
WHAT COUNTS AS AN OUNCE?

Most adult Americans are advised to eat at least 3 “ounce equivalents” of whole grains per day. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice or other grain, cooked pasta, or cooked cereal can be considered one ounce equivalent from the grains group. The chart below offers some more specifics.

WHOLE-GRAIN FOOD	1 OUNCE EQUIVALENT	COMMON PORTION
Bagel, whole wheat	1 “mini” bagel	1 large bagel = 4 ounce equivalents
Bread, 100% whole wheat	1 regular slice	2 regular slices = 2 ounce equivalents
Bulgur	1/2 cup cooked	
Crackers, 100% whole wheat, rye	5 whole wheat crackers, 2 rye crispbreads	
English muffin, whole wheat	1/2 muffin	1 muffin = 2 ounce equivalents
Muffin, whole wheat	1 small (2 1/2” diameter)	1 large (3 1/2” diameter) = 3 ounce equivalents
Oatmeal	1/2 cup cooked, 1 packet instant, 1 ounce dry (regular or quick)	
Pancakes, whole wheat, buckwheat	1 pancake (4 1/2” diameter) 2 small pancakes (3” diameter)	3 pancakes (4 1/2” diameter) = 3 ounce equivalents
Popcorn	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents
Ready-to-eat breakfast	1 cup flakes or rounds, 1 1/4 cup puffed cereal, toasted oat, whole wheat flakes	
Rice, brown, wild	1/2 cup cooked, 1 ounce dry	1 cup cooked = 2 ounce equivalents
Pasta, whole wheat	1/2 cup cooked, 1 ounce dry	1 cup cooked = 2 ounce equivalents
Tortillas, whole wheat, whole-grain corn	1 small flour tortilla (6” diameter), 1 corn tortilla (6” diameter)	1 large tortilla (12” diameter) = 4 ounce equivalents
