

Buckwheat Pancake Mix

Whole Grain Equivalent

A Reference Sheet for School Meal Providers



Nutrition Facts

227 servings per container

Serving size **1/3 cup (50g)**

INGREDIENTS: Organic Buckwheat Flour, Organic Whole Wheat Flour, Organic Granulated Sugar, Organic Dry Milk Powder, Sea Salt, Leavening (SAPP, Baking Soda)

Here are a few helpful facts about this buckwheat pancake mix for estimating grain equivalents in this meal.

Calculating Based on Total Weight of Creditable Product

- Weight of one pancake or pancake bar: 1.75 oz (50 g)
- Weight creditable product: $1.75/1.2$ (Group C) = 1.38 oz
- Ounce-equivalent grains per pancake or bar: **1.25**

Calculated Based on Grams of Creditable Grain Ingredient

- Serving size: 50 grams
- Whole grains per serving: 34 grams
- Ounce-equivalent grain servings per serving size: $34/16 = 2$
(one grain equivalent = 16 grams)

Either of these numbers (1.25 or 2) can be used for the ounce-equivalent grain credits per serving of buckwheat pancakes



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