/8 cups cooked pieces

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PASTA *(continued)*					
Pasta (Group H) *Noodles, Lasagna sheets, Enriched², Frozen*	Pound	13.90	1/4 cup cooked	7.20	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
	Pound	6.96	1/2 cup cooked	14.40	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
	Pound	4.64	3/4 cup cooked	21.60	1 lb frozen = about 3-3/4 frozen enriched lasagna sheets; 1 lb AP = 1.47 lb (about 2-1/2 sheets) cooked boiled 4 min
Pasta (Group H) *Noodles, Ramen, Enriched², Dry*	Pound	25.40	1/4 cup cooked	4.00	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
	Pound	12.70	1/2 cup cooked	7.90	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
	Pound	8.48	3/4 cup cooked	11.80	1 lb dry = about 5-1/2 cups dry enriched ramen noodles; 1 lb dry = 3.07 lb (about 6-1/3 cups) cooked boiled 3 min
Pasta (Group H) *Orzo, Enriched², Dry*	Pound	25.50	1/4 cup cooked	4.00	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
	Pound	12.70	1/2 cup cooked	7.90	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
	Pound	8.53	3/4 cup cooked	11.80	1 lb dry = about 2-3/8 cups dry enriched orzo pasta; 1 lb dry = 3.07 lb (about 6-3/8 cups) cooked boiled 14 min
Pasta (Group H) *Orzo, Whole Wheat, Dry*	Pound	30.00	1/4 cup cooked	3.40	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
	Pound	15.00	1/2 cup cooked	6.70	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
	Pound	10.00	3/4 cup cooked	10.00	1 lb dry = about 2-7/8 cups dry whole wheat orzo pasta; 1 lb dry = about 7-1/2 cups cooked
Pasta (Group H) *Penne, Enriched², Dry*	Pound	31.20	1/4 cup cooked	3.20	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
	Pound	15.60	1/2 cup cooked	6.50	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min

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PASTA *(continued)*					
	Pound	10.40	3/4 cup cooked	9.70	1 lb dry = about 5-1/8 cups dry enriched penne pasta; 1 lb dry = 2.60 lb (about 7-3/4 cups) cooked boiled 14 min
Pasta (Group H) *Penne, Whole Wheat, Dry*	Pound	34.50	1/4 cup cooked	2.90	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked	5.90	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked	8.70	1 lb dry = about 5-3/8 cups dry whole wheat penne pasta; 1 lb dry = about 8-5/8 cups cooked
Pasta (Group H) *Penne, Whole Wheat and Enriched Flour Blend[3], Dry, Includes USDA Foods*	Pound	34.50	1/4 cup cooked	2.90	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	17.20	1/2 cup cooked	5.90	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
	Pound	11.50	3/4 cup cooked	8.70	1 lb dry = about 4-3/8 cups dry whole wheat and enriched penne pasta; 1 lb dry = about 8-5/8 cups cooked
Pasta (Group H) *Shells, Large, Enriched[2], (for stuffing), Dry*	Pound	30.50	1/4 cup cooked	3.30	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	15.20	1/2 cup cooked	6.60	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	10.10	3/4 cup cooked	10.00	1 lb dry = about 5-3/8 cups dry enriched shells pasta; 1 lb dry = about 7-5/8 cups cooked
Pasta (Group H) *Shells, Medium, Enriched[2], Dry*	Pound	26.70	1/4 cup cooked	3.80	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
	Pound	13.30	1/2 cup cooked	7.60	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min
	Pound	8.93	3/4 cup cooked	11.20	1 lb dry = about 6 cups dry, medium enriched shells pasta; 1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta; 1/4 cup cooked = about 17 shells boiled 12 min

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PASTA *(continued)*					
Pasta (Group H) *Shells, Whole Wheat, Medium, Dry*	Pound	30.50	1/4 cup cooked	3.30	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	15.20	1/2 cup cooked	6.60	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
	Pound	10.10	3/4 cup cooked	10.00	1 lb dry = about 5-3/8 cups dry whole wheat shells pasta; 1 lb dry = about 7-5/8 cups cooked
Pasta (Group H) *Shells, Whole Wheat and Enriched Flour Blend[3], Medium, Dry*	Pound	38.50	1/4 cup cooked	2.60	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
	Pound	19.20	1/2 cup cooked	5.30	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
	Pound	12.80	3/4 cup cooked	7.90	1 lb dry = about 5-7/8 cups dry whole wheat and enriched shells pasta; 1 lb dry = about 9-5/8 cups cooked
Pasta (Group H) *Spaghetti, Regular, Enriched[2], Dry, Includes USDA Foods*	Pound	21.20	1/4 cup cooked, pieces	4.80	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
	Pound	10.60	1/2 cup cooked, pieces	9.50	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
	Pound	7.06	3/4 cup cooked, pieces	14.20	1 lb dry = about 3-1/4 cups dry enriched spaghetti pieces; 1 lb dry = 2.37 lb (about 5-1/4 cups) al dente cooked boiled 8 min
Pasta (Group H) *Spaghetti, Whole Wheat, Regular, Dry*	Pound	34.00	1/4 cup cooked, pieces	3.00	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
	Pound	17.00	1/2 cup cooked, pieces	5.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
	Pound	11.30	3/4 cup cooked, pieces	8.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat spaghetti; 1 lb dry = about 8-1/2 cups cooked
Pasta (Group H) *Spaghetti, Whole Wheat and Enriched Flour Blend[3], Regular, Dry, Includes USDA Foods*	Pound	35.50	1/4 cup cooked, pieces	2.90	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked

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PASTA *(continued)*					
	Pound	17.70	1/2 cup cooked, pieces	5.70	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked
	Pound	11.80	3/4 cup cooked, pieces	8.50	1 lb dry = about 4-3/4 cups dry pieces of whole wheat and enriched spaghetti; 1 lb dry = about 8-7/8 cups cooked
Pasta (Group H) *Spaghetti, Whole Grain, (brown rice), Regular, Dry*	Pound	24.50	1/4 cup cooked, pieces	4.10	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
	Pound	12.20	1/2 cup cooked, pieces	8.20	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
	Pound	8.10	3/4 cup cooked, pieces	12.40	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked
Pasta (Group H) *Spiral (Rotini), Enriched², Dry*	Pound	33.80	1/4 cup cooked	3.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
	Pound	16.90	1/2 cup cooked	6.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
	Pound	11.20	3/4 cup cooked	9.00	1 lb dry = about 5-3/8 cups dry enriched spiral pasta
Pasta (Group H) *Spiral (Rotini), Whole Wheat, Dry*	Pound	38.00	1/4 cup cooked	2.70	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
	Pound	19.00	1/2 cup cooked	5.20	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
	Pound	12.60	3/4 cup cooked	8.00	1 lb dry = about 6-3/8 cups dry whole wheat spiral pasta; 1 lb dry = about 9-1/2 cups cooked
Pasta (Group H) *Spiral (Rotini), Whole Wheat and Enriched Flour Blend³, Dry, Includes USDA Foods*	Pound	33.00	1/4 cup cooked	3.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
	Pound	16.50	1/2 cup cooked	6.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
	Pound	11.00	3/4 cup cooked	9.10	1 lb dry = about 4-5/8 cups dry whole wheat and enriched spiral pasta; 1 lb dry = about 8-1/4 cups cooked
Pasta (Group H) *Wagon Wheels, Medium size, Enriched², Dry*	Pound	31.10	1/4 cup cooked	3.30	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min

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PASTA *(continued)*					
Pasta (Group H) *Wagon Wheels, Medium size, Enriched², Dry*	Pound	15.50	1/2 cup cooked	6.50	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min
	Pound	10.30	3/4 cup cooked	9.70	1 lb dry = about 5 cups dry, enriched wagon wheels pasta; 1 lb dry = 2.79 lb (about 7-3/4 cups) cooked boiled 12 min
POPCORN					
Popcorn, popped	Pound	45.50	3/4 cup popped provides 1/4 oz equivalent grains	2.20	
	Pound	22.75	1-1/2 cup popped provides 1/2 oz equivalent grains	4.40	
	Pound	11.38	3 cup popped provides 1 oz equivalent grains	8.80	
RICE					
Rice (Group H) *Black or Purple, Regular, Dry*	Pound	31.66	1/4 cup cooked	3.20	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
	Pound	15.83	1/2 cup cooked	6.40	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
	Pound	10.55	3/4 cup cooked	9.50	1 lb dry = about 2-1/2 cups dry black or purple rice; 1 lb dry = about 7-3/4 cups cooked black or purple rice
Rice (Group H) *Brown, Long grain, Instant, Dry*	Pound	25.16	1/4 cup cooked	4.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
	Pound	12.58	1/2 cup cooked	8.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
	Pound	8.38	3/4 cup cooked	12.00	1 lb dry = 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/3 cups cooked
Rice (Group H) *Brown, Long grain, Regular, Dry*	Pound	26.00	1/4 cup cooked	3.90	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
	Pound	13.00	1/2 cup cooked	7.70	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
	Pound	8.66	3/4 cup cooked	11.60	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-1/2 cups cooked
Rice (Group H) *Brown, Long grain, Parboiled, Dry, Includes USDA Foods*	Pound	31.00	1/4 cup cooked	3.30	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked

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RICE *(continued)*					
Rice (Group H) *Brown, Long grain, Parboiled, Dry, Includes USDA Foods*	Pound	15.50	1/2 cup cooked	6.50	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked
	Pound	10.30	3/4 cup cooked	9.80	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked
Rice (Group H) *Brown, Medium grain, Quick Cooking, Dry*	Pound	22.00	1/4 cup cooked	4.60	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
	Pound	11.00	1/2 cup cooked	9.10	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
	Pound	7.33	3/4 cup cooked	13.70	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 5-1/2 cups cooked brown rice
Rice (Group H) *White, Long grain, Parboiled, Enriched², Dry, Includes USDA Foods*	Pound	28.00	1/4 cup cooked	3.60	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
	Pound	14.00	1/2 cup cooked	7.20	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
	Pound	9.33	3/4 cup cooked	10.80	1 lb dry = about 2-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 2-3/4 cups cooked
Rice (Group H) *White, Long grain, Instant, Enriched², Dry*	Pound	28.00	1/4 cup cooked	3.60	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
	Pound	14.00	1/2 cup prepared with boiling water	7.20	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
	Pound	9.33	3/4 cup prepared with boiling water	10.80	1 lb dry = about 4-1/2 cups dry enriched rice; 1 lb dry = about 7 cups cooked; 1 cup dry = about 1-1/2 cups cooked
Rice (Group H) *White, Long grain, Regular, Enriched², Dry*	Pound	30.00	1/4 cup cooked	3.40	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked
	Pound	15.00	1/2 cup cooked	6.70	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked
	Pound	10.00	3/4 cup cooked	10.00	1 lb dry = about 2-1/3 cups dry enriched rice; 1 lb dry = about 7-1/2 cups cooked; 1 cup dry = about 3-1/4 cups cooked

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RICE *(continued)*					
Rice (Group H) *White, Short/Medium grain, Regular, Enriched[2], Dry*	Pound	27.00	1/4 cup cooked	3.80	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
	Pound	13.50	1/2 cup cooked	7.50	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
	Pound	9.00	3/4 cup cooked	11.20	1 lb dry = about 2-1/4 cups dry enriched rice; 1 lb dry = about 6-3/4 cups cooked; 1 cup dry = about 3 cups cooked
RICE CAKES					
Rice Cakes (Group A) *Puffed, (Includes: seeds, enriched or other whole grains)*	Package (average 5.25 oz)	10.70	1-1/2 cakes provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	9.30	1 lb AP = about 48 rice cakes
RYE WAFERS					
Rye Wafers (Group A)	Pound	36.00	2 wafers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.80	
SALTINES					
Saltines (Group A) *Enriched[2]*	Pound	41.20	4 crackers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.50	
	Pound	20.60	8 crackers provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.90	
SOBA NOODLES					
Soba Noodles (Group H) *Whole Grain*	Pound	27.50	1/4 cup cooked, pieces	3.70	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
	Pound	13.75	1/2 cup cooked, pieces	7.30	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
	Pound	9.16	3/4 cup cooked, pieces	11.00	1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked
SODA CRACKERS					
Soda Crackers (Group A) *Enriched[2]*	Pound	45.00	2 crackers provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	2.30	
	Pound	22.50	8 crackers provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.50	

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SORGHUM					
Sorghum, Pearled[6] (Group H) *Dry*	Pound	27.33	1/4 cup cooked	3.70	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
	Pound	13.67	1/2 cup cooked	7.40	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
	Pound	9.11	3/4 cup cooked	11.00	1 lb dry = about 2-1/2 cups dry pearled sorghum; 1 lb dry = about 6-3/4 cups cooked
Sorghum (Group H) *Whole, Dry*	Pound	31.00	1/4 cup cooked	3.30	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
	Pound	15.50	1/2 cup cooked	6.50	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
	Pound	10.33	3/4 cup cooked	9.70	1 lb dry = about 2-1/4 cups dry whole sorghum; 1 lb dry = about 7-3/4 cups cooked
TACO/TOSTADA SHELLS					
Taco/Tostada Shells (Group B)	Dozen	12.00	1 taco/tostada shell provide 1/2 grains serving (must weigh at least 14 g or 0.5 oz)	8.40	
	Dozen	6.00	2 taco/tostada shells provide 1 grains serving (must weigh at least 28 g or 1.0 oz)	16.70	
WHEAT GERM					
Wheat Germ (Group I) *Toasted, Dry*	Pound	13.00	1/4 cup provides 1 grains serving (must weigh at least 28 g or 1 oz dry)	7.70	1 lb dry = about 3-1/4 cups dry wheat germ
WILD RICE					
Wild Rice[5] (Group H) *Dry*	Pound	34.80	1/4 cup cooked	2.90	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked
	Pound	17.40	1/2 cup cooked	5.80	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked
	Pound	11.60	3/4 cup cooked	8.70	1 lb dry = about 2-2/3 cups dry wild rice; Add 2-1/2 cups water to 1 cup dry rice; 1 lb dry = 2.55 lb (about 8-2/3 cups) cooked

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WILD RICE *(continued)*					
Wild Rice and Enriched White Rice Mix[2,3] (Group H) *Dry*	Pound	28.70	1/4 cup cooked	3.50	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
	Pound	14.30	1/2 cup cooked	7.00	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
	Pound	9.57	3/4 cup cooked	10.50	1 lb dry = about 2-3/8 cups dry wild rice and enriched white rice mix; Add 2-1/4 cups water to 1 cup dry rice; 1 lb dry = 3.21 lb (about 7-1/8 cups) cooked
ZWIEBACK					
Zwieback (Group A) *Enriched[2]*	Pound	32.40	2 pieces provide 1/2 grains serving (must weigh at least 11 g or 0.4 oz)	3.10	
	Pound	21.30	3 pieces provide 1 grains serving (must weigh at least 22 g or 0.8 oz)	4.70	

Footnotes: Grains

[1] The number of slices per purchase unit does not include the end slices.

[2] Enriched grain items must be combined with at least 50% whole grains to meet the Food and Nutrition Service`s whole grain-rich (WGR) criteria.

[3] Must contain a minimum of 50% whole grains to meet the Food and Nutrition Service`s whole grain-rich (WGR) criteria.

[6] Pearled grain items are processed in a manner that removes the bran, so they are not a whole grain; they must be included as an ingredient in an enriched product to be creditable in Child Nutrition Programs.

[5] The yield for rice differs depending on how it is cooked. The yields provided in this guide represent the lower range of the average yield for each type of rice.