



GRAIN EQUIVALENCY



FROZEN BAKERY



Desserts Can Contribute To Meal Planning Grain Requirements

Sara Lee Frozen Bakery offers many desserts with varying amounts of Grain Equivalents that can fit into any menu

What is a Grain Equivalent?

- A grain equivalent is the amount of grain in a portion of food used in menu planning to make sure recipients get enough grains at meals and throughout the day

What is a Grain Equivalent Requirement?

- The total amount of servings of grain products needed to meet the nutritional requirements for a planned menu.
- Most Long Term Care Facilities and Assisted Living Communities base their menus off of the Recommended Dietary Allowances, which is usually 6 or more grain servings per day, or 2 or more grain servings per meal.

Main Meal Menu Building Example

In Long Term Care and Assisted Living Facilities, the 'Main Meal' is typically served midday and should have 2 grain equivalents. Depending on how many grain equivalents are served in the entree category, a variety of different dessert types can be chosen.

- Potatoes do NOT count as a grain product, so they are not included in the grain equivalents.
- Dinner rolls, rice, noodles, and other grains are included in grain equivalent counts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast & Snacks						
	At least 2 Grain Eq	At least 2 Grain Eq	At least 2 Grain Eq	At least 2 Grain Eq	At least 2 Grain Eq	At least 2 Grain Eq	At least 2 Grain Eq
	Main Meal						
Entrée Category (Grain Equivalents per Serving)	Entrée w/ Potato & Dinner Roll (1.0)	Entrée w/ 0.5 Cup Rice, Noodles or Other Grains & Dinner Roll (2.0)	Entrée w/ Potato, NO Dinner Roll (0)	Entrée w/ Potato & Dinner Roll (1.0)	Entrée w/ 0.5 Cup Rice, Noodles or Other Grains & Dinner Roll (2.0)	Entrée w/ Potato & Dinner Roll (1.0)	Entrée w/ 0.5 Cup Rice, Noodles, or Other Grains, NO Dinner Roll (1.0)
Dessert Grain Eq Needed	Pecan Pie (1.4)	Chocolate Banana Cheesecake (0.4)	Blackberry Pie (2.0)	Chocolate Cream Pie (1.1)	Key Lime Meringue Pie (0.8)	Chocolate Pound Cake (1.2)	Lemon Krunch Pie (1.9)
	Light Meal						
Entrée Category (Grain Equivalents per Serving)	Casserole w/ 0.5 Cup Rice or Noodles, NO Dinner Roll (1.0)	Sandwich w/ 1 oz Bread (1.0)	Sandwich w/ 2 oz Bread (2.0)	Entrée Salad, NO Dinner Roll (0.0)	Sandwich w/ 1 oz Bread (1.0)	Pasta Dish w/ 0.5 Cup Noodles, NO Dinner Roll (1.0)	Sandwich w/ 2 oz Bread (2.0)
Dessert Grain Eq Needed	Apple Cobbler (1.2)	Cherry Krunch Pie (1.9)	Strawberry Angel Food Cake (0.5)	Peach Pie (2.0)	Sweet Potato Pie (1.2)	Tropical Strawberry & Mango Pie (1.9)	French Cream Cheesecake (0.4)

Resources: 1. Dietary Guidelines for Americans, 2020-2025. Healthy U.S.-Style Dietary Pattern for Adults Ages 60 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components. Published December 2020. <https://DietaryGuidelines.gov> 2. USDA Food Buying Guide for Child Nutrition Programs. Grains. <https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceGrains>

Sara Lee Frozen Bakery Healthcare Toolkit Disclaimer: This information is intended for informational purposes only and is not intended to constitute medical advice or nutritional advice. Menu items and nutritional claims have not been evaluated by the Food and Drug Administration and the offerings presented are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Healthcare providers and facilities are encouraged to independently assess the suitability of these products for their patients and populations, taking into account specific dietary needs, medical conditions, and institutional requirements. Product formulations and nutritional content are subject to change. Please consult the most recent product specifications and ingredient lists, which can be available upon request, before making purchasing decisions. No representations or warranties, express or implied, are made regarding the availability, amount, or eligibility of reimbursement or coverage from any third-party payers, including but not limited to, government programs, insurance providers, or other funding sources. It is the sole responsibility of the customer to verify reimbursement eligibility and requirements.



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FROZEN BAKERY



Chef Pierre



van's



Making life's moments a little sweeter.

Sara Lee Frozen Bakery Dessert Grain Equivalency Summary

2.0 Grain Equivalency per Serving



7111 - Blackberry Pie (2.0)



9280 - Blueberry Pie (2.0)



7121 - Strawberry Rhubarb Pie (2.0)



9275 - Cherry Pie (2.0)



9279 - Peach Pie (2.0)



5482 - Blueberry Krunch Pie (2.0)

1.0-1.9 Grain Equivalency per Serving



7108 - NSA Apple Pie (1.9)



7106 - NSA Cherry Pie (1.9)



7109 - NSA Blueberry Pie (1.9)



9277 - Apple Pie (1.9)



5483 - Cherry Krunch Pie (1.9)



9265 - Lemon Krunch Pie (1.9)



9285 - Fruits of the Forest Pie (1.9)



20301 - Strawberry Mango Pie (1.9)



5035 - Blueberry Lattice Pie (1.4)



7126 - Apple Lattice Pie (1.4)



9372 - NSA Pumpkin Pie (1.4)



7128 - Peach Lattice Pie (1.4)



7120 - NSA Coconut Cream Pie (1.4)



7127 - Cherry Lattice Pie (1.4)



9273 - Pecan Pie (1.4)



5451 - Strawberry Cobbler (1.3)



5456 - Blueberry Cobbler (1.3)



5443 - Peach Cobbler (1.3)



5437 - Blackberry Cobbler (1.3)



8240 - Sponge Cake (1.3)



5441 - Apple Cobbler (1.2)



5442 - Cherry Cobbler (1.2)



9276 - Pumpkin Pie Unbaked (1.2)



9366 - Dutch Apple Pie (1.2)



9267 - Sweet Potato Pie (1.2)



7149 - Banana Cream Pie (1.2)



8298 - Pound Cake (1.2)



8244 - Double Chocolate Cake (1.1)



9299 - French Silk (1.1)



7150 - Chocolate Cream Pie (1.1)



7124 - Coconut Custard Pie (1.1)



7125 - Egg Custard Pie (1.1)



8246 - Carrot Cake (1.0)



7151 - Coconut Cream Pie (1.0)

0.3-0.9 Grain Equivalency per Serving



9291 - Chocolate Meringue Pie (0.9)



7138 - Lemon Meringue Pie (0.9)



9292 - Coconut Meringue Pie (0.9)



7180 - Strawberries & Cream Pie (0.9)



7155 - 2 Layer Carrot Cake (0.9)



7150 - Cornbread (0.8)



Key Lime Meringue Pie (0.8)



8242 - Banana Cake (0.8)



5095 - Chocolate Peanut Butter Cream Pie (0.7)



9298 - Cookies & Cream Cream Pie (0.7)



8547 - Double Chocolate 3-Layer Cake (0.6)



20292 - Strawberry Angel Food Cake (0.5)



8517 - Fudge Brownie (0.4)



8018 - French Cheesecake (0.4)



20272 - Chocolate French Cheesecake (0.4)



7529 - Angel Food Cake (0.3)