

## Popular Crackers

Some popular crackers have been evaluated to determine the number of crackers that equal one serving for 1-5 year olds and 6-12 years olds.

*For practical purposes, the serving size is rounded to the nearest whole piece.*

NAME OF CRACKER	# OF CRACKERS	
	1-5 yr olds	6-12 yr olds
Animal Crackers	5	10
Cheez-It®/Cheese Nips®	8	14
Chicken in a Biscuit®	5	10
Club Crackers	2 squares	4 squares
Goldfish®	20 or 1/2 oz.	36 or 3/4 oz.
Graham Crackers	2 squares	4 squares
Matzo Crackers	1/2 large	1 large
Melba Toast®	3	5
Mini Ritz®	10	18
Rice, Rye or Corn Cakes (regular size, not mini)	2	3
Ritz Crackers®	4	7
Rye Krisp® (1" x 2")	5	10
Saltines	4 squares	8 squares

NAME OF CRACKER	# OF CRACKERS	
	1-5 yr olds	6-12 yr olds
Sociables®	5	10
Soup and Oyster Crackers	1/4 cup	1/3 cup
Stoned Wheat	4	8
Teddy Grahams®, plain	11	20
Townhouse® Crackers	3	6
Triscuits®	4	7
Twigs®	4	8
Vegetable Thins®	4	8
Wasa Crisp Bread®	1 large	2 large
Waverly Wafers®	3	5
Wheat Thins®	5	10
Wheatsworth® Stoned Wheat	4	8
Zwieback®	2	3