**Calculations for Product Formulation Statement Webinar, March 27, 2014**

Follow along with the calculations as we go through the webinar!

**Sample Grains Validation**

22.366 g WW Flour + 11.1832 g Enriched Flour = \_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_ g total grains = \_\_\_\_\_\_\_\_\_\_ oz eq Or rounded down =  **oz eq**

16 g grain per oz eq

**Grams versus Revised Exhibit A**

**Grams:** There must be 16 grams of creditable grain per portion for 1 oz eq of grain

12.67 g WW Flour + 8.271 g Enriched = \_\_\_\_\_\_\_ g / 16 g = 1.30 oz eq or rounded down to nearest ¼ oz eq =  **oz eq**

**Rev. Exhibit A:** This is a Group B grain.

There must be 1 oz product per 1 oz eq grain. 1.5 oz per portion / 1 =  **oz eq grain**

**Sample M/MA Validation**

Beans, Pinto Dry: 21 oz eq/lb 21/16=\_\_\_\_\_\_\_\_ oz per oz x .87 oz =  **oz eq**

Cheese: 16 oz eq/lb, 1 oz eq per oz x .87 oz = **oz eq**

Total: 1.14 + .87 = \_\_\_\_\_\_\_\_\_\_ rounds down to  **oz eq M/MA**

**Sample Vegetable Validation**

Tomato paste: 192 – ¼ cup/111 oz = \_\_\_\_\_\_\_\_\_\_ (1 Tbsp = ¼ cup) or rounded to \_\_\_\_\_\_

 .11 oz per portion x \_\_\_\_\_\_\_\_\_\_\_ =  **- ¼ c**

Tomato Puree: 96/106 = \_\_\_\_\_\_\_\_\_\_ ¼ c or .90 as rounded

 .44 oz per portion x \_\_\_\_\_\_\_\_ =  **- ¼ c**

Total: \_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - ¼ c or rounded down to

 **c of R/O Vegetable**

**Sample Combination Validation**

**Grains**

11.78 g WW/16 = \_\_\_\_\_ oz eq

11.31 g Enriched/16 = \_\_\_\_\_\_ oz eq

\_\_\_\_\_\_\_\_\_\_\_+\_\_\_\_\_\_\_\_\_\_\_\_ =\_\_\_\_\_\_\_\_\_\_ oz eq grains or Round down to  **oz eq**

**M/MA**

Cheese: American is 1:1, = ¼ ounce

Ground beef, 20% fat is 11.8 oz eq per lb (USDA Foods), FGB pg. 1-16

11.8/16 = \_\_\_\_\_\_\_ oz eq per oz ≠ .74 because you may not round up

\_\_\_\_\_\_ x 1.57 oz = \_\_\_\_\_\_\_\_\_ oz eq or  **oz eq**

 OR Ground beef, 24% fat is 11.6 oz eq per lb (Commercial), FBG pg. 1-16

11.6/16 oz=\_\_\_\_\_\_\_\_\_\_ ≠ .73

\_\_\_\_\_\_\_ x 1.57 oz = \_\_\_\_\_\_\_\_\_\_ oz eq or  **oz eq**

\_\_\_\_\_\_\_\_\_ oz eq OR \_\_\_\_\_\_\_\_\_\_ oz eq + .25 oz eq **= oz eq or oz eq**

Round down to **oz eq**

**Calculations for Romaine**

31.3 servings per lb/ 16 oz = \_\_\_\_\_\_\_\_\_\_\_\_\_ lbs ready-to-serve lettuce

16 oz x .64 = \_\_\_\_\_\_\_\_\_\_\_\_\_ oz trimmed romaine

31.3 servings/10.24 oz trimmed = \_\_\_\_\_\_\_\_ ¼ cup servings per 1 oz trimmed

1.5 oz/1 oz = 1.5 x \_\_\_\_\_\_\_\_¼ cup = \_\_\_\_\_\_ – ¼ c x ¼ = \_\_\_\_\_\_\_ x ½ volume = **\_\_\_\_\_\_ c**

**Alternate Calculation for Romaine**

31.3 ¼ c per lb/16 = \_\_\_\_\_\_\_\_ ¼ c per oz

1.5 oz/.64 = 2.34 oz ap x \_\_\_\_\_\_\_\_ ¼ c per oz = \_\_\_\_\_\_\_\_ ¼ cup x ½ volume = \_\_\_\_\_ c = **\_\_\_\_\_ c**