FY19 CACFP Meal Pattern Training

Adult Daycare

Elika Nematian

CACFP Meal Service Training Officer

NDA

Nevada Department of Agriculture

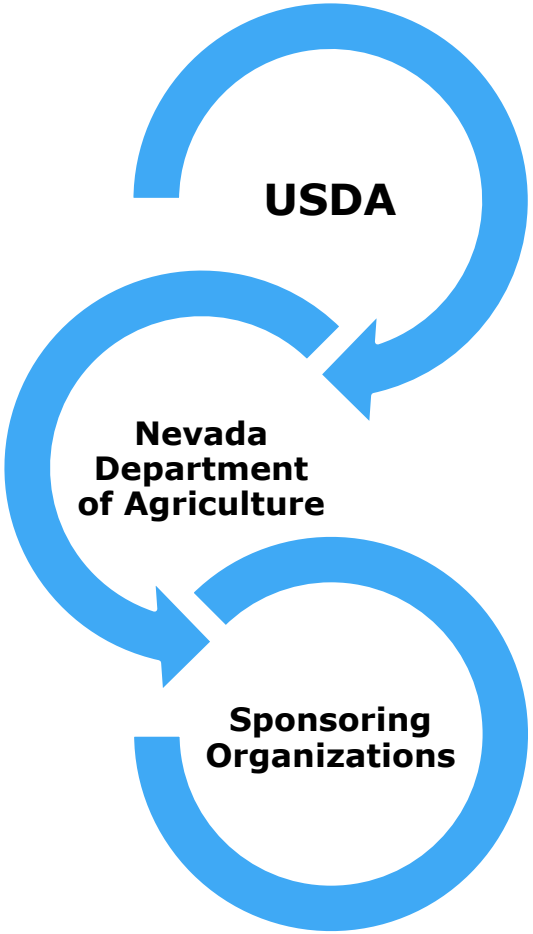
Pre-assessment

Agenda

Ice-breaker Activity

1) **Name of their Organization**
2) **How long they have been at that organization & what their job entails**
3) **1 interesting fact about that person**
4) **The answer to 1 of the following questions:**
   - If you could be in a movie, what movie would you choose and why?
   - If you were to create a slogan for your life, what would the slogan be and why?
   - If you could be a vegetable or fruit what vegetable or fruit would you be and why?
   - If you could live anywhere in the world and take everything you love with you, where would you choose to live and why?

What is CACFP?



Child and Adult Care Food Program (CACFP)

The purpose of the CACFP is to provide meal reimbursement for serving nutritious meals and snacks to eligible participants in child care centers, day care homes, Head Start programs, afterschool programs, emergency homeless shelters and adult day care centers.

- It is a Federal program funded by the US Department of Agriculture (USDA)
- The Nevada Department of Agriculture (NDA) distributes the funds to "sponsors" and monitors the program to be sure that the center follows rules and requirements

CACFP History

May 8, 2018 marked the 50th anniversary of the CACFP

1968
Beginning of CACFP

2010
The Healthy, Hunger-Free Act of 2010 required USDA to update meal patterns in CACFP

2017
Updated Meal patterns consistent with 2015-2020 Dietary Guidelines & Science-based recommendations made by National Academy of Medicine

CACFP 2017 Update

PURPOSE

- Address the current health status of children & adults
- Align the CACFP meal patterns with the **Dietary Guidelines for Americans**
- Help children develop healthy eating habits
- Safeguard the wellness of adult participants

OVERVIEW

- Wider varieties of protein options
- Greater varieties of vegetables and fruits
- More whole grains
- Less added sugar and saturated fat

Social-Ecological Model for Understanding Factors that Shape Fruit and Vegetable Intake

Public Policy (Social, political, and economic factors)

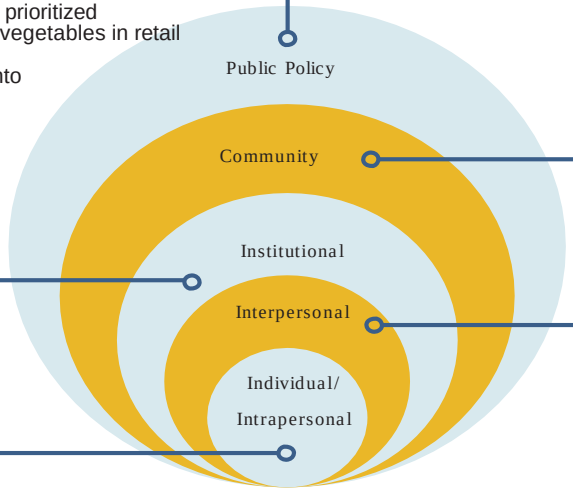
- Food availability
- Population food security
- Supplemental nutrition programs
- Food labeling requirements
- Patterns of food production and sales initiatives

Community

- Geographic factors
- Community gardens
- Relationships with local farms and agricultural industry strengthened
- Cultural norms
- Evidence-based nutrition fostered in charitable and congregate settings

Institutional (Schools and ECEs, governments, food retailers, food producers, and employers)

- Fruits and vegetables required to be included in meals prepared or purchased
- Healthy nutritious foods prioritized
- Availability of fruits and vegetables in retail ensured
- Nutrition incorporated into wellness initiatives



Individual/Intrapersonal

- Knowledge
- Genetic and learned preferences for taste
- Ability to grow, purchase and prepare food

Interpersonal

- Household food norms and traditions
- Peer support
- Food insecurity

- Adapted from Rimer B, Glanz K. Theory at a Glance: A Guide for Health Promotion Practice, US Department of Health and Human Services, National Institutes of Health, National Cancer Institute. 2005. Available from: https://cancercontrol.cancer.gov/brp/research/theories_project/theory.pdf
- Institute of Medicine. Who Will Keep the Public Healthy? Educating Public Health Professionals for the 21st Century. Washington, DC: The National Academies Press, 2003.

Key Finding: Unequal Access Creates Disparities

- Only 1 in 10 U.S. adults eat the recommended amount of fruits or vegetables each day

Adapted from : Using Law and policy to increase fruit and vegetable intake in the United States https://www.healthypeople.gov/sites/default/files/NWS_ExecutiveSummary_2018-10.03.pdf

ODPHP | Office of Disease Prevention and Health Promotion

Healthy People 2020

Law and Health Policy

CACFP Adult Meal Patterns

USDA United States Department of Agriculture

ADULT MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items[1]	**Minimum Quantities**
Fluid Milk[2]	8 fluid ounces
Vegetables, fruits, or portions of both[3]	½ cup
Grains (oz eq)[4,5,6]	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal[7], cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[7,8]	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

1Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants.

2Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

3Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

5Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

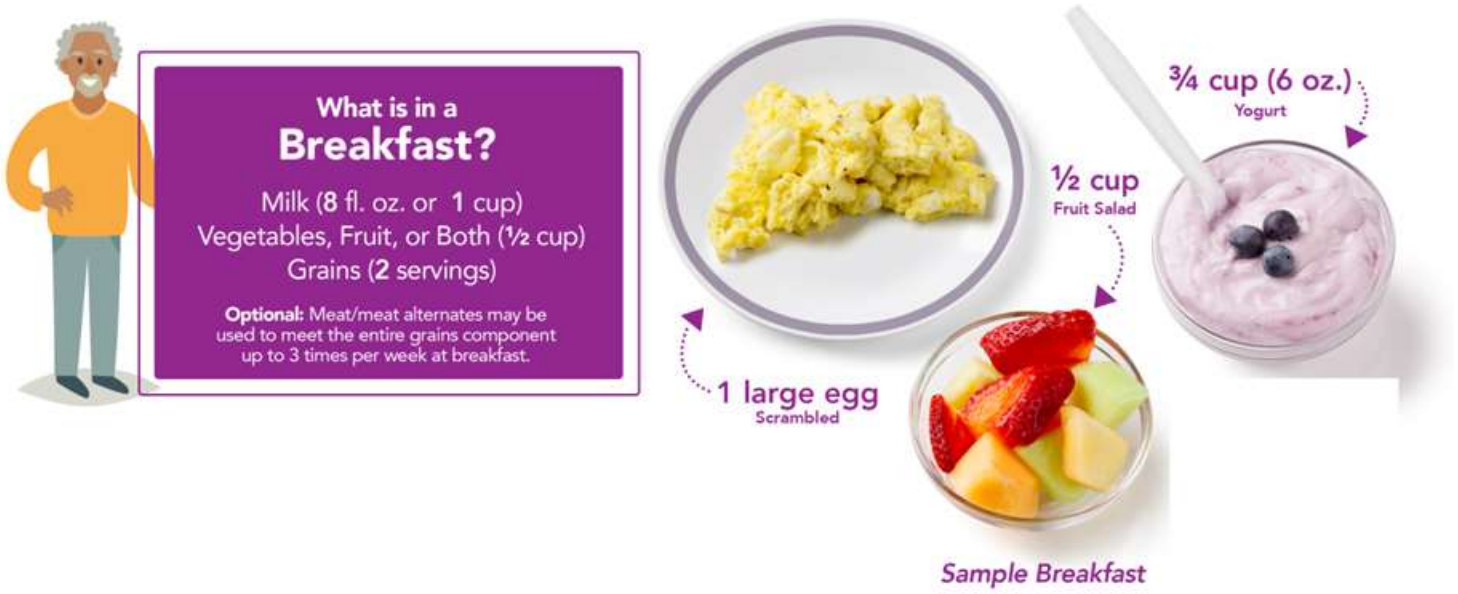
6Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

7 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

8 Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.

11/29/2016

Sample Breakfast for adults



Nevada Department of Agriculture

ADULT MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)	
Food Components and Food Items[1]	**Minimum Quantities**
Fluid Milk[2,3]	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product[4]	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened[5]	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
Vegetables[6]	½ cup
Fruits[6,7]	½ cup
Grains (oz eq)[8,9]	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal[10], cereal grain, and/or pasta	1 cup

1 Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.

2 Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

3 A serving of fluid milk is optional for suppers served to adult participants.

4 Alternate protein products must meet the requirements in Appendix A to Part 226.

5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

7 A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

8 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

9 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

10 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

11/29/2016

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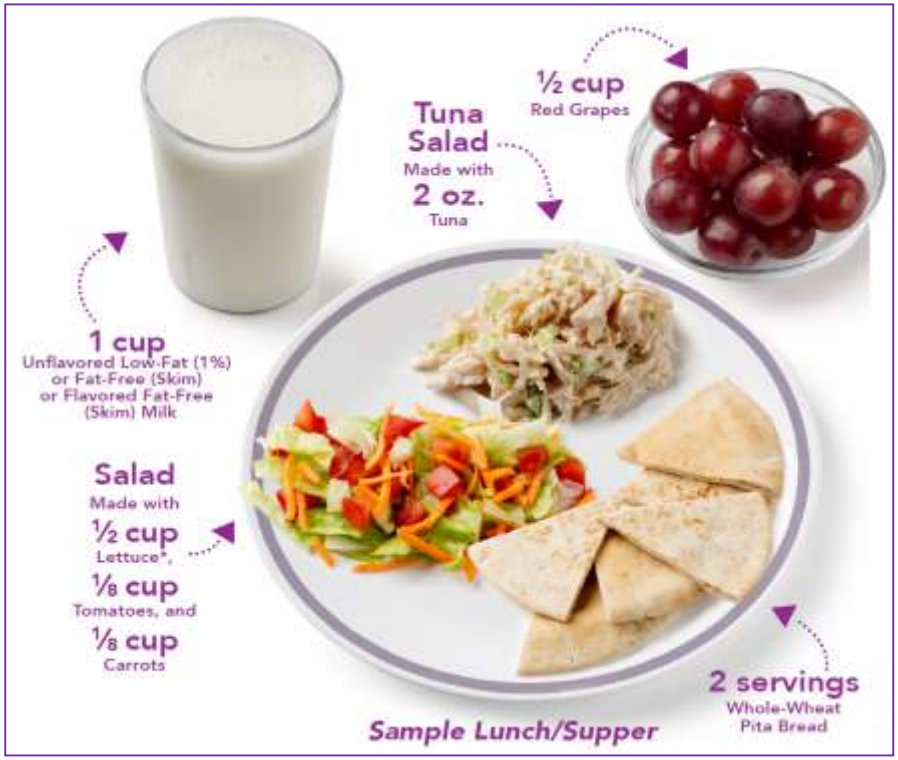
Sample Lunch or Supper for Adults



**Minimum Serving Sizes Shown for Adults*

ADULT MEAL PATTERN

Snack (Select two of the five components for a reimbursable meal)	
Food Components and Food Items[1]	**Minimum Quantities**
Fluid Milk[2]	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product[3]	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened[4]	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables[5]	½ cup
Fruits[5]	½ cup
Grains (oz eq)[6,7]	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal[8], cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[8,9]	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

[1]Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

[2]Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

[3]Alternate protein products must meet the requirements in Appendix A to Part 226.

[4]Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[5]Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

[6]At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

[7]Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

[8]Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

[9]Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.

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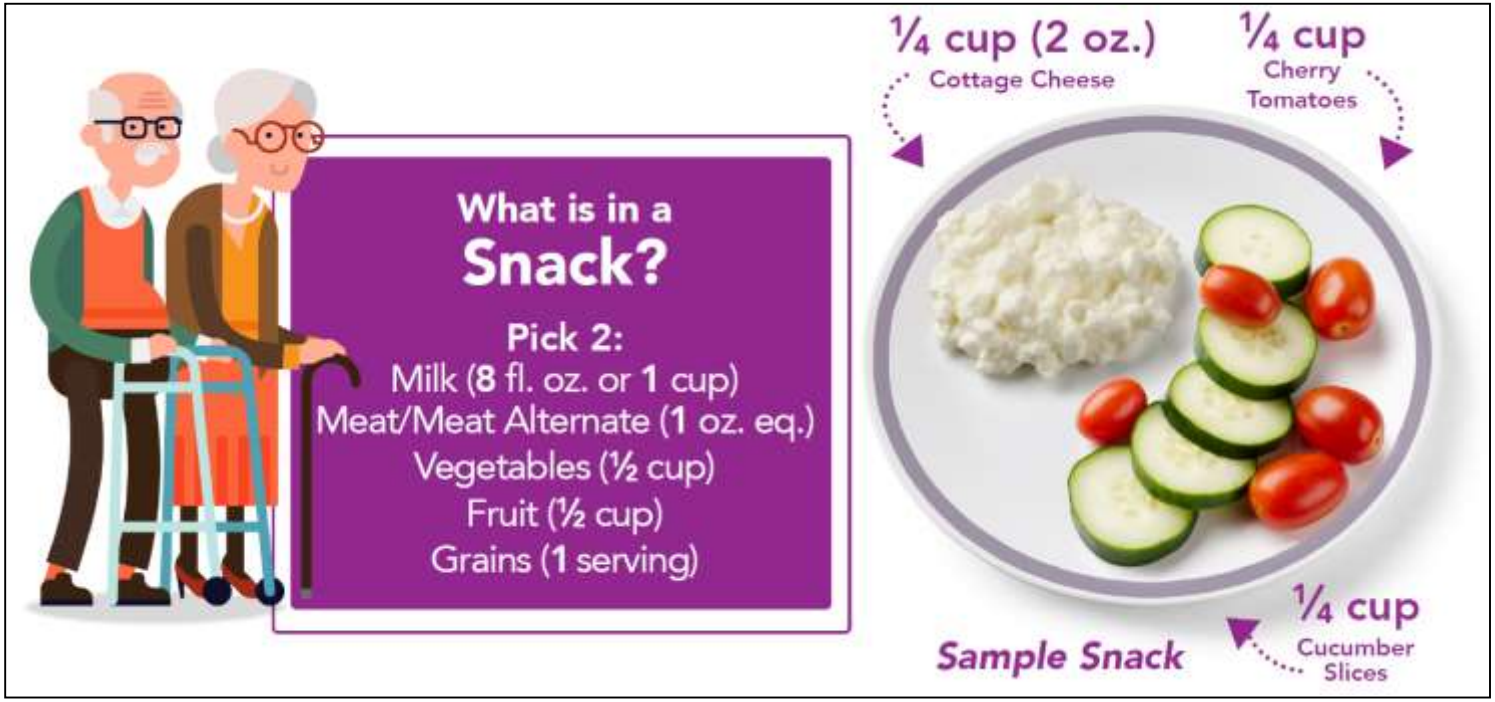
Sample snack for Adults



**Minimum Serving Sizes Shown for Adults*

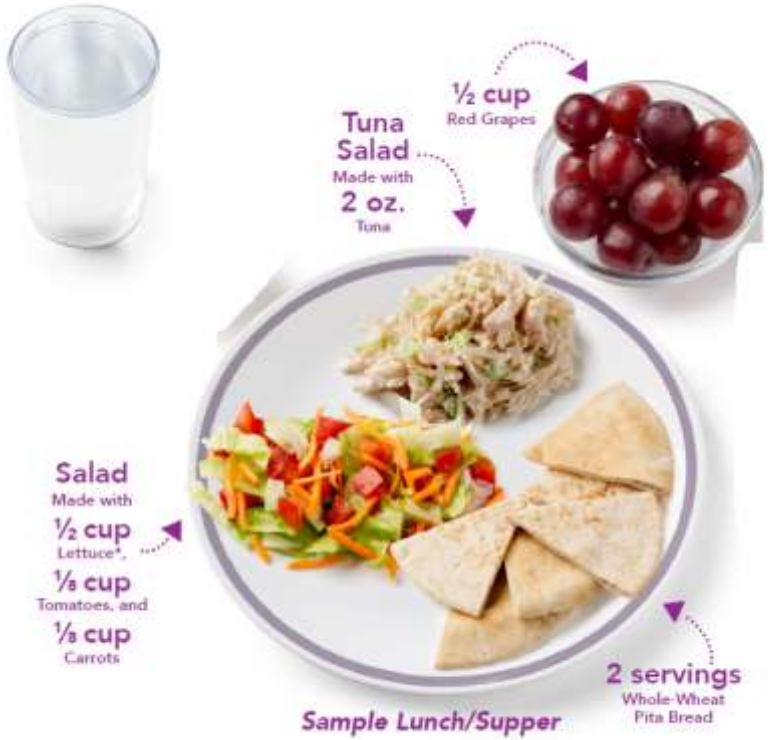
Meal Planning for the CACFP

agri.nv.gov

NDA
Nevada Department of Agriculture

For Adult Participants Only

- **Milk is optional at supper <u>only</u>**
- **Required components at supper are:**
  - Vegetables
  - Fruit
  - Grains
  - Meat/meat alternate
- **Water should be offered and made available throughout the day**



For Adult Participants Only

- Yogurt can be served in place of milk once per day
- If you are serving yogurt in place of milk, the yogurt cannot also count as a meat alternate in the same meal

Best Practices in Menu Planning

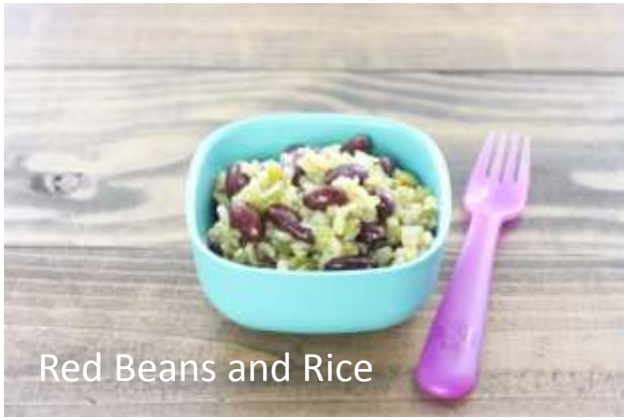
- Balance
- Variety
- Contrast
- Color
- Eye Appeal

Variety

Offer variety with:

- Whole Grains
  - Serve different kinds of whole grain-rich foods, at different meals & snacks, prepared in different ways
- Meat/meat alternates at breakfast
- Cooking methods
  - Serve vegetables prepared in different ways (raw, roasted, steamed, broiled)


Quick Quesadilla


Red Beans and Rice

Color

- Add color to your meals with fruits and vegetables
- Top oatmeal or pancakes with fruit
- Serve colorful fruit and vegetables at snacks and meals.

Tropical Bean Salad

Gingered Carrots

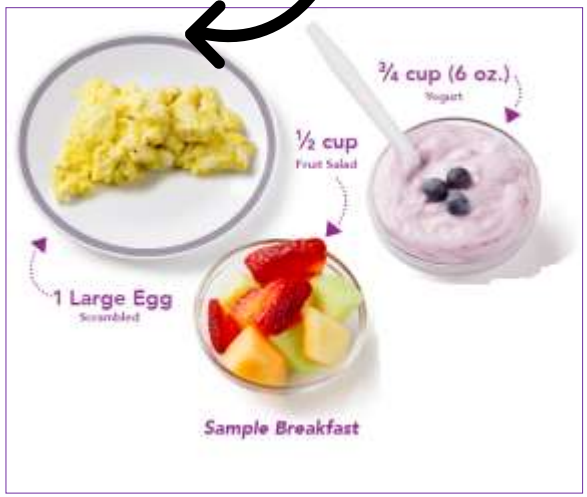
Chicken Ratatouille

Contrast

- **Serve different textures, temperatures and tastes**

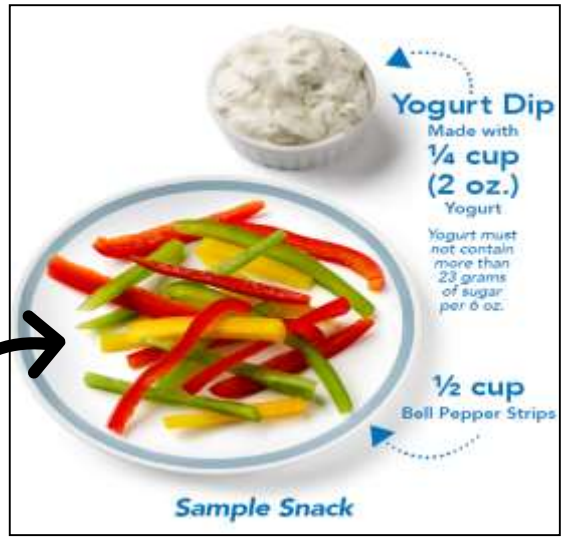
- **Examples:**
  - Crispy raw vegetables with creamy yogurt dip
  - Scrambled eggs with yogurt and fruit

Savory



Minimum Serving Sizes Shown for Adults

Crunchy



*Minimum Serving Sizes Shown for Children Ages 1 -2

Eye Appeal

- Cut or arrange foods into different shapes
- Include space on the plate
- Use different types of bowls, cups, plates, etc.

Baked Cod Ole

Mashed Whipped Potatoes

Tabbouleh

Deep-Fat Frying

- **May not be used to prepare meals on-site**
  - Includes central and satellite kitchens
- **Defined as food submerged in hot oil or other fat**
- **Too many deep-fat fried foods may contribute to chronic illnesses**

Foods Fried Off-Site

- **May purchase from commercial manufacturer**
  - Pre-fried
  - Flash-fried
  - Par-fried
  - Deep-fat fried
- **May not deep-fry when reheating**

Central and South America

Asia and Pacific Islands

Red Pozole

[Family] [Quantit

Curry Vegetables

[Family] [Quantity]

Multicultural Standardized Recipes for CACFP

- **Recipes come in yields of 6, 25, and 50**
- **Central & South America, North America, Africa, Europe, Asia & Pacific Islands**

Black Beans with Plantains

[Family] [Quantity]

Baked Batatas & Apples

[Family] [Quantity]

Baked Cod Olé

[Family] [Quantity]

Pineapple Chicken

[Family] [Quantity]

Sautéed Tofu and Broccoli

[Family] [Quantity]

Savory Rice Pilaf

[Family] [Quantity]

Example

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Child Care Menus and Recipes

Home
Adult Menus & Recipes
Child Menus & Recipes
Other Resources

Select a day below to see menu ideas and recipes perfect for child care centers participating in for National Child and Adult Care Food Program Week!

Monday

Breakfast	Lunch/Supper	Snacks
Frozen or fresh Blueberries	Crunchy Chinese Tuna Salad (Pg. 15 MSR)	Graham Crackers
Vanilla yogurt	Chow Mein Noodles	Sunflower butter
†Fluid Milk	Lemon Roasted Carrots (CACFP Week Recipes)	Water
	Celery Bites	
	†Fluid Milk	

Tuesday

Breakfast	Lunch/Supper	Snacks
Sliced Peaches (fresh, canned or frozen)	Beef Tacos (USDA D-24)	Deviled Eggs (USDA D-02)
Toast (WG) with Jam	Taco Shells (WG)	Cracker (WG)
†Fluid Milk	Lettuce & Tomato	
	Pinto Beans (canned or dried)	
	†Fluid Milk	

Wednesday

Breakfast	Lunch/Supper	Snacks
Apple Sauce	Toasted Cheese Sandwich (WG bread) (Sandwiches F-13)	Broccoli & Cauliflower Bites
Cranberry Orange Muffin	Red & Green Pepper Strips	Dip for Fresh Vegetables

USDA

Beef or Pork Taco

Makes: 25 or 50 Servings

Directions

1. Brown ground beef or pork. Drain. Continue immediately.
2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 165 ° F or higher.
3. CCP: Hold for hot service at 140° F or warmer.
4. Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.
5. Portion is 2 tacos.

Notes

* See Marketing Guide

Serving suggestions:
A. Before serving, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each plate serve 2 tacos, No. 10 scoop (⅝ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.
OR
B1. Pre-portion No. 10 scoop (⅝ cup) lettuce-tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.
B2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, 2 No. 30 scoops (¾ cup ½ tsp) meat mixture, 1 pre-portioned soufflé cup of lettuce-tomato mixture, and 1 pre-portioned soufflé cup of shredded cheese. Instruct children to "build" their own tacos.
Source: USDA Recipes for Child Care

Nutrition Information

Nutrients	Amount
Calories	259
Total Fat	16 g
Saturated Fat	6 g
Cholesterol	46 mg
Sodium	254 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	200 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

Marketing Guide

Foods as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

Meat Components

Vegetables	1/2 cup
Grains	1 slice
Meat / Meat Alternate	2 ounces

For more information on meat components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.

agri.nv.gov

Activity:
CACFP Child Meal Pattern Menu Assessment

Understanding Food Labels

LOOK

When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

COUNT

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

HEART TALK

Choose foods that are lower in fat, cholesterol, and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

LIMIT

Sugar isn't all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

GET MORE

These nutrients help improve your health. Most people don't get the proper daily amount of vitamins and supplements that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

Nutrition Facts

Serving Size 1 Cup (58g)
Serving Per Container about 7

Amount Per Serving	
Calories	230
Calories from Fat	30
	% Daily Values **
Total Fat 4g*	8%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 41g	10%
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
Protein 3g	
	% Daily Values **
Vitamin A	10%
Vitamin C	25%
Calcium	13%
Iron	4%

•Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

% DAILY

These percentages are based on an average adult's daily calorie count needs of 2,000. **Children have very different calorie needs** based on age, gender, height and weight.

To find out daily recommended calorie count for children ages 2 through 14 go to: www.choosemyplate.gov/MyPlate-Daily-Checklist

5% Daily Value or less per serving is LOW.

20% Daily Value or more per serving is HIGH.

NATIONAL CACFP ASSOCIATION
Learn more at cacfp.org
This institution is an equal opportunity provider.

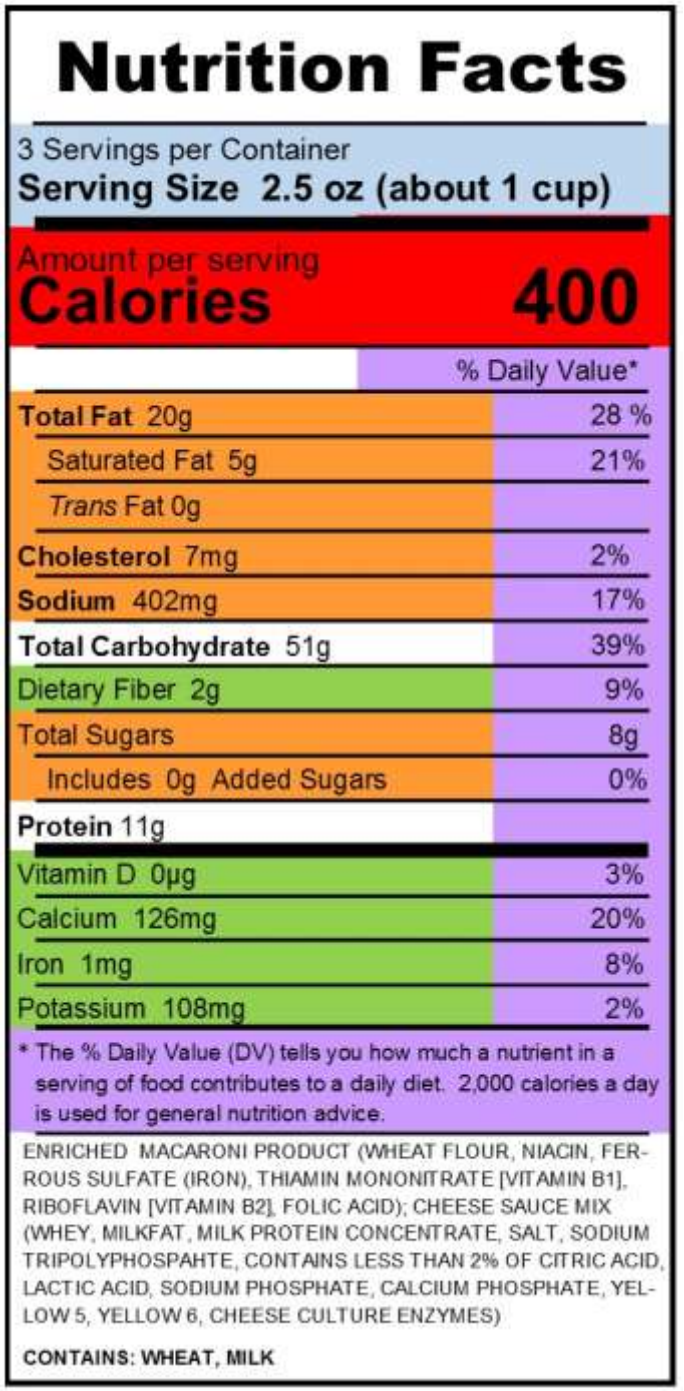
Servings

Calories

Nutrients – Limit

Nutrients – Get More

Ingredients (Allergies)



Nutrition Facts

3 Servings per Container
Serving Size 2.5 oz (about 1 cup)

Amount per serving
Calories **400**

	% Daily Value*
Total Fat 20g	28 %
Saturated Fat 5g	21%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 402mg	17%
Total Carbohydrate 51g	39%
Dietary Fiber 2g	9%
Total Sugars	8g
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0µg	3%
Calcium 126mg	20%
Iron 1mg	8%
Potassium 108mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SODIUM TRIPOLYPHOSPAHTE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, CHEESE CULTURE ENZYMES)

CONTAINS: WHEAT, MILK

% Daily Value

Servings

Serving Size – recommended amount (for 2,000 calorie diet)

1 cup of mac & cheese

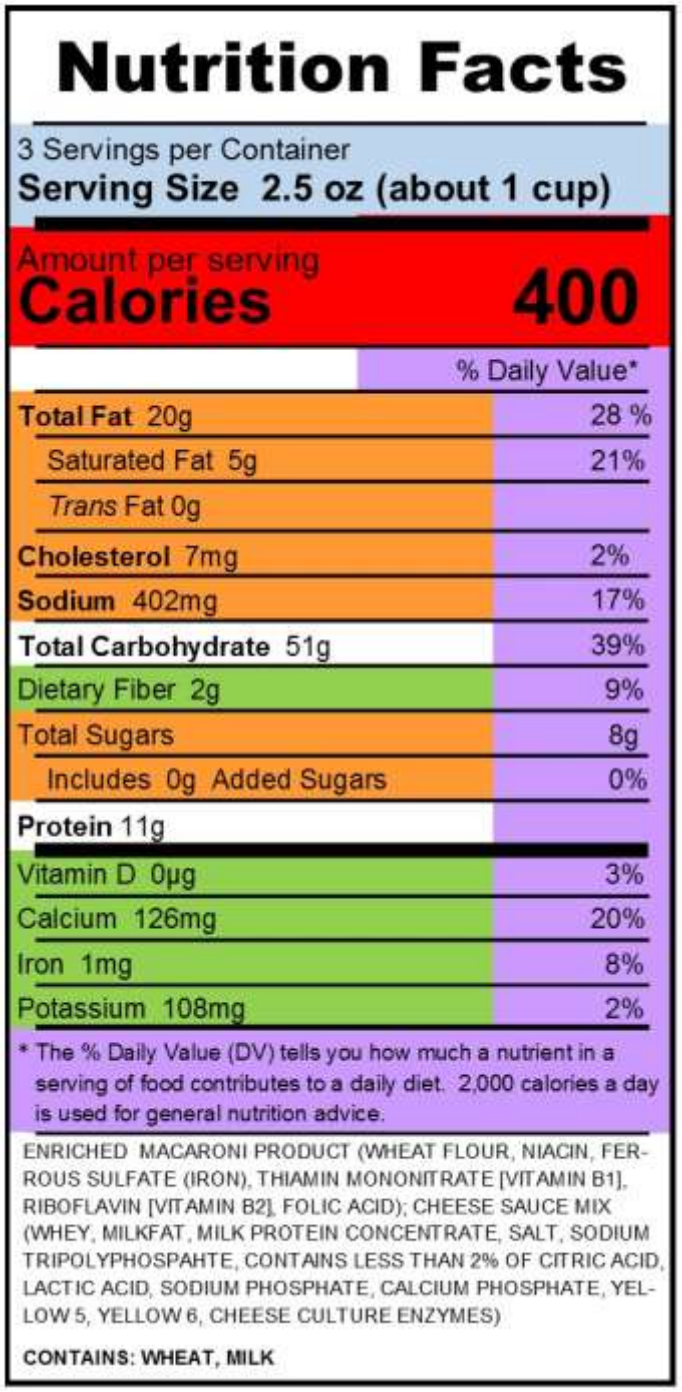
Other examples:

About 23 chips

1 can (or ½ bottle)

Servings per container – number of servings in a container

About 3 servings (cups) in the box of mac & cheese



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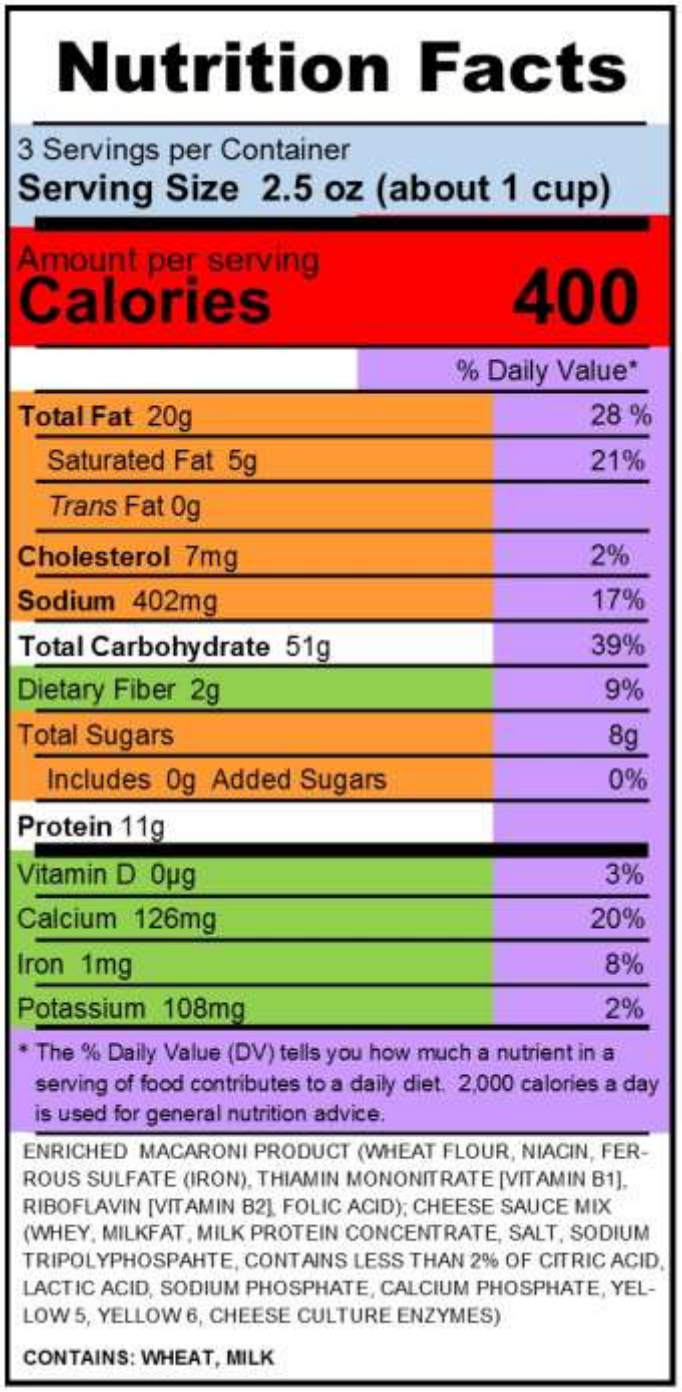
CONTAINS: WHEAT, MILK

Calories

400 calories in 1 serving of Mac & Cheese

The entire container:

3 servings x 400 = 1,200 Calories



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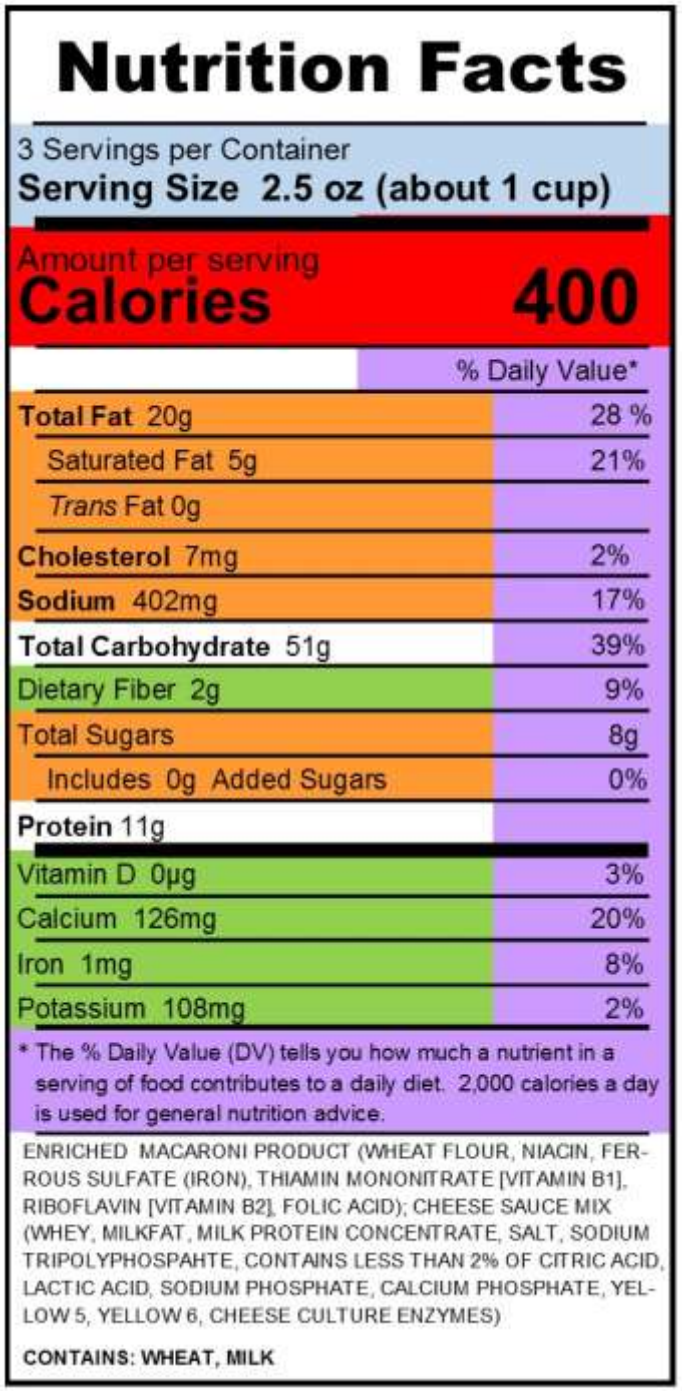
ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SODIUM TRIPOLYPHOSPAHTE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, CHEESE CULTURE ENZYMES)

CONTAINS: WHEAT, MILK

Nutrients

LIMIT:

- Saturated/Trans fat
- Cholesterol
- Sodium
- Added Sugars



Nutrition Facts

3 Servings per Container
Serving Size 2.5 oz (about 1 cup)

Amount per serving
Calories **400**

	% Daily Value*
Total Fat 20g	28 %
Saturated Fat 5g	21%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 402mg	17%
Total Carbohydrate 51g	39%
Dietary Fiber 2g	9%
Total Sugars	8g
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0µg	3%
Calcium 126mg	20%
Iron 1mg	8%
Potassium 108mg	2%

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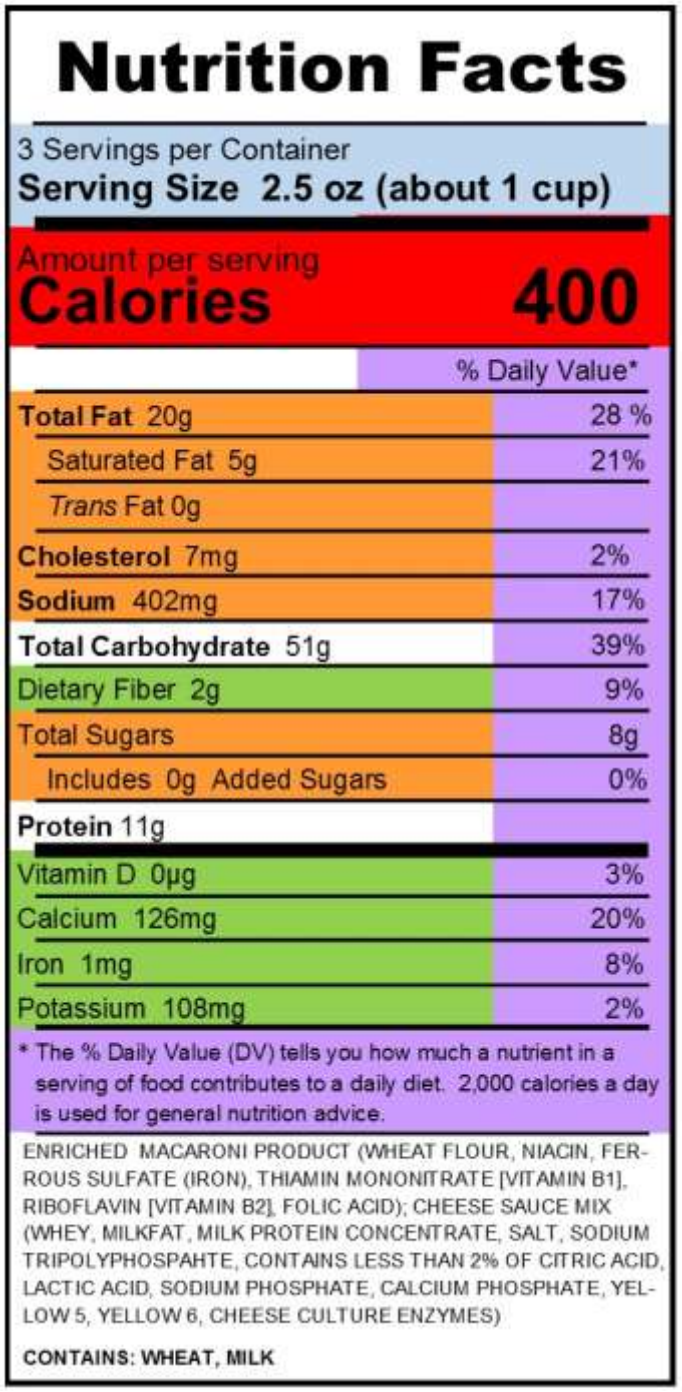
CONTAINS: WHEAT, MILK

Nutrients

GET MORE OF:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium



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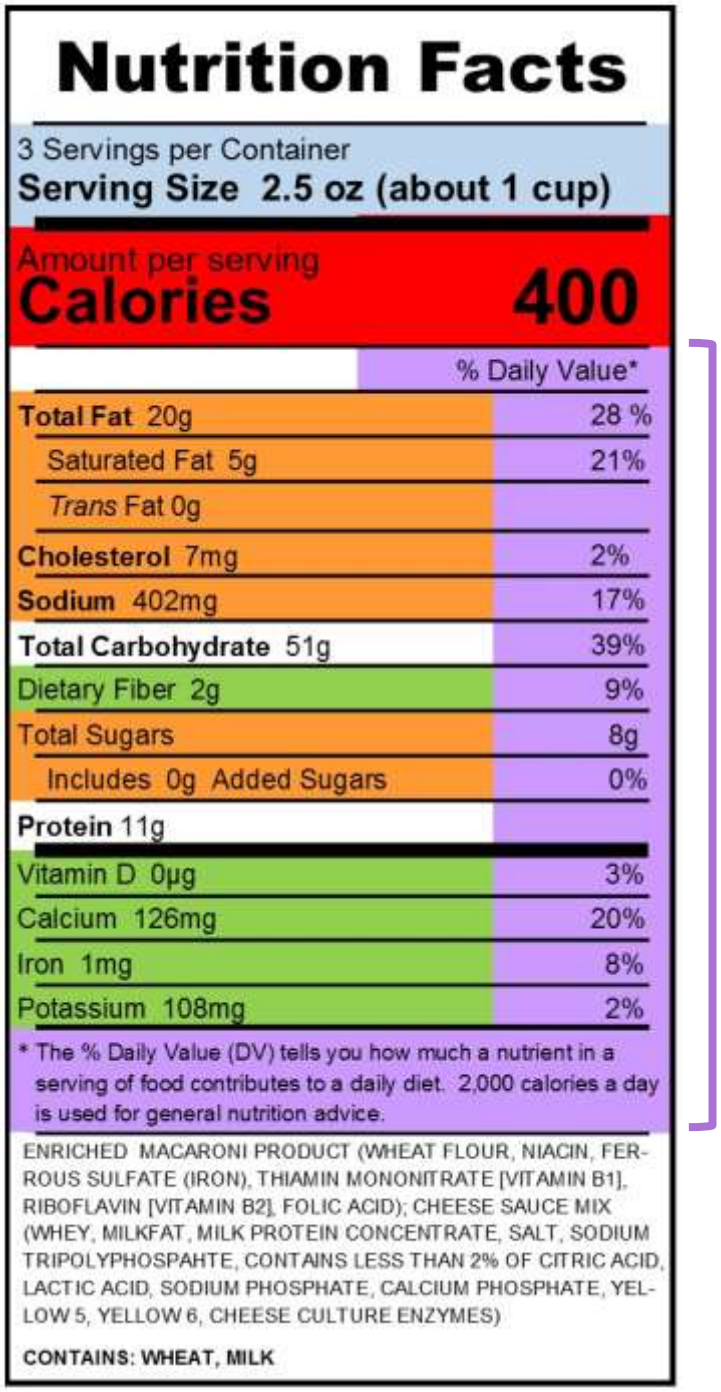
CONTAINS: WHEAT, MILK

Here's a tool you can use…

% Daily Value



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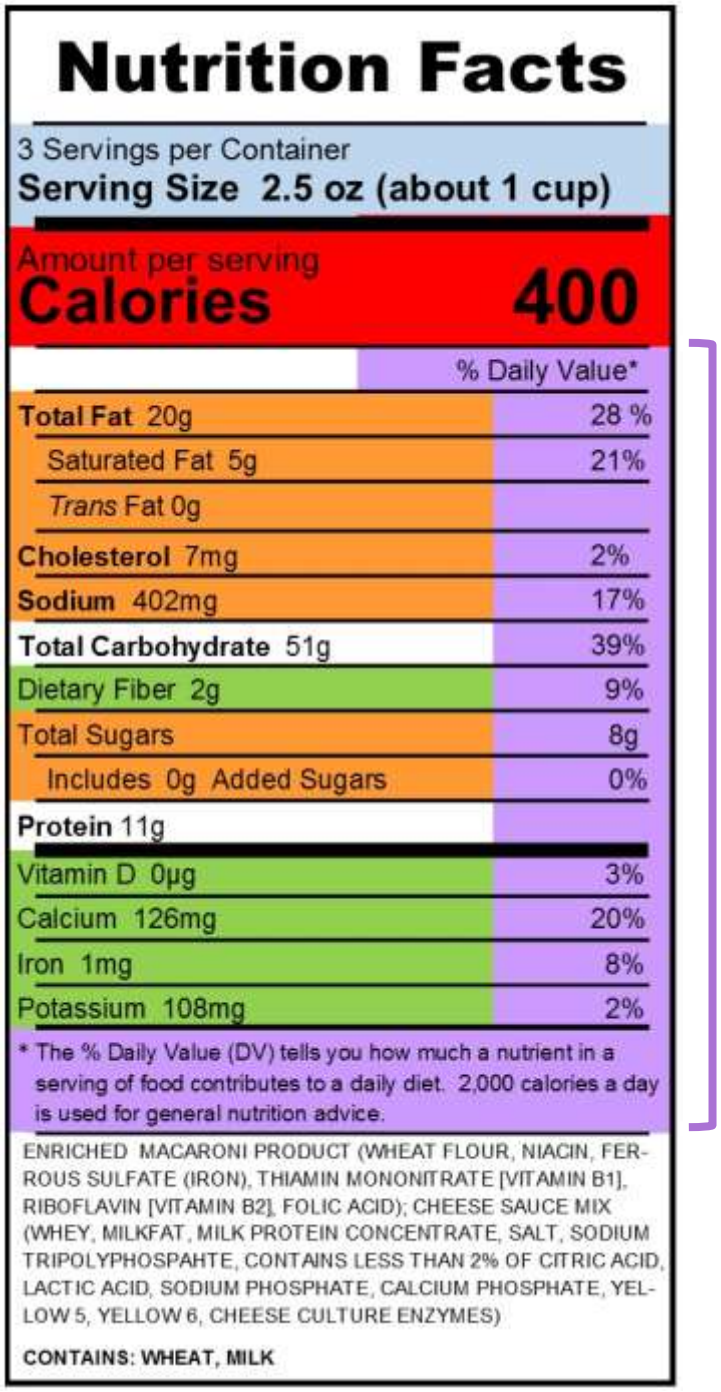
CONTAINS: WHEAT, MILK

Here's a tool you can use…

% Daily Value

Gives a general idea of how *one serving of a food* contributes nutritionally to a typical 2000-calorie-a-day diet

Refers to a whole day, not a single meal or a snack



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CONTAINS: WHEAT, MILK

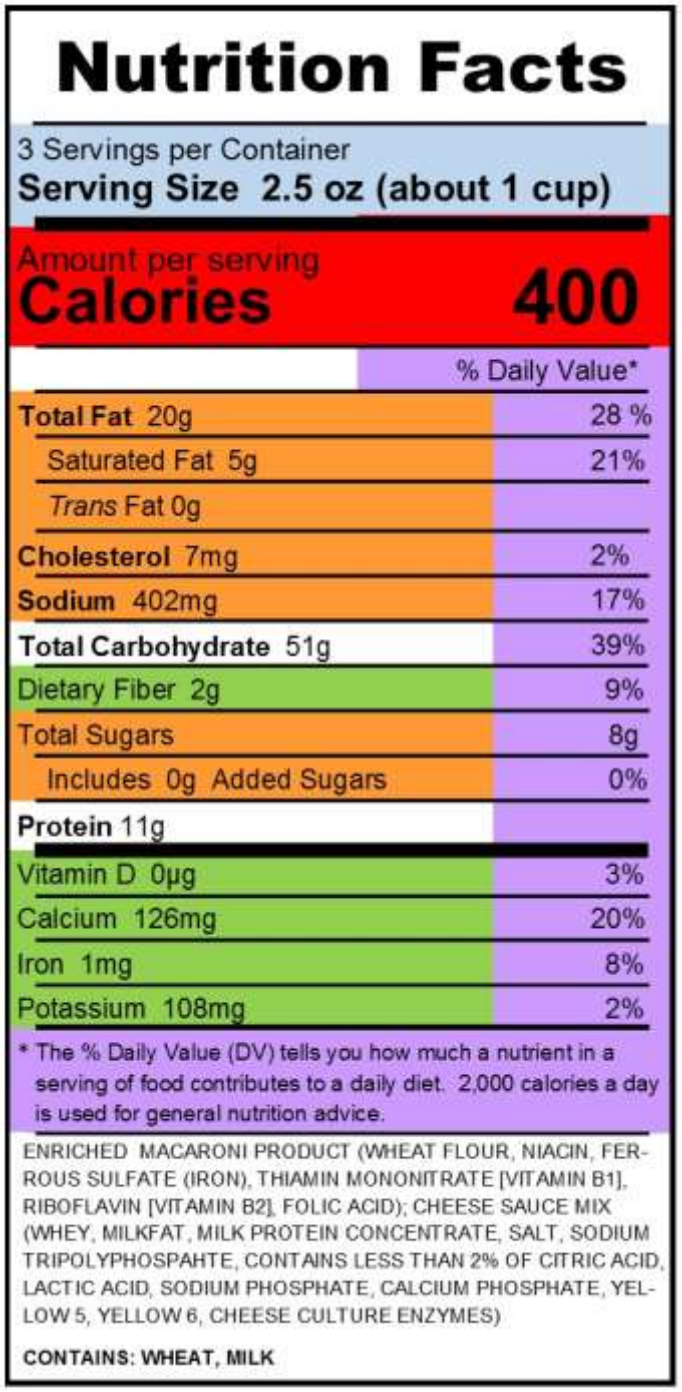
Nutrients to

LIMIT:

Use the "*5-20* Guide"

5% (or less) is low

- **Saturated/Trans fat**
- **Cholesterol**
- **Sodium**
- **Added Sugar**



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CONTAINS: WHEAT, MILK

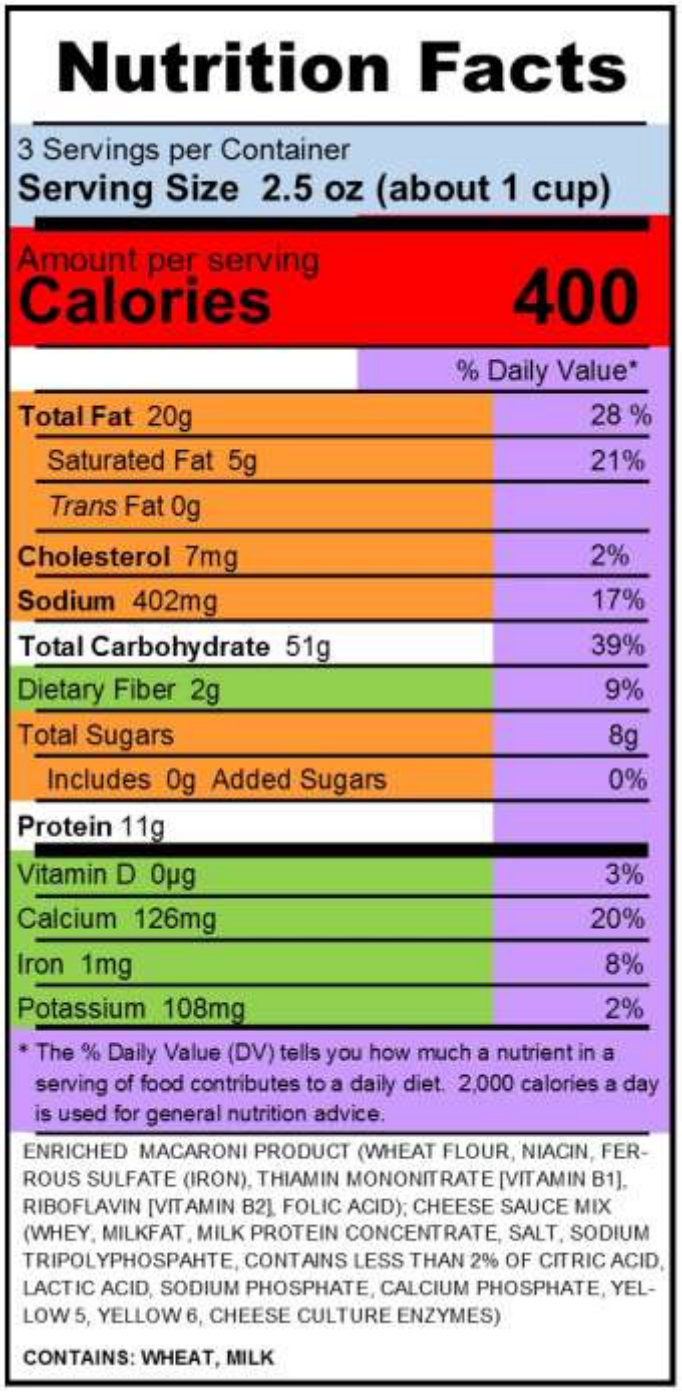
Nutrients to

GET MORE OF:

Use the "*5-20* Guide"

20% (or more) is high

- **Fiber**
- **Vitamin D**
- **Calcium**
- **Iron**
- **Potassium**



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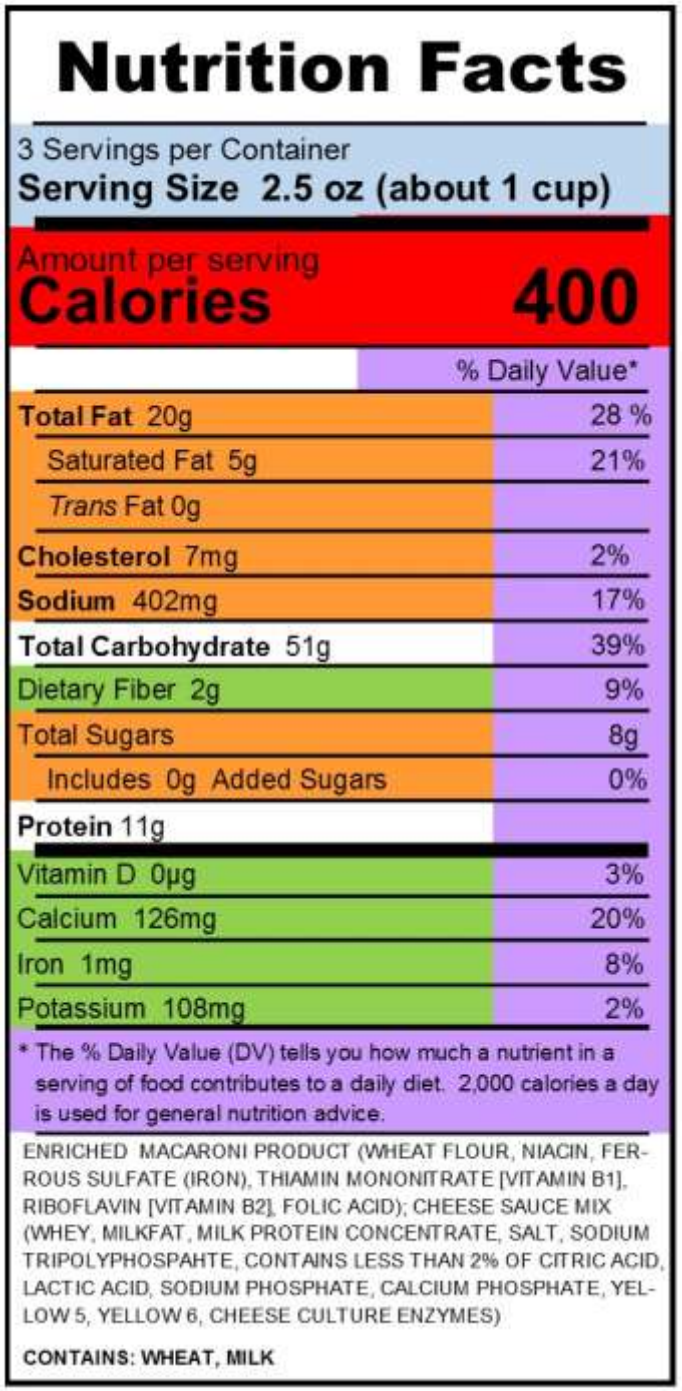
CONTAINS: WHEAT, MILK

Ingredients
& Allergy Information



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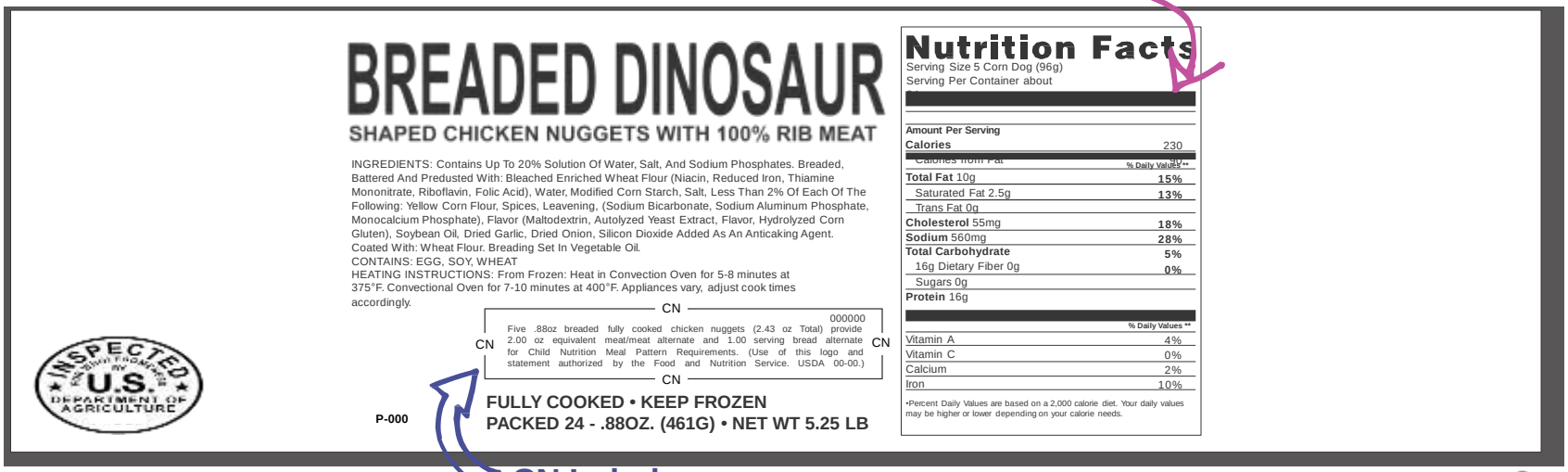
CONTAINS: WHEAT, MILK

The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.

Nutrition Label



BREADED DINOSAUR

SHAPED CHICKEN NUGGETS WITH 100% RIB MEAT

INGREDIENTS: Contains Up To 20% Solution Of Water, Salt, And Sodium Phosphates. Breaded, Battered And Predusted With: Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Salt, Less Than 2% Of Each Of The Following: Yellow Corn Flour, Spices, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor (Maltodextrin, Autolyzed Yeast Extract, Flavor, Hydrolyzed Corn Gluten), Soybean Oil, Dried Garlic, Dried Onion, Silicon Dioxide Added As An Anticaking Agent. Coated With: Wheat Flour. Breading Set In Vegetable Oil.
CONTAINS: EGG, SOY, WHEAT
HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F. Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

CN 000000 CN
Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.)
CN

P-000

FULLY COOKED • KEEP FROZEN
PACKED 24 - .88OZ. (461G) • NET WT 5.25 LB

Nutrition Facts
Serving Size 5 Corn Dog (96g)
Serving Per Container about

Amount Per Serving	
Calories	230
Calories from Fat	90
	% Daily Values**
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	28%
Total Carbohydrate	5%
16g Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
	% Daily Values **
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	10%

•Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE

CN Label

CN 000000 CN
Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.)
CN

Six Digit ID#
Assigned by the FNS USDA.

Date/Month
Approved by the FNS USDA

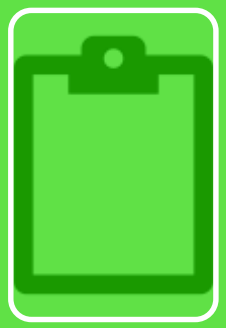
NATIONAL CACFP ASSOCIATION

- ✓ **CN logo, with a distinct border**
- ✓ **Meal pattern contribution statement**
- ✓ **Six-digit product identification number**
- ✓ **USDA's Authorization and**
- ✓ **Month and year of approval**

CN XXXXXX*
One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)
CN CN

Whole Grain-Rich Requirements for the CACFP

Grains served at one meal or snack every day must be **whole grain-rich**



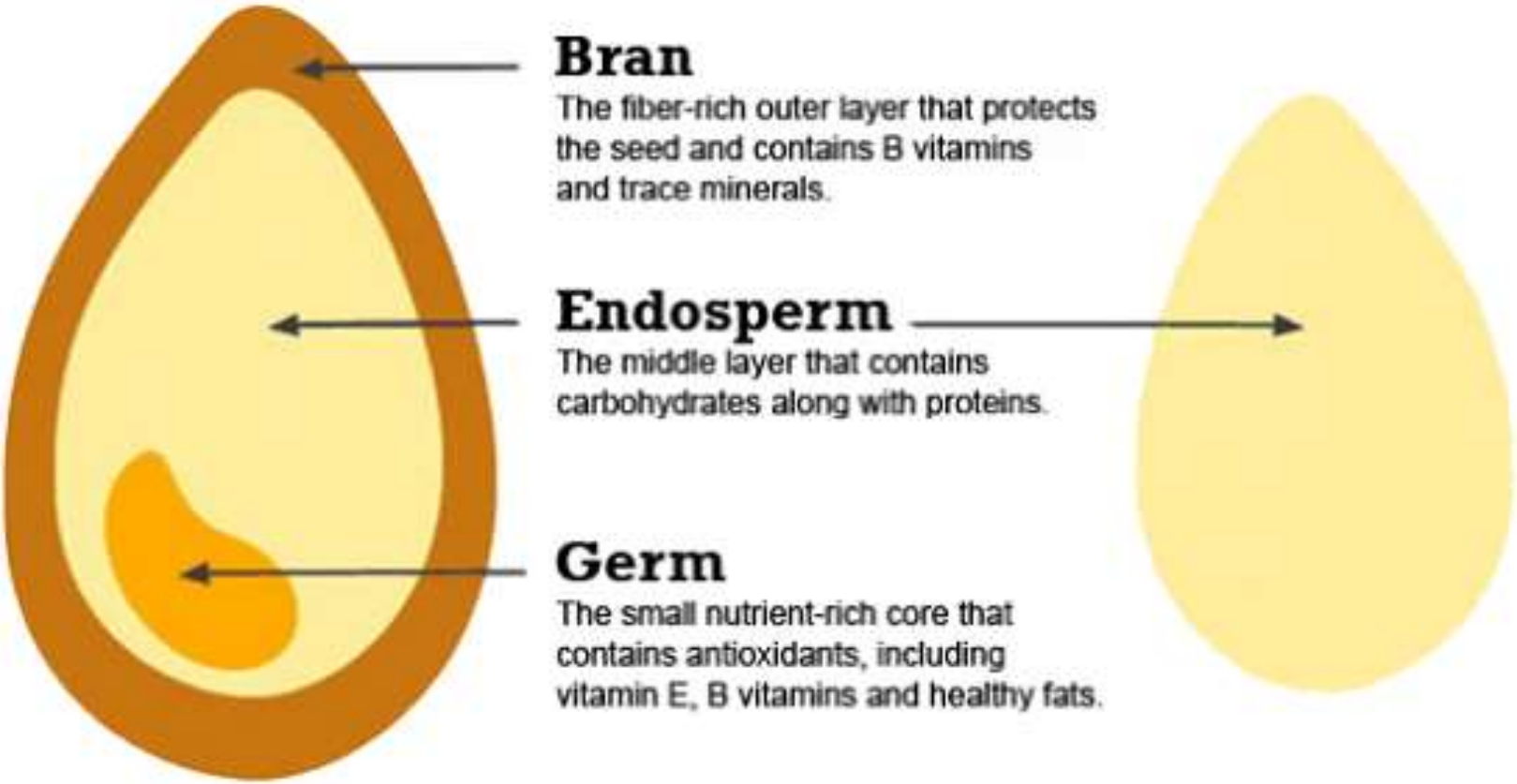
Required for child and adult meal patterns only

Whole grain-rich means:

- At least half the grain ingredients are whole-grain
- Remaining grain ingredients are enriched, bran, or germ

Nevada Department of Agriculture

Whole Grain vs. "White" Grain



Bran

The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

Endosperm

The middle layer that contains carbohydrates along with proteins.

Germ

The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins and healthy fats.

Whole Grain Stamp

THE 100% STAMP	THE 50%+ STAMP	THE BASIC STAMP
For products where ALL of the grain is whole grain.	For products where at least 50% of the grain is whole grain.	For products that contain a significant amount of whole grain, but which contain primarily refined grain.*
Minimum requirement: 16g (16 grams) whole grain per serving. (a full serving of whole grain)	Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)	Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)

NDA
Nevada Department of Agriculture

Whole Grain Stamp (Cont.)

- Each Stamp shows how many grams of whole grain ingredients are in a serving
- Wide range of gram amounts, reflecting the whole grain content of a serving of that specific product
- If a product contains large amounts of whole grain (23g, 37g, 41g, etc.) **but also contains extra bran, germ, or refined flour**, it will use the 50%+ Stamp or the Basic Stamp

Knowledge Check

What would this product qualify as?

a) All of the grains are whole grain
b) At least 50% of the grain is whole grain
c) Significant amount of whole grain, but primarily refined grain

Answer

What would this product qualify as?

a) All of the grains are whole grain

- ✓ This product would qualify for the 100% Stamp, 22g or more
- ✓ All its grains are whole grain, and it contains more than 16g of whole grain

Knowledge Check

What would this product qualify as?

a) All of the grains are whole grain
b) At least 50% of the grain is whole grain
c) Significant amount of whole grain, but primarily refined grain

Answer

What would this product qualify as?

b)At least 50% of the grain is whole grain

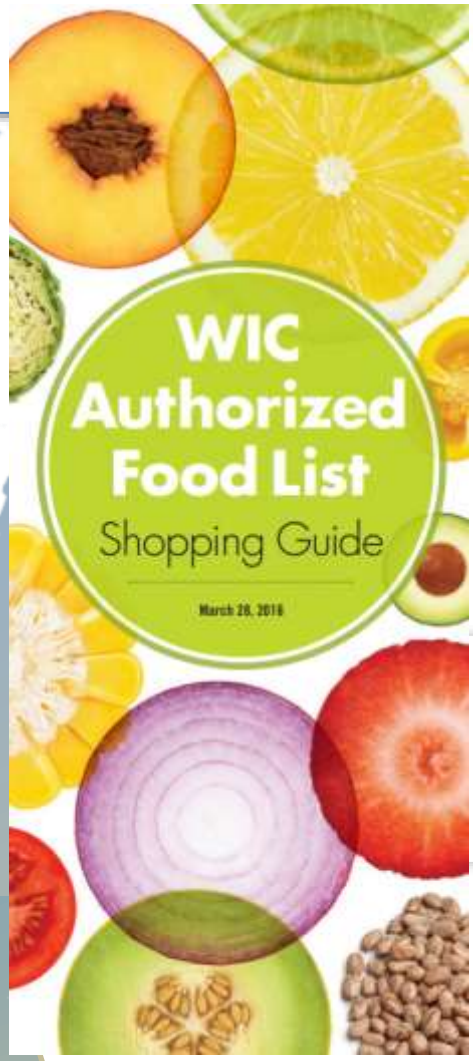
- ✓ This cereal would also qualify for the 50%+ Stamp, 15g or more
- ✓ All its grain is whole grain, *but it doesn't meet the minimum of 16g* of whole grain required for the 100% Stamp

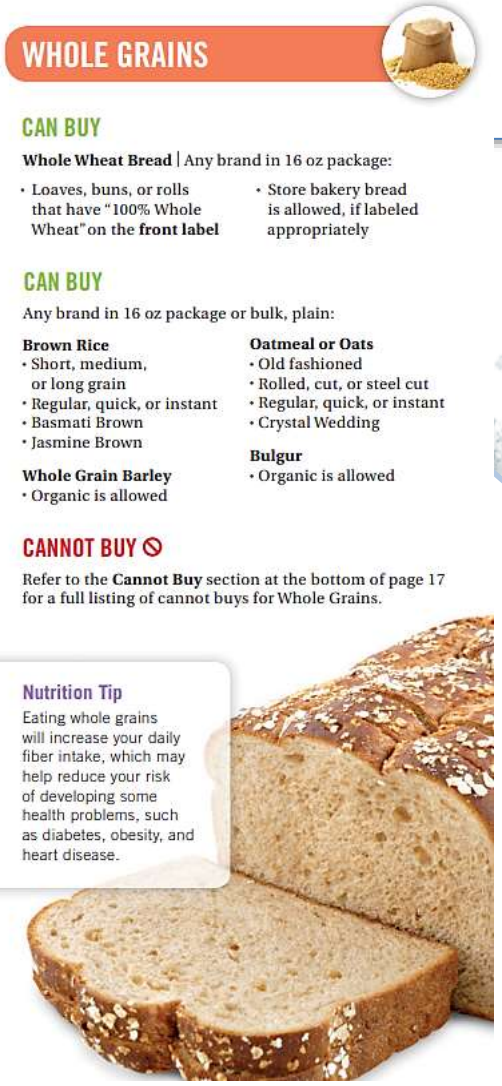
Foods Are Whole Grain-Rich in the CACFP If…

- ✓ **The food is found on any State agency's WIC-approved whole grain food list**

OR

- ✓ **There are certain foods listed as "whole wheat" "entire wheat" or "graham" including:**
  - Whole/entire/graham wheat rolls, bread, or buns (examples: whole wheat rolls, entire wheat bread, graham buns)
  - Whole wheat macaroni, macaroni product, spaghetti or vermicelli





- ✓ **The food has an FDA-approved whole-grain health claim**

OR

- ✓ **The food meets the whole grain-rich criteria for the National School Lunch or School Breakfast Programs**

OR

- ✓ **If you have proper documentation from a manufacturer, or a standardized recipe that shows whole grains are the main ingredients by weight**

✓ **The food meets criteria listed in the *Rule of Three***

Ingredients: Whole Grain Wheat, Wheat Bran, Enriched Corn Flour, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E.

Vitamins and Minerals: Calcium Carbonate, Iron, Zinc, Vitamin C, Vitamin B6, Vitamin A

Non-creditable Grains or Flours

- Barley malt/malted barley flour
- Bean flour (such as soy flour, chickpea flour, lentil flour, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Nut/seed flour (almond flour, peanut flour, sesame flour)
- Potato flour
- Rice flour
- Semolina
- Oat fiber
- Wheat flour
- White flour
- Yellow corn meal
- Yellow corn flour

1. Find the Ingredient List: Single Item Foods

- **For foods that are single items, look at the entire ingredient list to see if the only meal component in the food is grains**

- Examples include:
  - bread
  - pastas
  - bagels
  - pancakes
  - breakfast cereals

Foods with One Grain Ingredient

Ingredients: Whole Grain Wheat Flour, Soybean Oil, Sugar, ~~Cornstarch~~, Malt Syrup, Salt, Refiner's Syrup, Leavening, Vegetable Color

This item only has one grain ingredient, and it is a whole-grain ingredient

STOP HERE

Using the Ingredient List: Combination Foods

- For combination foods, look at the ingredients in the grain portion of the food

- Examples:
  - the tortilla in a burrito
  - wild rice in a chicken and wild rice soup
  - the crust of a pizza

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning; modified food starch.

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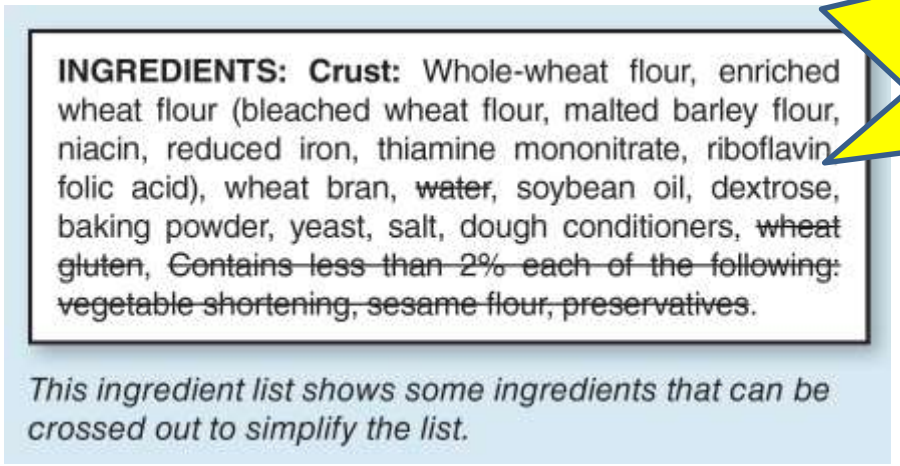
2. Simplify the Ingredient List

Disregarded Ingredients:

- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- **Water**
- Wheat dextrin
- Wheat gluten
- Wheat starch
- **Any ingredients that appear after the phrase "Contains 2% or less of…"**



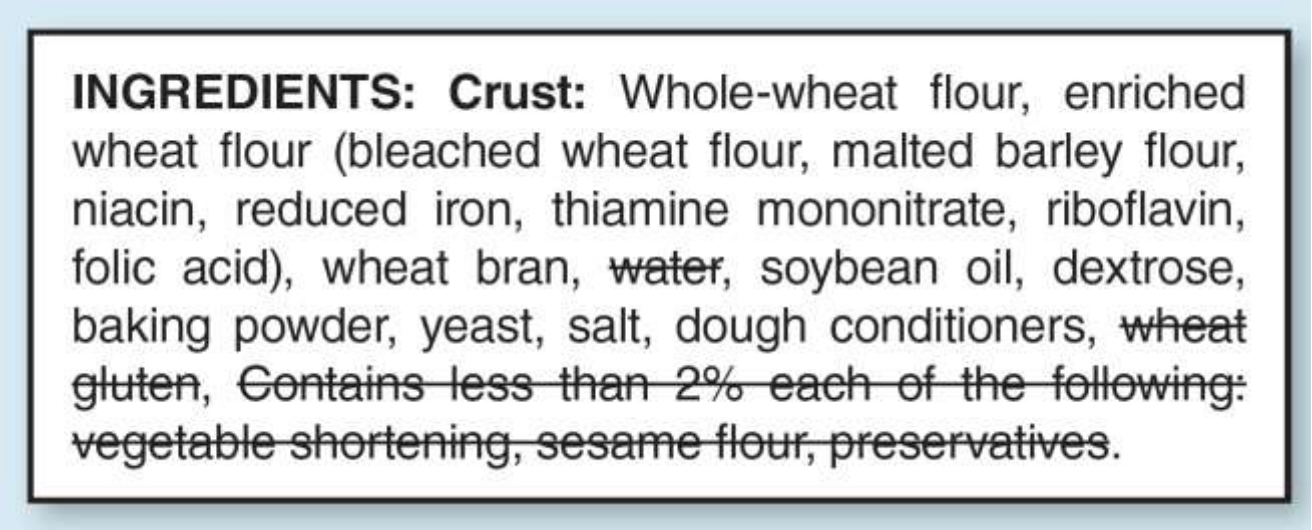
This ingredient list shows some ingredients that can be crossed out to simplify the list.

Disregarded ingredients are listed on page 2 of the handout

3. Look at the First Grain Ingredient

Possible Grain Ingredients:

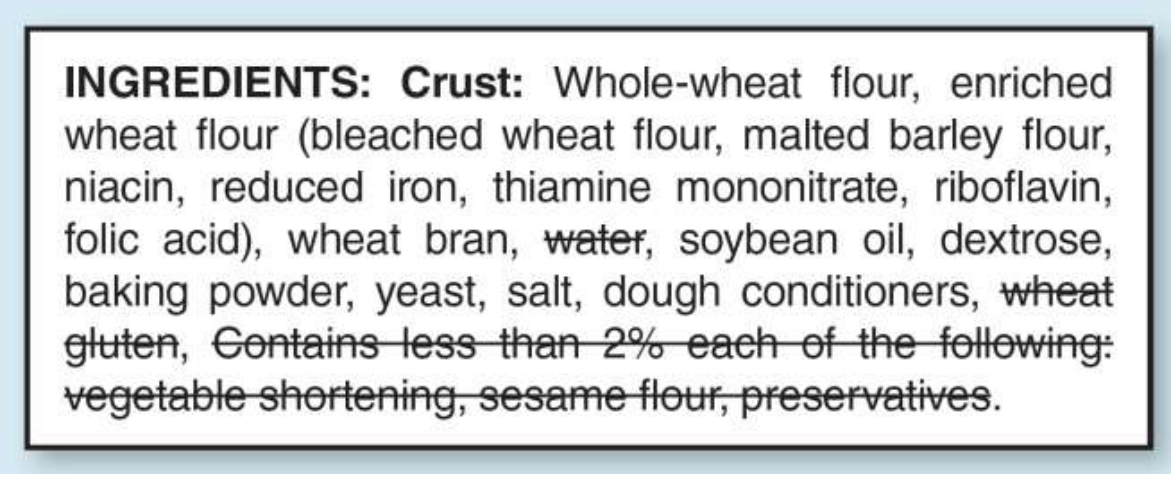
- Flour
- Wheat
- Grain
- Bran
- Oat
- Germ
- Rice



Knowledge Check

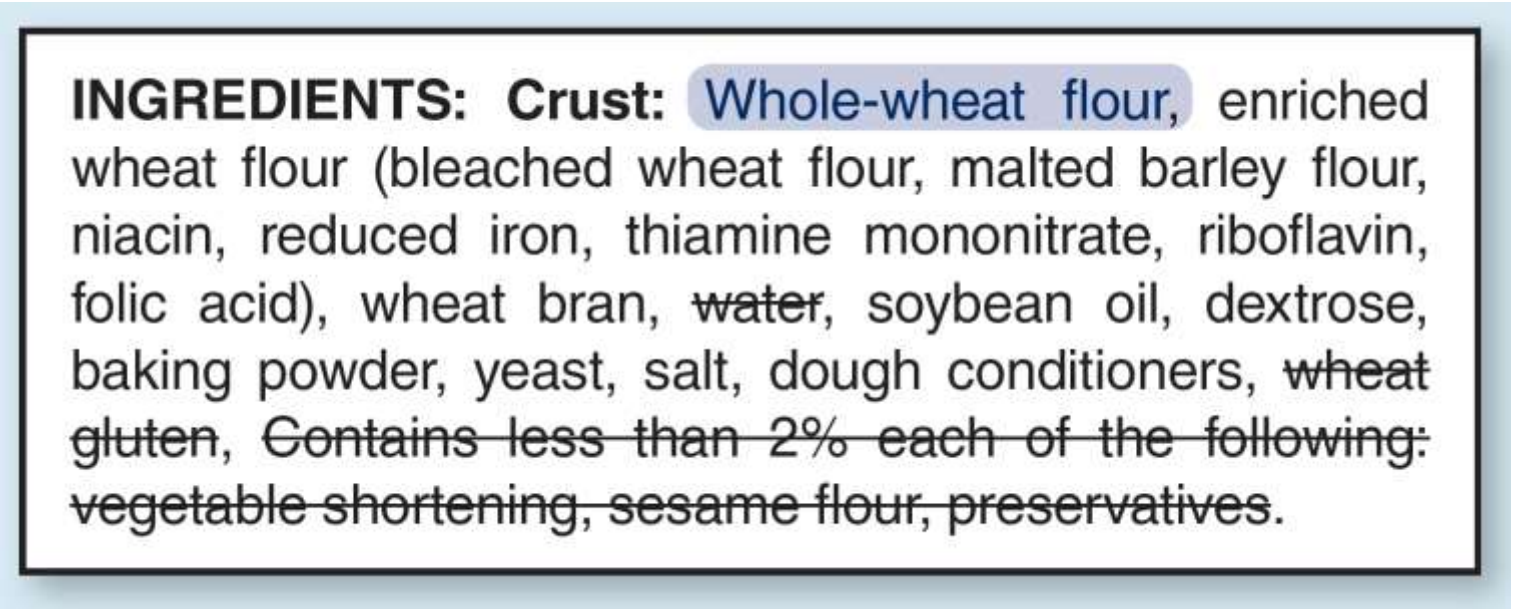
What is the first grain ingredient?

- ❑ Whole-wheat flour
- ❑ Enriched flour
- ❑ Yeast



INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Knowledge Check—Answer



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Knowledge Check

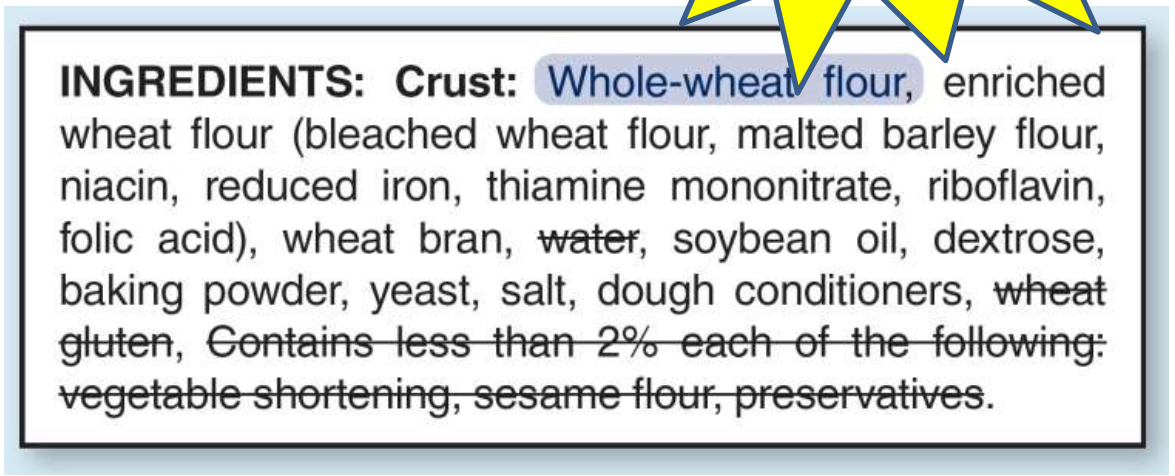
Common <u>whole-grain</u> ingredients include:

- Brown rice
- Bulgur
- Graham flour
- Oats (instant, steel cut, old fashioned, quick cooking, whole-grain etc.)
- Quinoa
- Whole corn/whole-grain corn/whole-grain corn flour
- Whole durum flour
- Whole rye flour
- Whole wheat flour
- Wild rice

Is the first grain ingredient whole-grain?

❑Yes
❑No

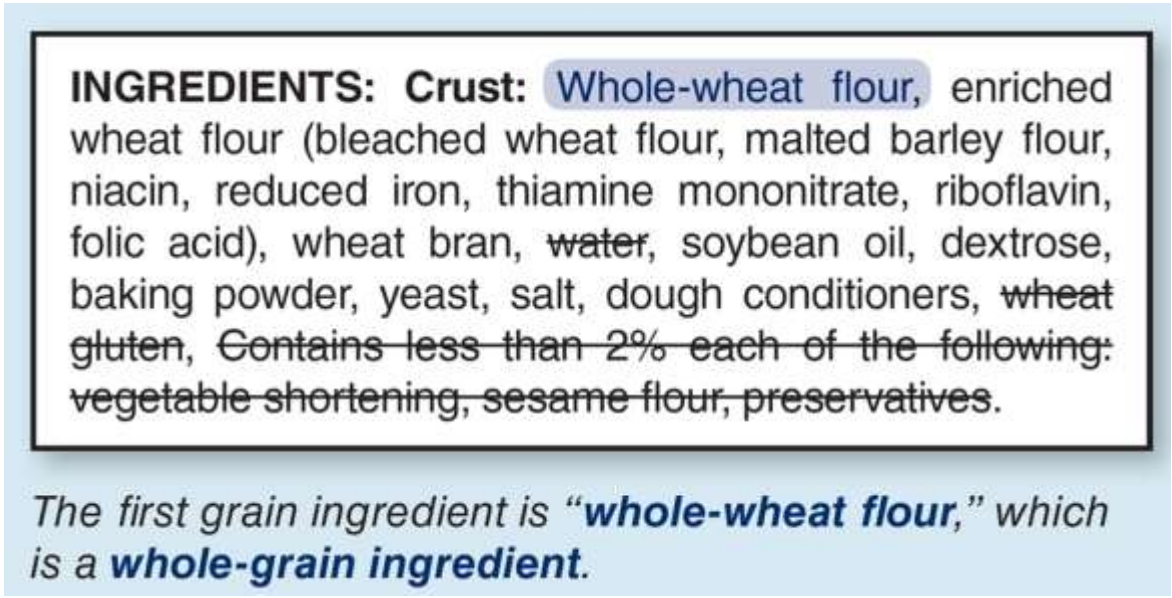
Whole-grain ingredients are listed on page 3 of the handout.



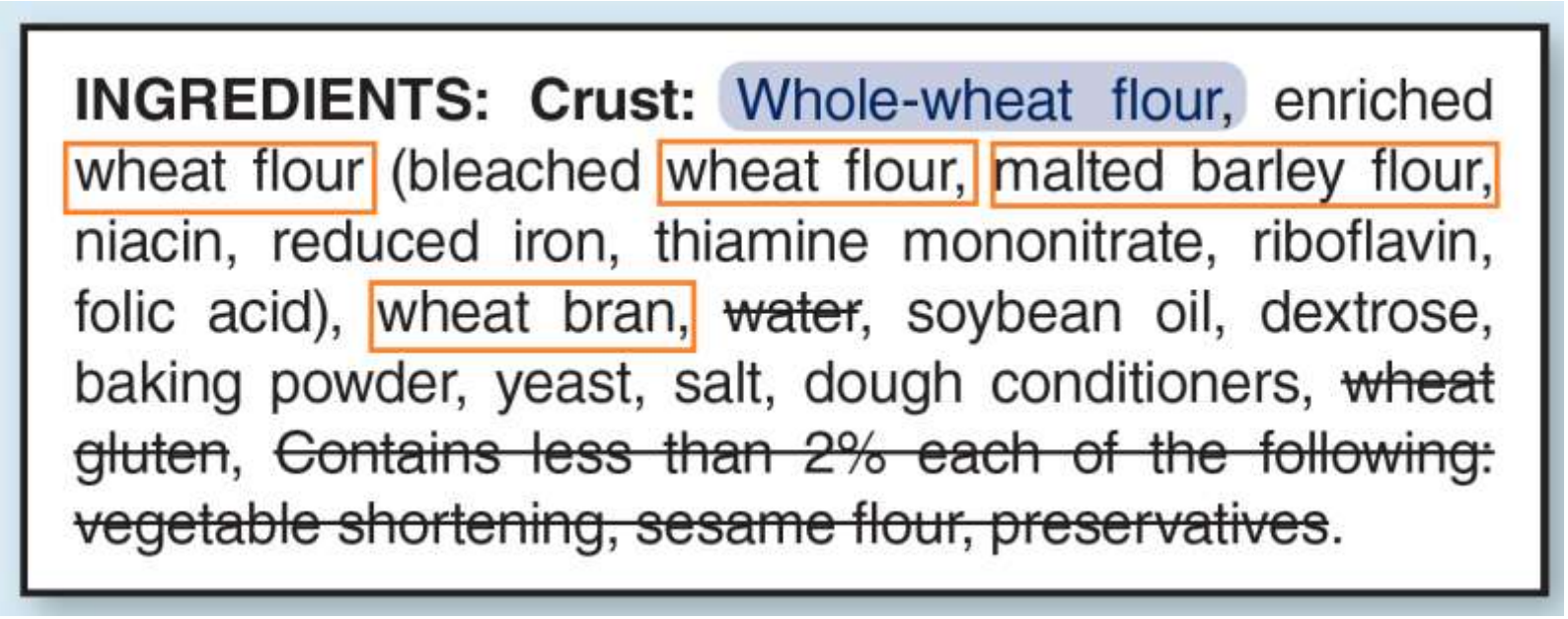
Knowledge Check—Answer

Common <u>whole-grain</u> ingredients include:

- Brown rice
- Bulgur
- Graham flour
- Oats (instant, steel cut, old fashioned, quick cooking, etc.)
- Quinoa
- Whole corn/whole-grain corn
- Whole durum flour
- Whole grain corn flour
- Whole rye flour
- Whole-wheat flour
- Wild rice



4. Look for the second Grain Ingredient

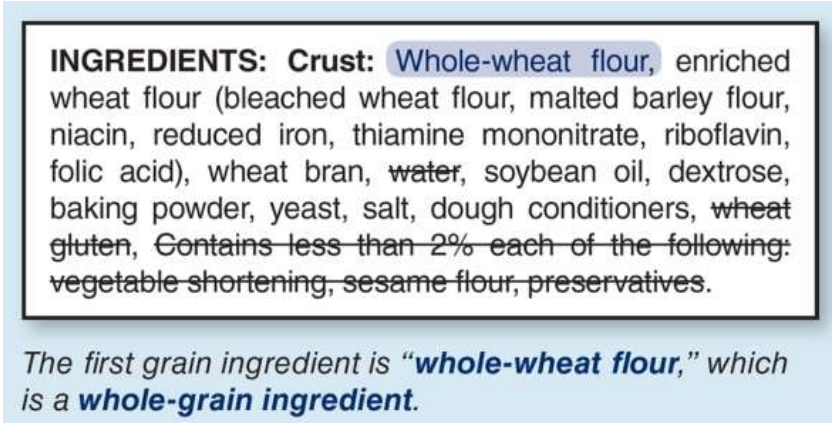


Look at the Second Grain Ingredient

- **Make sure the second grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include**:
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ

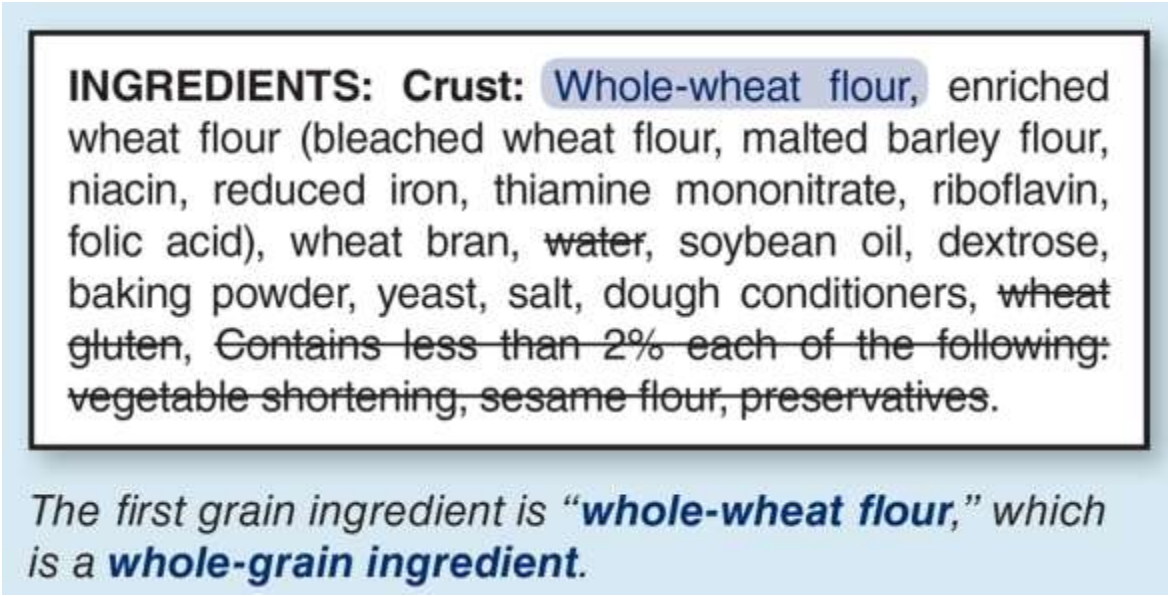


Lists of ingredients are listed on page 3 of the handout

Knowledge Check

What is the second grain ingredient?

- ❑ Whole-grain
- ❑ Enriched, bran, or germ
- ❑ None of the above



Knowledge Check-Answer

- **Make sure the second grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include:**
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

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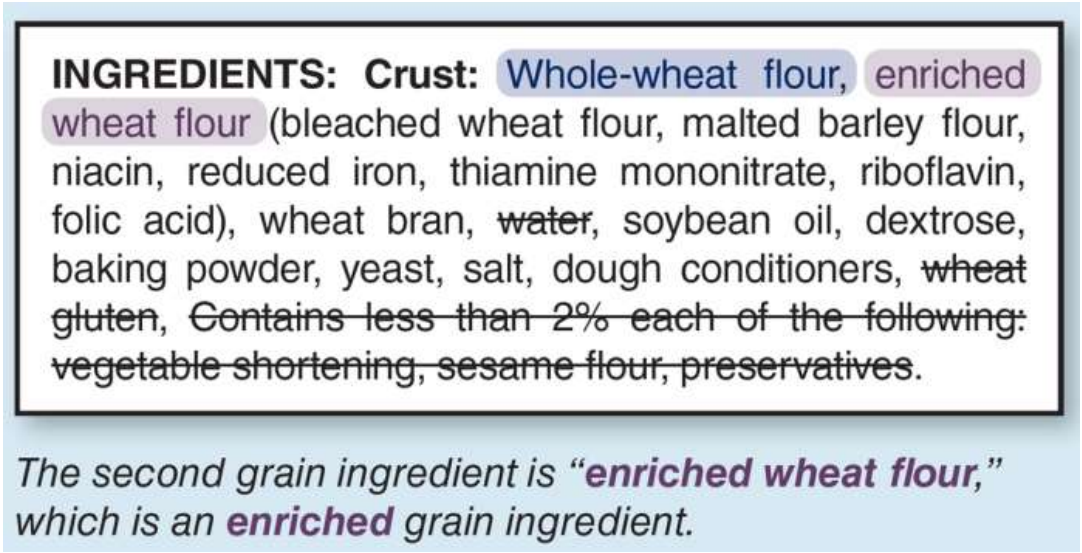
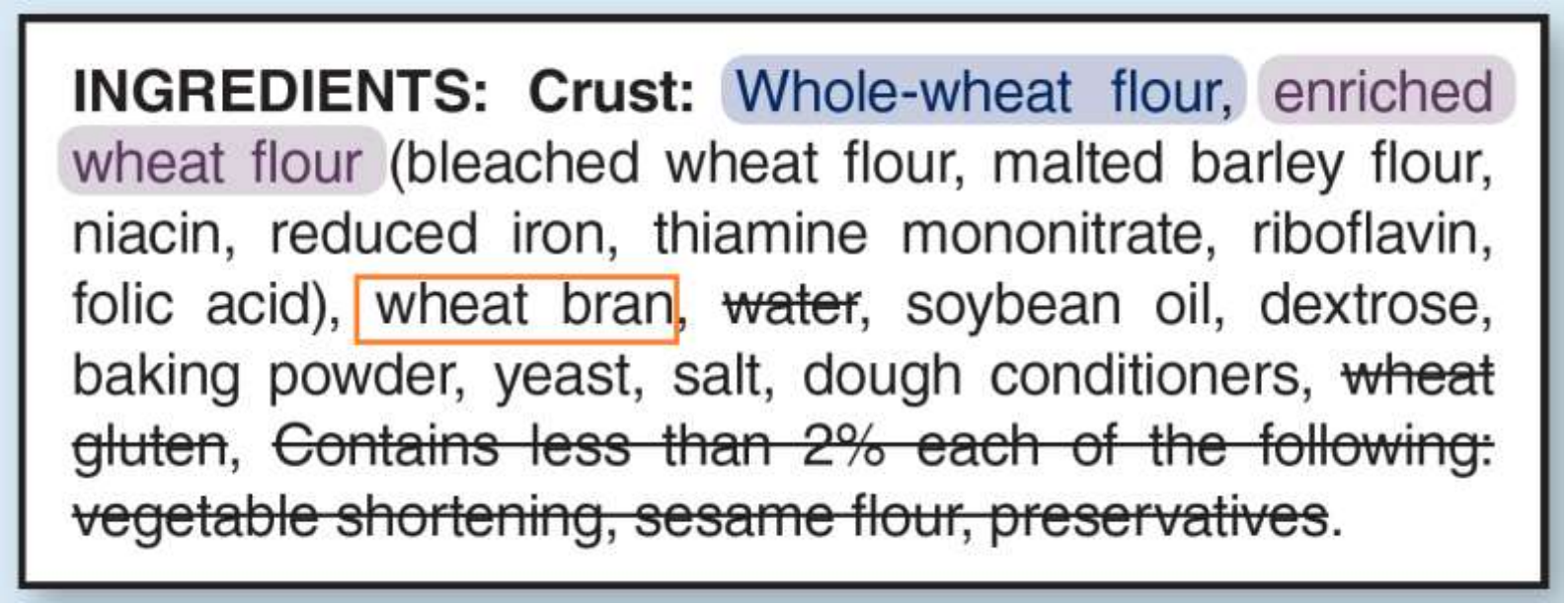


A Closer Look....

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

*When using the rule of three, the enriched wheat flour and everything in the parenthesis count as ONE grain ingredient

5.Look for the third Grain Ingredient



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Look at the Third Grain Ingredient

- **Make sure the third grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include**:
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
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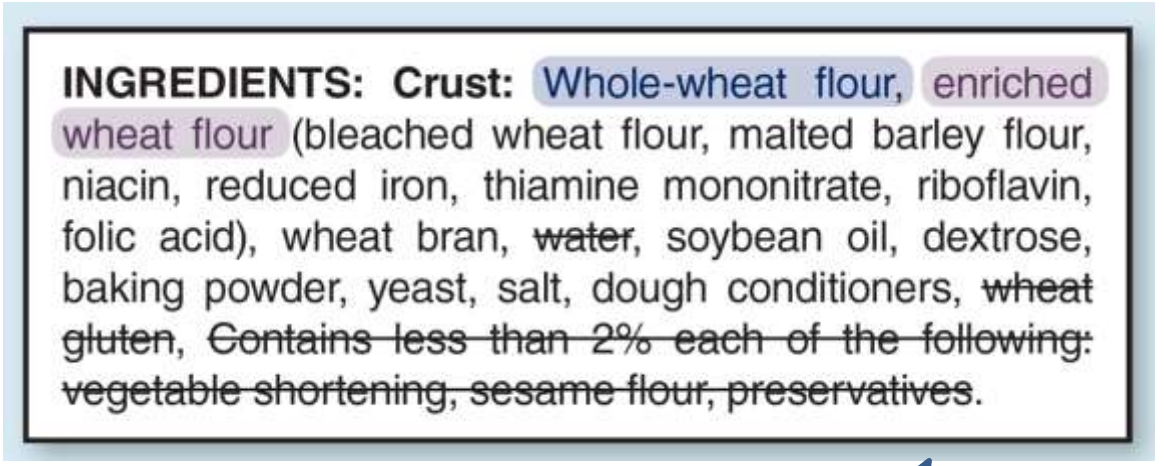
  - Wheat germ

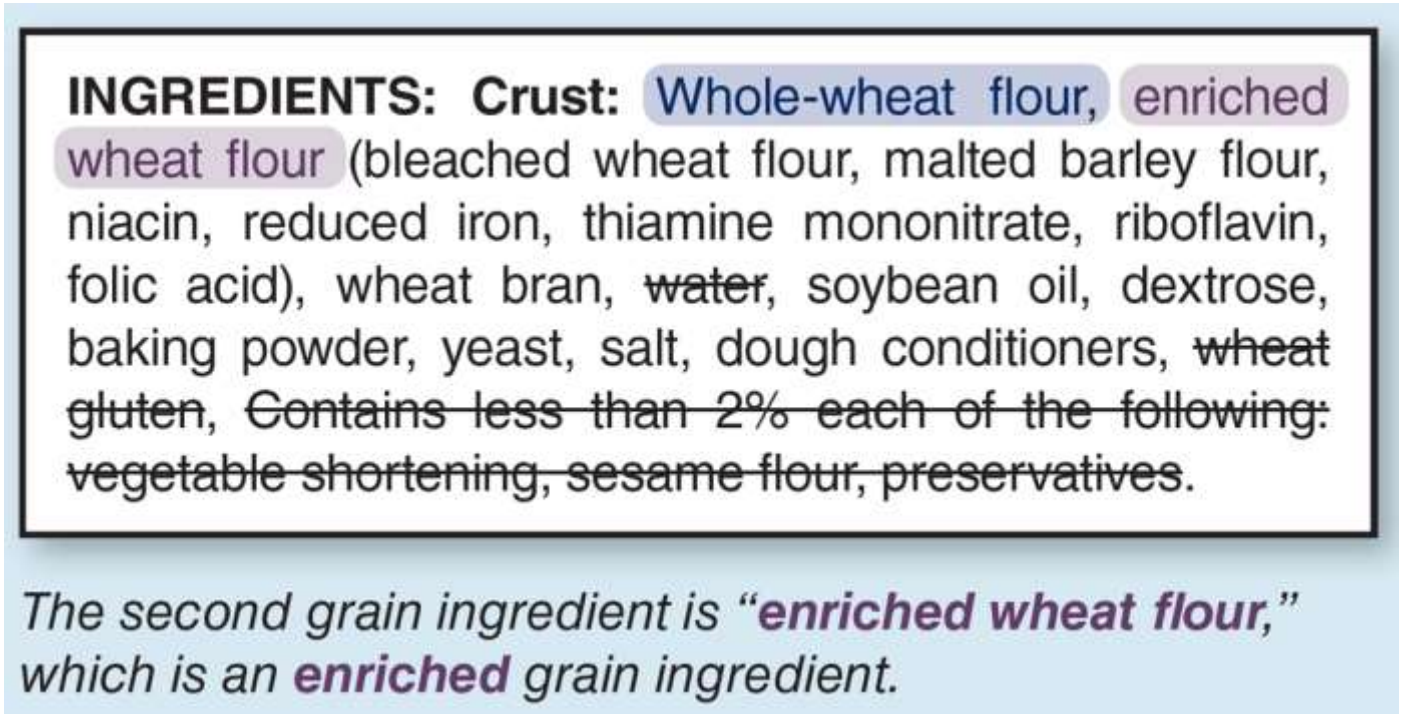


Lists of ingredients are listed on page 3 of the handout

Knowledge Check

What is the third grain ingredient?

- ❑ **Whole-grain**
- ❑ **Enriched, bran, or germ**
- ❑ **None of the above**



Knowledge Check-Answer

- **Make sure the third grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include**:
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
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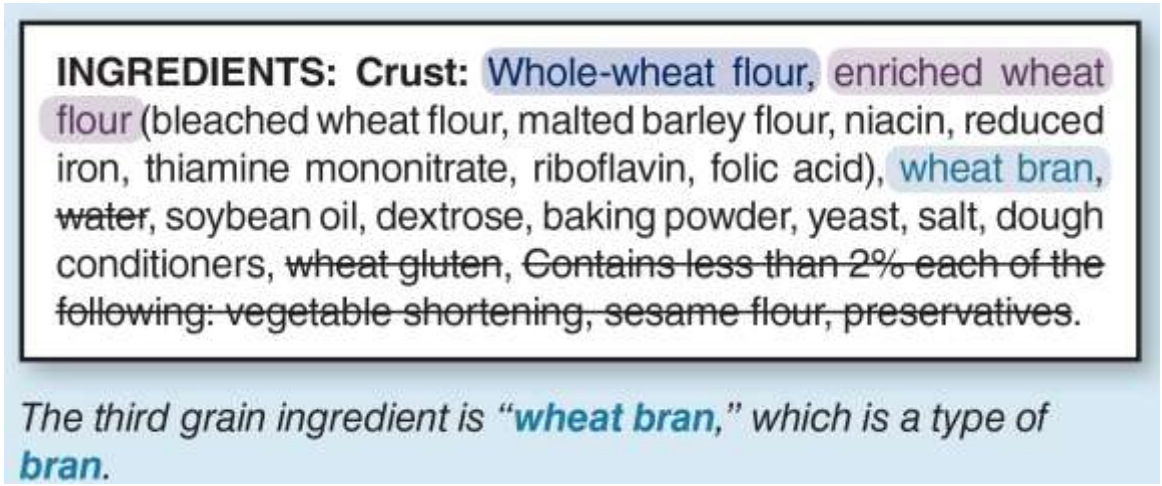

Knowledge Check

Rule of Three:

1st ingredient must be **whole-grain**

2nd ingredient must be **whole-grain**, **enriched**, **bran** or **germ**

3rd ingredient must be **whole-grain**, **enriched**, **bran** or **germ**

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Is this pizza crust whole grain-rich?

- ❑ **Yes**
- ❑ **No**

Answer

Rule of Three:

- ✓ 1st ingredient must be whole-grain: **whole-wheat flour**
- ✓ 2nd ingredient must be whole-grain, enriched, bran or germ: **enriched wheat flour**
- ✓ 3rd ingredient must be whole-grain, enriched, bran or germ: **wheat bran**

Is this pizza crust whole grain-rich?

- ❑ **Yes**
- ❑ **No**

Example 1

Nutrition Facts

Serving size 1 slice (26g)
Servings per container 22

Amount Per Serving	1 slice	2 slices
Calories	60	130
Calories from Fat	10	15
	% Daily Value*	
Total Fat 1g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 120mg	5%	10%
Total Carbohydrate 12g	4%	8%
Dietary Fiber 2g	8%	16%
Sugars 1g		
Protein 3g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	4%	6%
Iron	4%	8%
Thiamin	4%	8%
Riboflavin	0%	2%
Niacin	4%	8%
Folic Acid	2%	4%

***Percent(%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.**

	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

Whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, molasses, wheat bran, calcium propionate (preservative), datem, monoglycerides, calcium sulfate, cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.

Example 2

Nutrition Facts

Serving size 1 slice (26g)
Servings per container 22

Amount Per Serving	1 slice	2 slices
Calories	70	140
Calories from Fat	10	15
		% Daily Value*
Total Fat 1g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 125mg	5%	10%
Total Carbohydrate 13g	4%	9%
Dietary Fiber 0g	0%	4%
Sugars 1g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	6%
Iron	4%	8%
Thiamin	8%	15%
Riboflavin	4%	8%
Niacin	4%	8%
Folic Acid	6%	15%

***Percent(%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.**

	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, high fructose corn syrup, yeast, soybean oil, salt, wheat gluten, calcium propionate (preservative), monoglycerides, datem, calcium sulfate, soy lecithin, citric acid, potassium iodate, monocalcium phosphate, cornstarch, calcium phosphate.

Ready-to-Eat Cereals

- ✓ **Make sure the cereal meets the CACFP sugar limit**

AND

- ✓ Make sure the **first ingredient is whole-grain**

AND

- ✓ Make sure the **cereal is fortified**

INGREDIENTS: Whole Grain Oats Corn Flour, Sugar, Salt, Tripotassium Phosphate, Vitamin E. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc, Vitamin C, Vitamin B6, Vitamin A, Vitamin B12

Adding Whole Grains To Your Menu

- Each day, **at least one of the grain components of a meal or snack must be "whole grain-rich"**

- Whole grain-rich food items must be offered at least once per day, not once per meal/snack

Adding Whole Grains to Your Menu

How Often do I need to Serve Whole Grains?

If you serve meals and snacks to the same group of children or adults during the day:

- Serve whole grain-rich items for the grain component at one of the meals or snack each day

If you serve only snacks:

- You do not have to serve a grain component at snack but if you do, it must be whole grain-rich

If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using offer Versus Serve:

- All grain items offered at the meal must be whole grain-rich

Adding Whole Grains to Your Menu

Looking at these menus, which one(s) meet the CACFP requirement for whole grain-rich?

Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

Breakfast: Chopped strawberries, whole grain-rich waffles, 1% milk
Lunch: Baked chicken,1% milk, broccoli, orange wedges, white rice

Snack: Apple slices and string cheese

Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip)

Menu 3

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter

Adding Whole Grains to Your Menu

Looking at these menus, which one(s) meet the CACFP requirement for whole grain-rich?

Menu 1 ✓

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Snack: Apple slices and string cheese

✗ Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip)

Menu 3 ✓

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter

Adding Whole Grains to Your Menu

- Writing "Whole Grain" ("WG") or "whole Grain Rich" ("WGR") in front of an item
- Adding a grain icon or picture next to the whole grain foods

Although there are no Federal CACFP requirements that you label which foods are whole grain-rich on your menu, Nevada Department of Agriculture requires this indication on the menu and a readily available copy of the food label for the item

Grain-Based Desserts in the CACFP

USDA
United States Department of Agriculture

Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
• Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries	• Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles

Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

TEAM Nutrition

Still Too Sweet?

- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under "Other Choices."

Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole wheat toast	

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

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USDA

United States Department of Agriculture

Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

Why Make the Change?

Dietary Guidelines for Americans

- **Limit consumption of added sugars**
  - Added sugars are sweeteners and syrups that are added when foods or beverages are processed or prepared

- **Limit consumption of solid fats**
  - Fats that are solid at room temperature

What are Grain Based Desserts?

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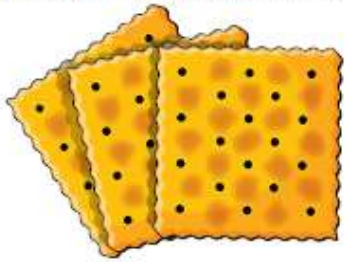


Product Packaging

Scenario: I purchased a box of cranberry oatmeal breakfast biscuits at the grocery store. The item on the box looks like a cookie but the package says biscuit.

How should the child care provider handle this situation?

Menu planners should consider the common *perception* of the food item and whether it is generally considered to be a dessert or sweet item

Explore Your Options

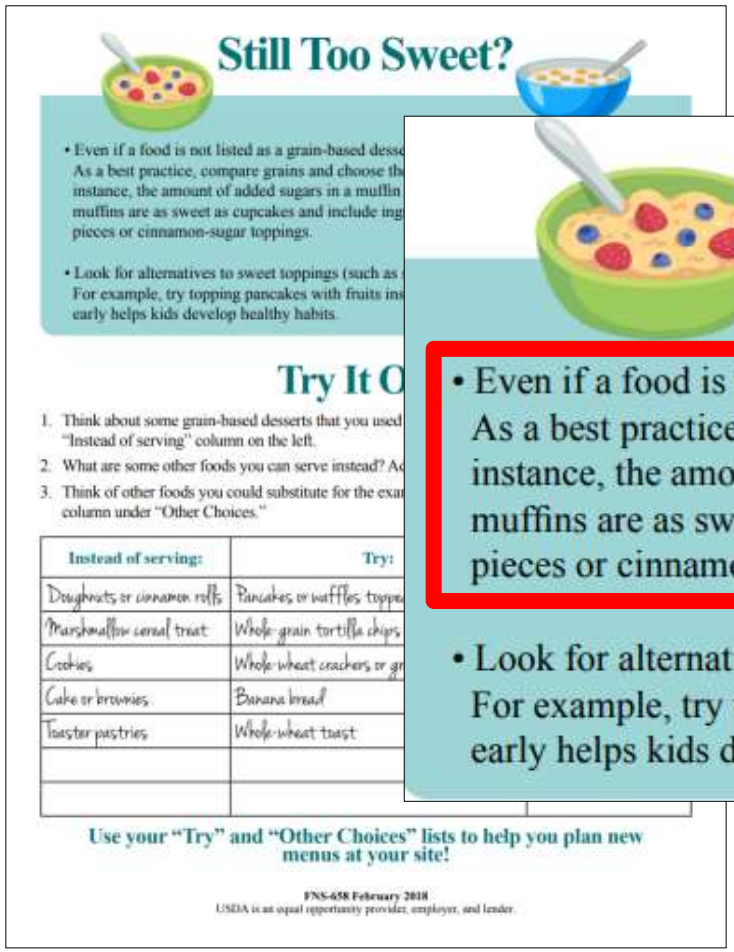
Baking Powder Biscuits

Maple Baked French Toast Squares

Pancakes

https://www.fns.usda.gov/usda-standardized-recipe

Best Practices



Still Too Sweet?

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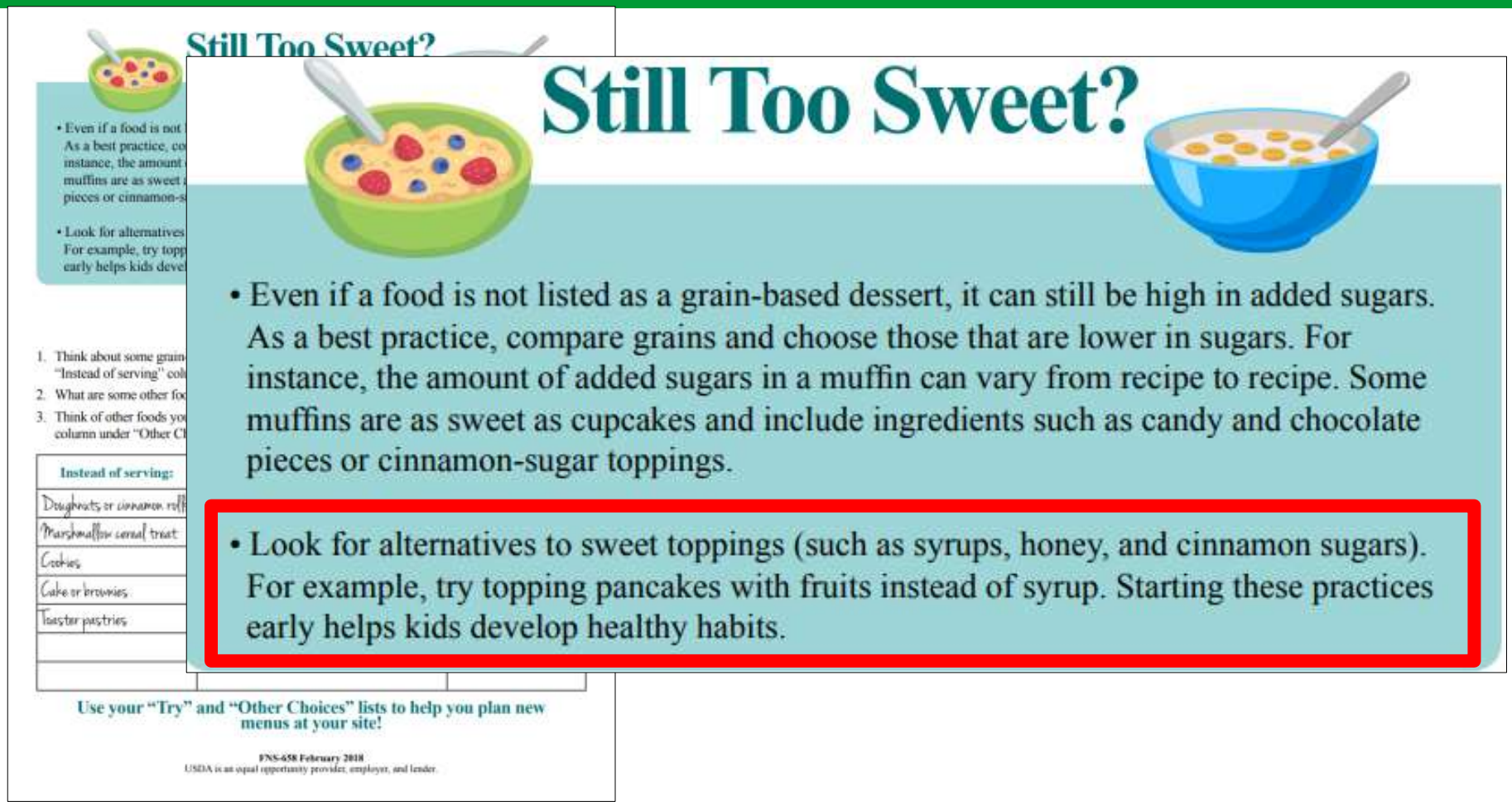
- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Best Practices



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1. Think about some grain
"Instead of serving" col
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3. Think of other foods yo
column under "Other C

Instead of serving:	
Doughnuts or cinnamon roll	
Marshmallow cereal treat	
Cookies	
Cake or brownies	
Toaster pastries	

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

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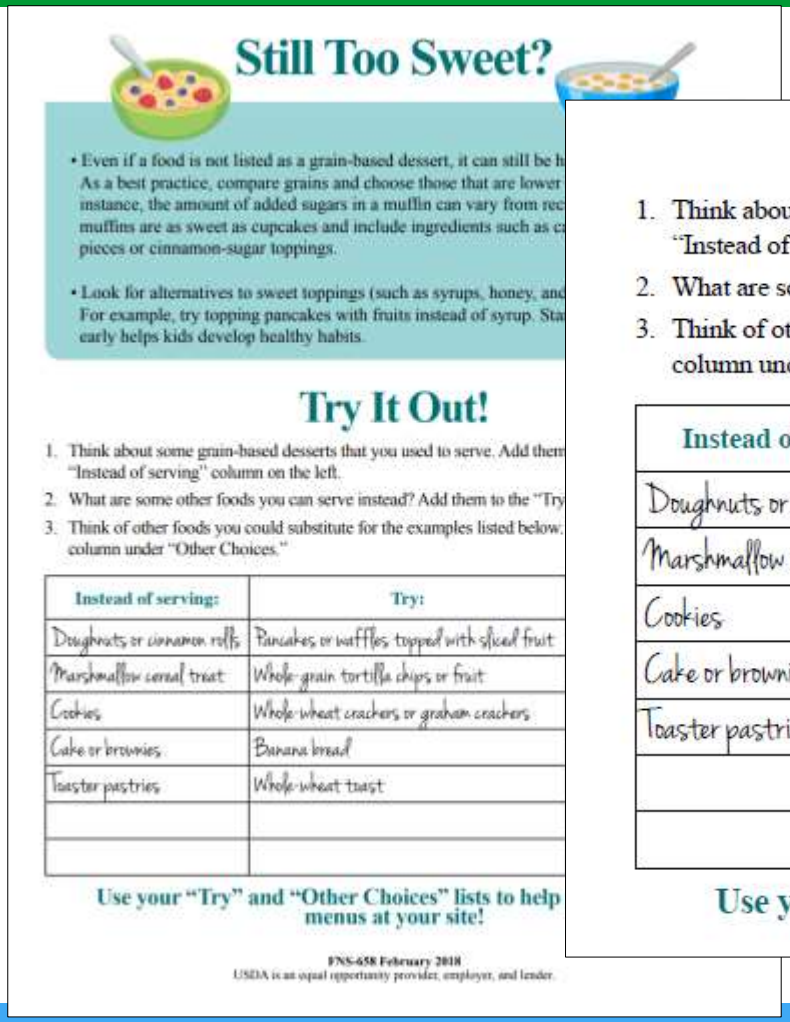
Try It Out With your Menus!



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Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them
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2. What are some other foods you can serve instead? Add them to the "Try
3. Think of other foods you could substitute for the examples listed below:
   column under "Other Choices."

Instead of serving:	Try:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit
Marshmallow cereal treat	Whole-grain tortilla chips or fruit
Cookies	Whole-wheat crackers or graham crackers
Cake or brownies	Banana bread
Toaster pastries	Whole-wheat toast

Use your "Try" and "Other Choices" lists to help menus at your site!

FNS-658 February 2018
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Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under "Other Choices."

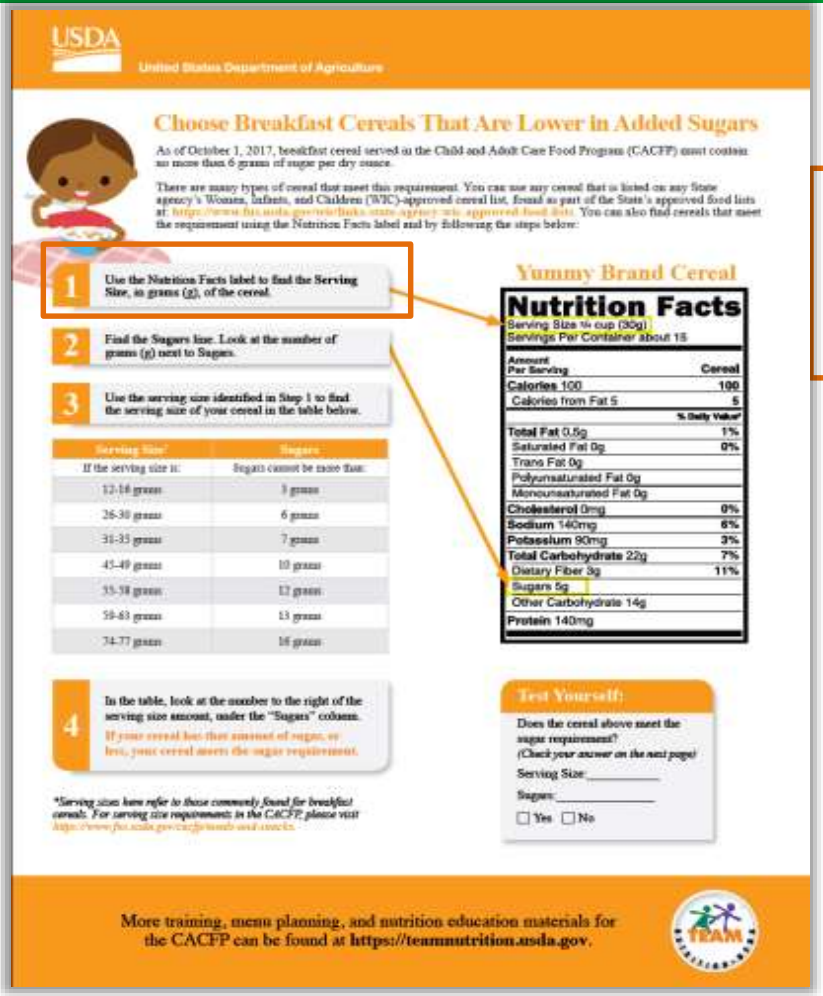
Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole-wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

Lowering Added Sugars

- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce
- You can use any cereal that is listed on any State agency's WIC-approved cereal list
- You can find cereals that meet the sugar limit by using the "Choose Breakfast Cereals That Are Lower in Added Sugars" worksheet

Step 1



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Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

1 Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

2 Find the Sugars line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugars, or less, your cereal meets the sugar requirement.

*Serving sizes have refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

Yummy Brand Cereal

Nutrition Facts

Serving Size ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself!

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size:_____

Sugars:_____

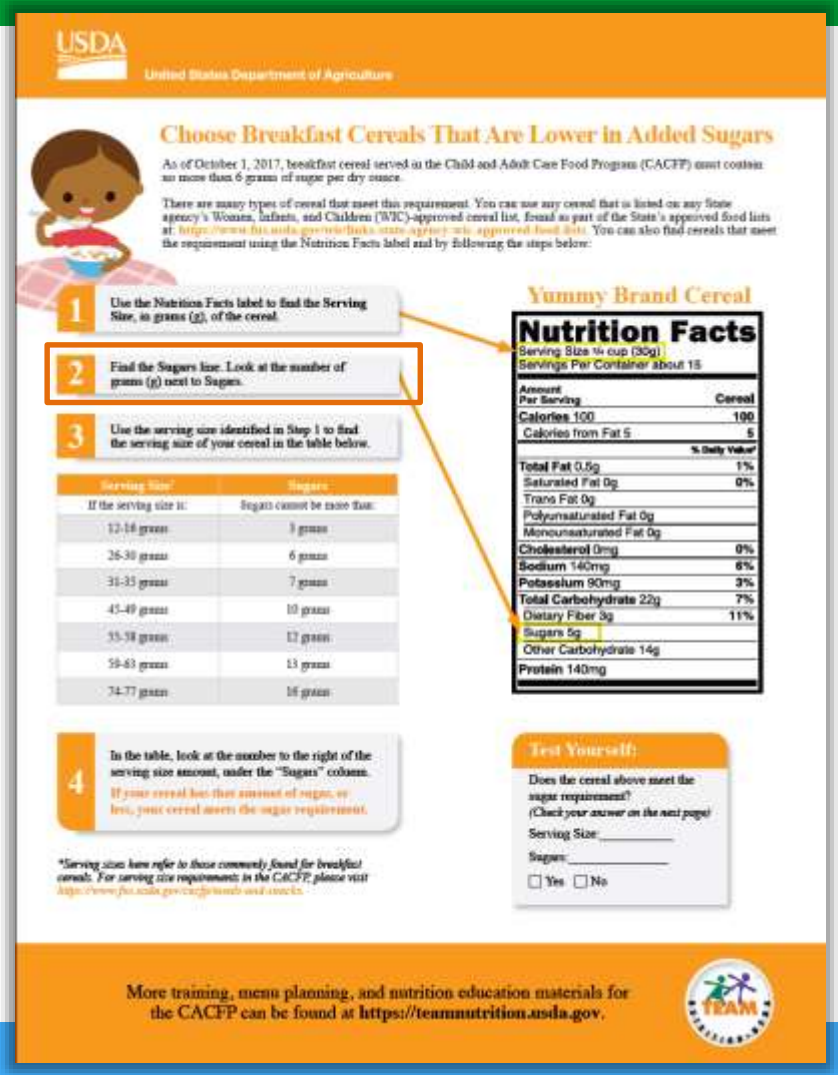
☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

TEAM

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

Step 2



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Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

1 Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

2 Find the Sugars line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes have refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

Yummy Brand Cereal

Nutrition Facts

Serving Size ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:

Does the cereal above meet the sugar requirement? (Check your answer on the next page)

Serving Size: _____

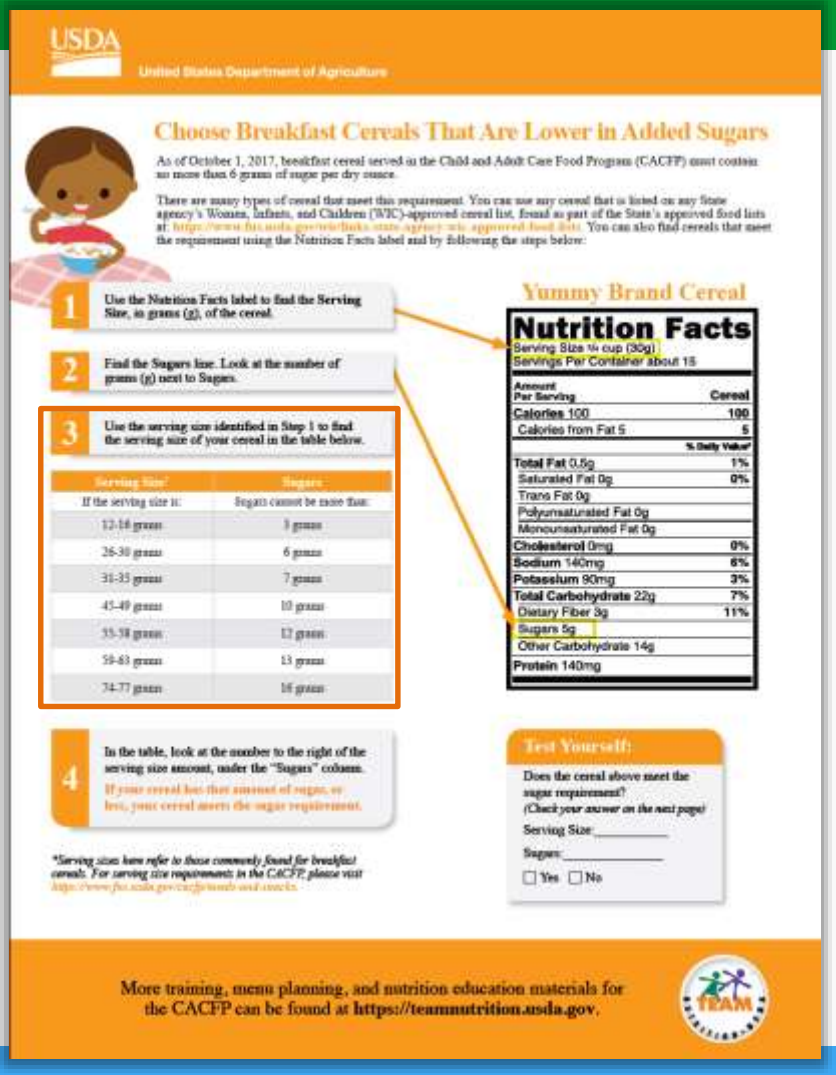
Sugars: _____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

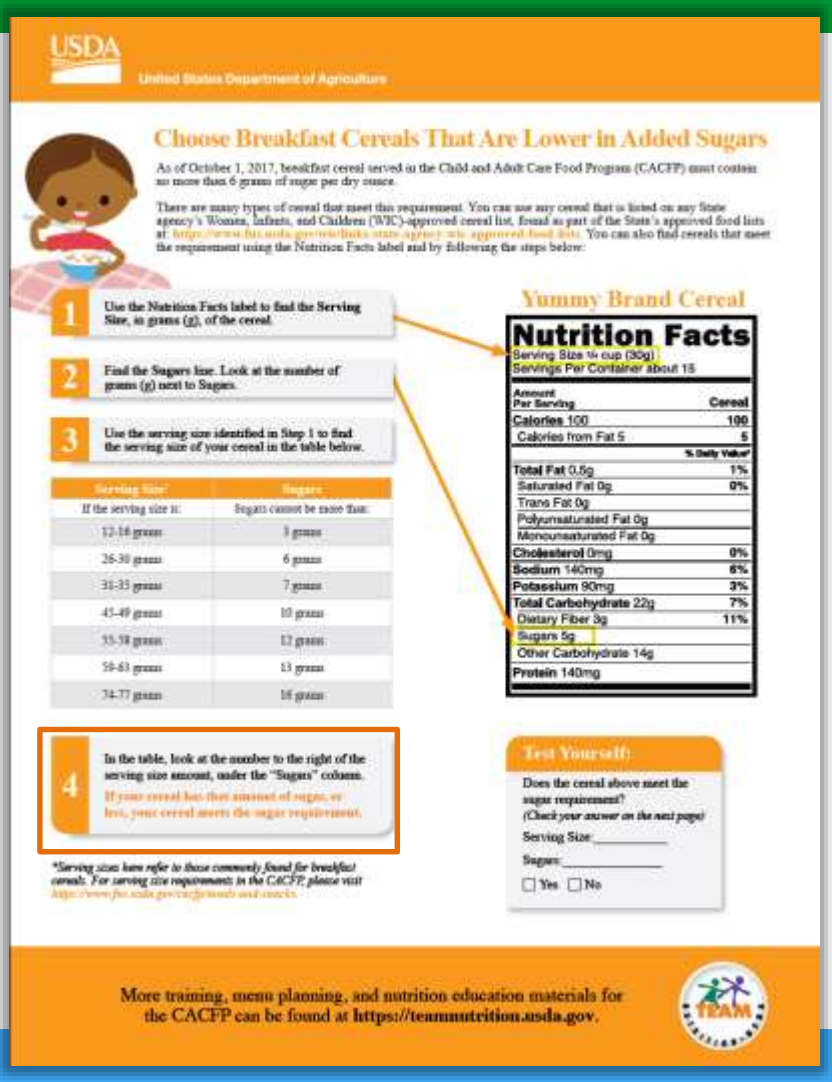
Step 3



3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Step 4

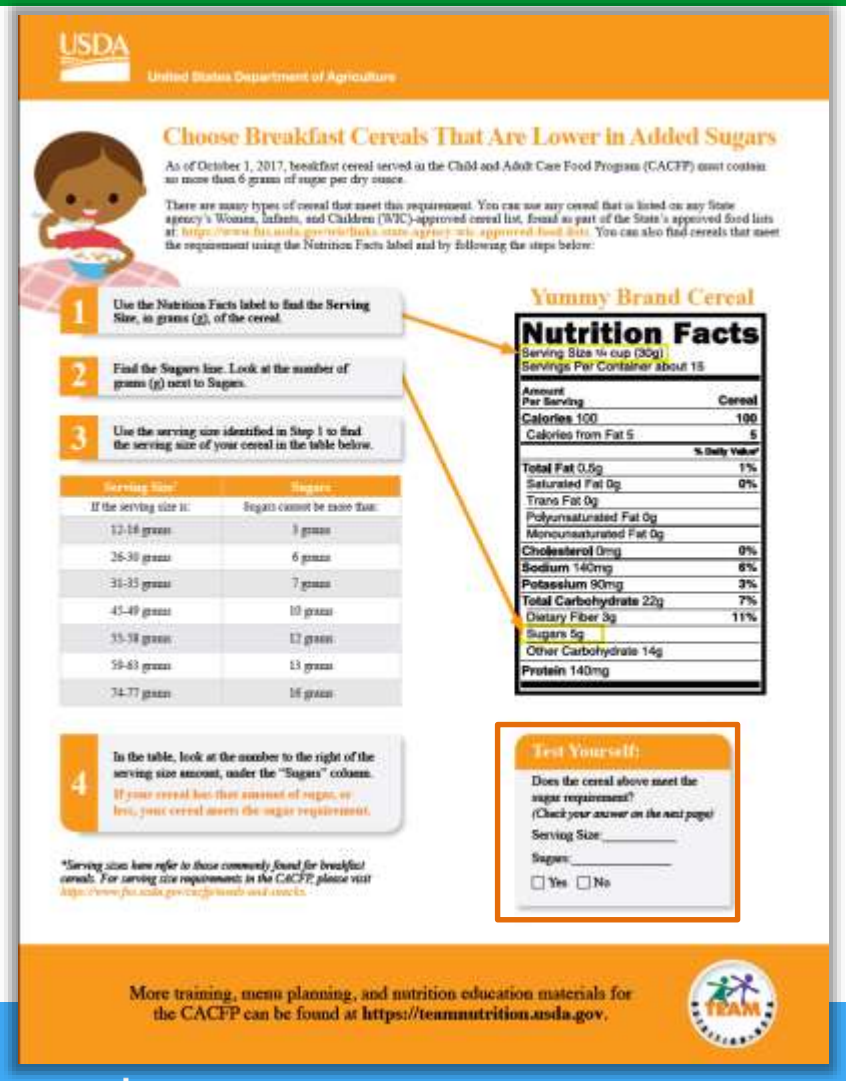


4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Choose Breakfast Cereals That Are Lower in Added Sugars



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Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

1. Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.
2. Find the Sugars line. Look at the number of grams (g) next to Sugars.
3. Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-14 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4. In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

Yummy Brand Cereal

Nutrition Facts

Serving Size ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:
Does the cereal above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

TEAM Nutrition

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: 30 grams

Sugars: 5 grams

☐ Yes ☐ No

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

FNS-655 June 2017

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Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

Try It Out!
Which Cereals Can You Add to Your List?

C Brand
Great Granola
Cereal

Nutrition Facts

Serving Size 1 oz. pouch (28g)
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 3g	**6%**

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	
8-11 grams	2 grams	59-63 grams	
12-16 grams	3 grams	64-68 grams	
17-21 grams	4 grams	69-73 grams	
22-25 grams	5 grams	74-77 grams	
26-30 grams	6 grams	78-82 grams	
31-35 grams	7 grams	83-87 grams	
36-40 grams	8 grams	88-91 grams	
41-44 grams	9 grams	92-96 grams	
45-49 grams	10 grams	97-100 grams	

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams
C Brand	Great Granola	28 g	6g

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size
Healthy Food Company	Nutty Oats	28 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

FNS-655 June 2017

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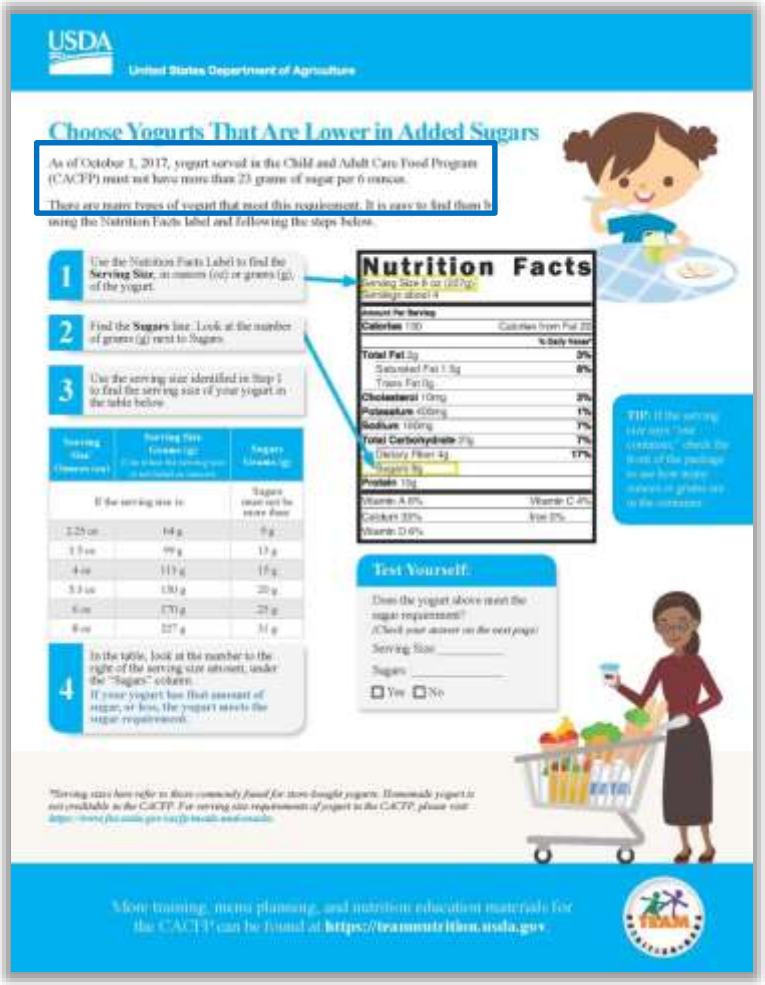
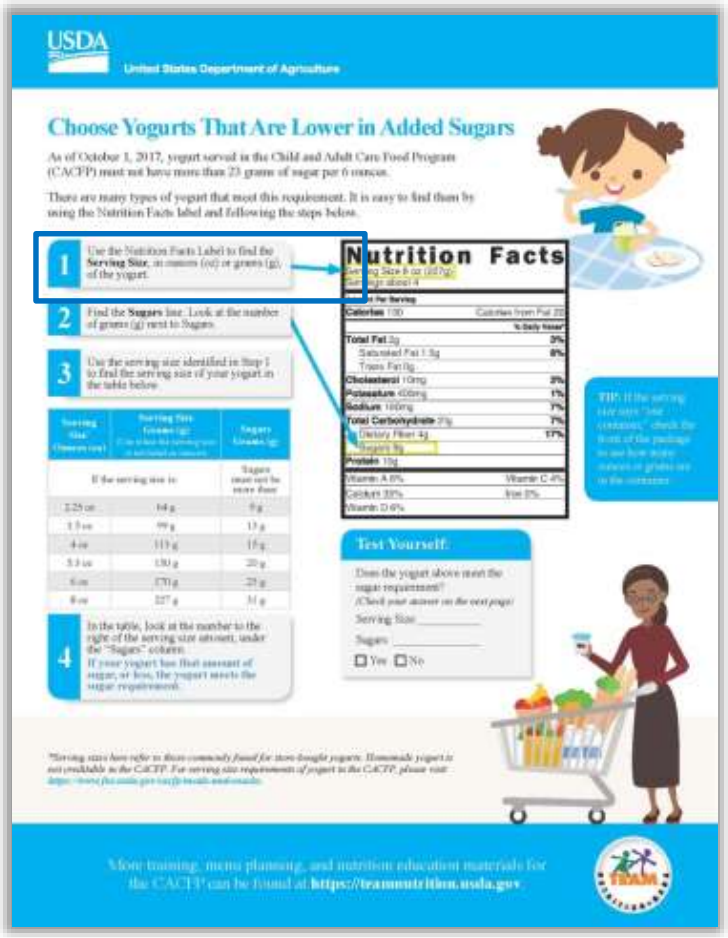
Sugar Limit for Yogurt



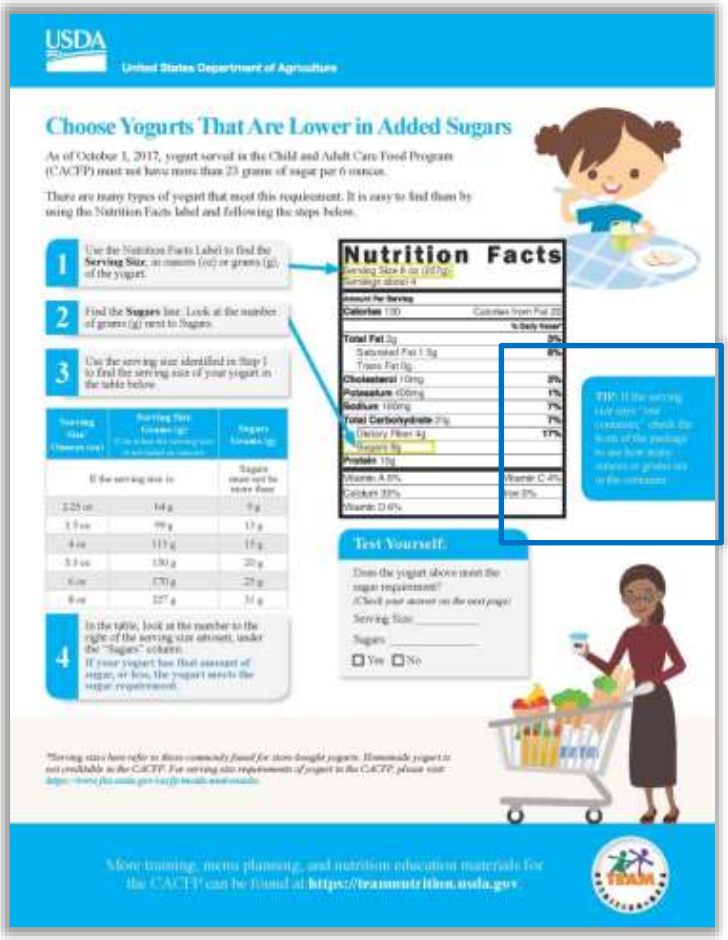
As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

Step 1



1	Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

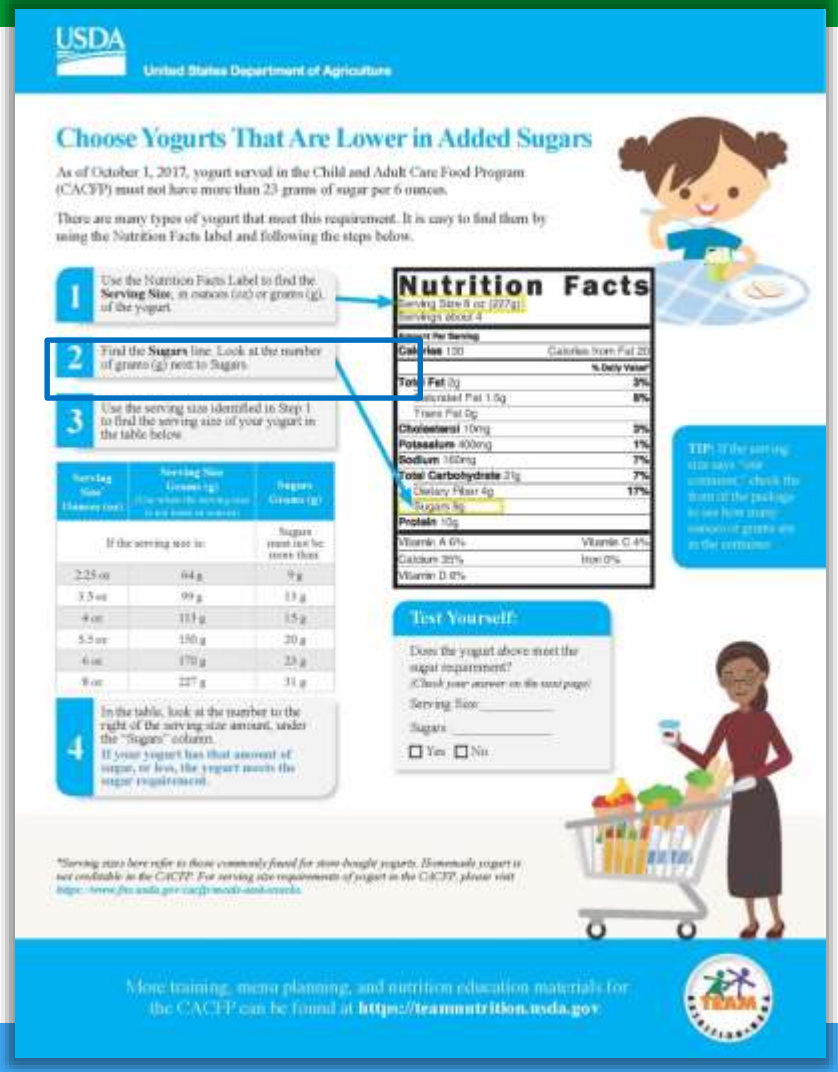
Step 1



1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Step 2



USDA
United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size Ounces (oz)	Serving Size Grams (g) (Use what's on the serving size line next to ounces)	Sugars Grams (g)
If the serving size is:		Sugar must not be more than
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.5 oz	156 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts
Serving Size 8 oz (227g)
Servings about 4
Amount Per Serving
Calories 130 Calories from Fat 20
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 3%
Potassium 400mg 1%
Sodium 160mg 7%
Total Carbohydrate 21g 7%
Dietary Fiber 4g 17%
Sugars 9g
Protein 10g
Vitamin A 6% Vitamin C 4%
Calcium 35% Iron 0%
Vitamin D 8%

TIP! If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

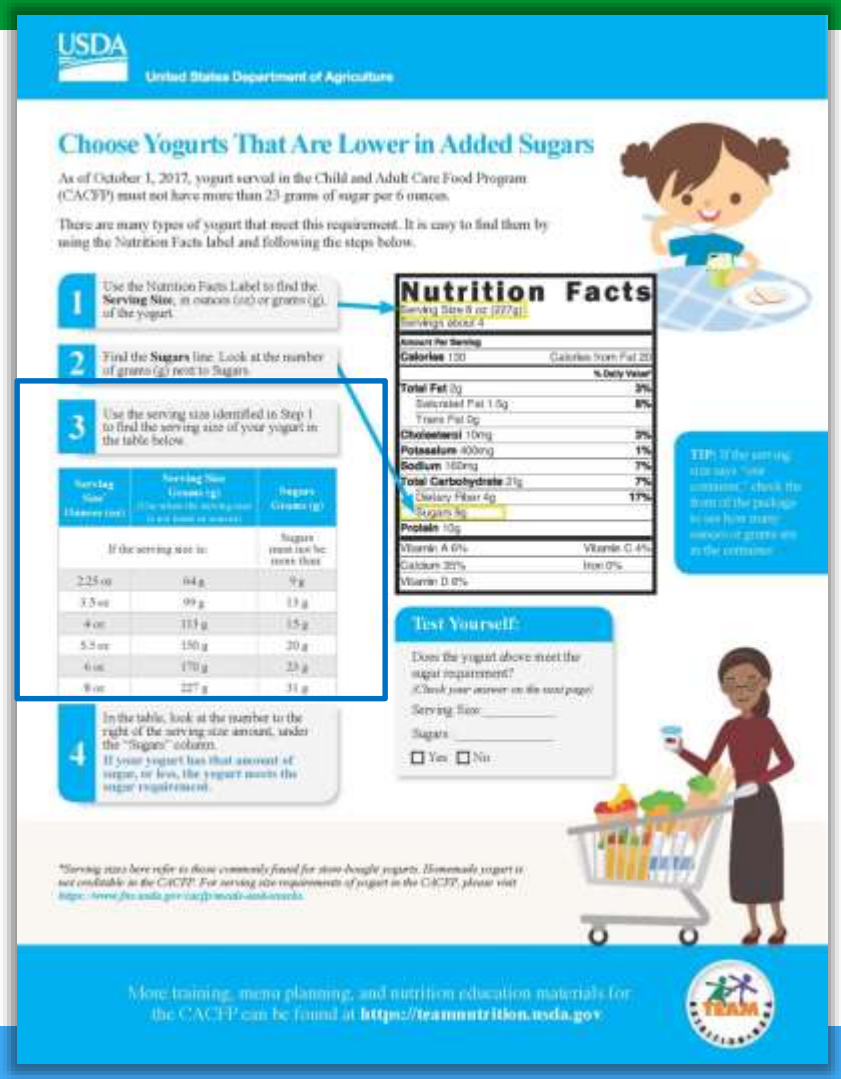
*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**

TEAM

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

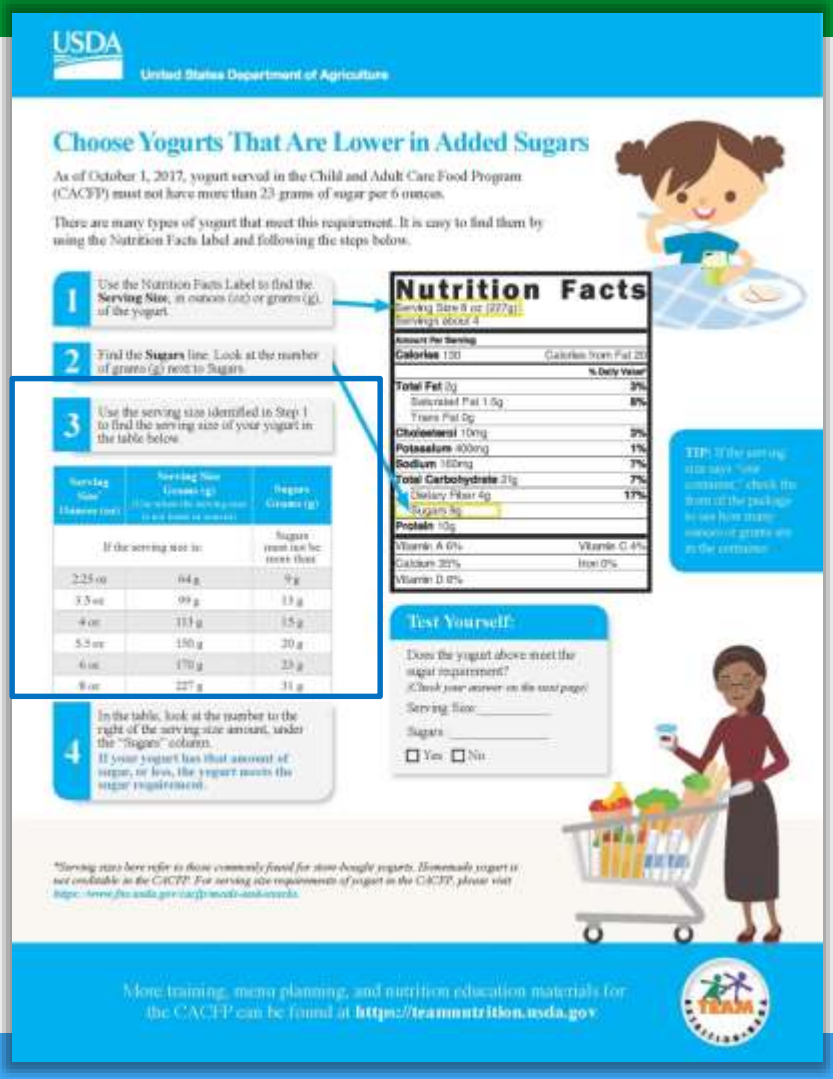
Step 3



3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

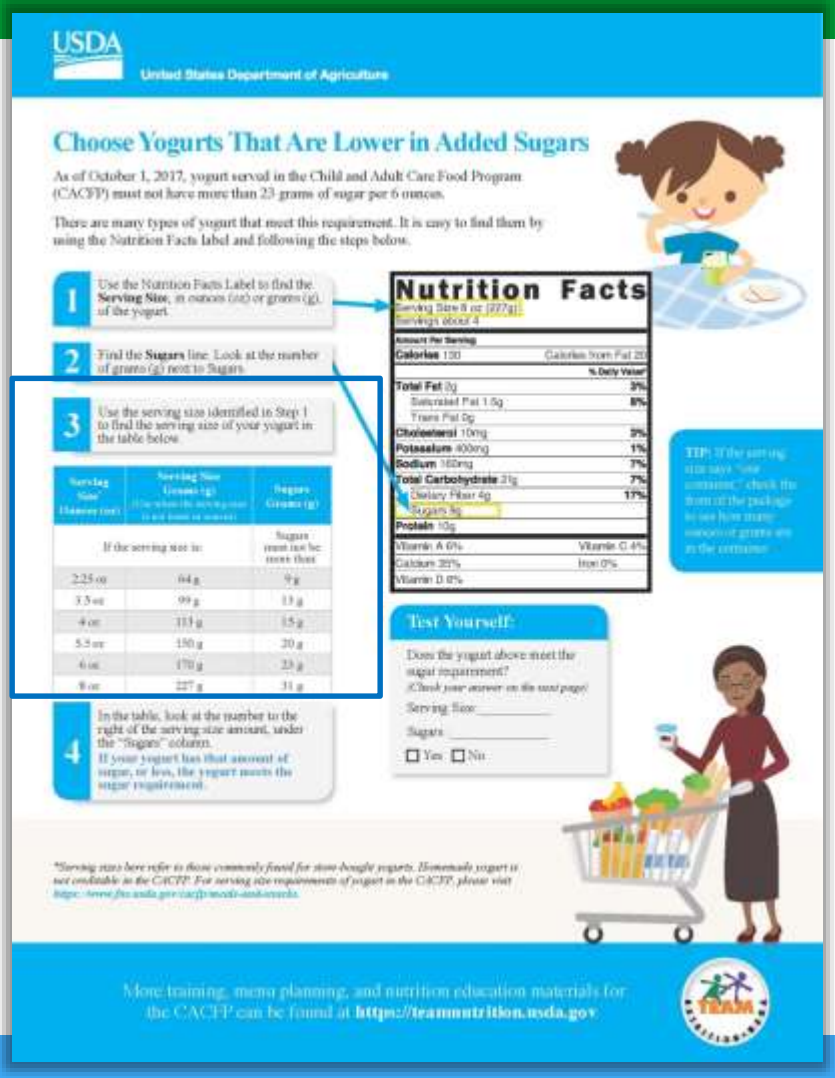
Step 3



3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Step 3

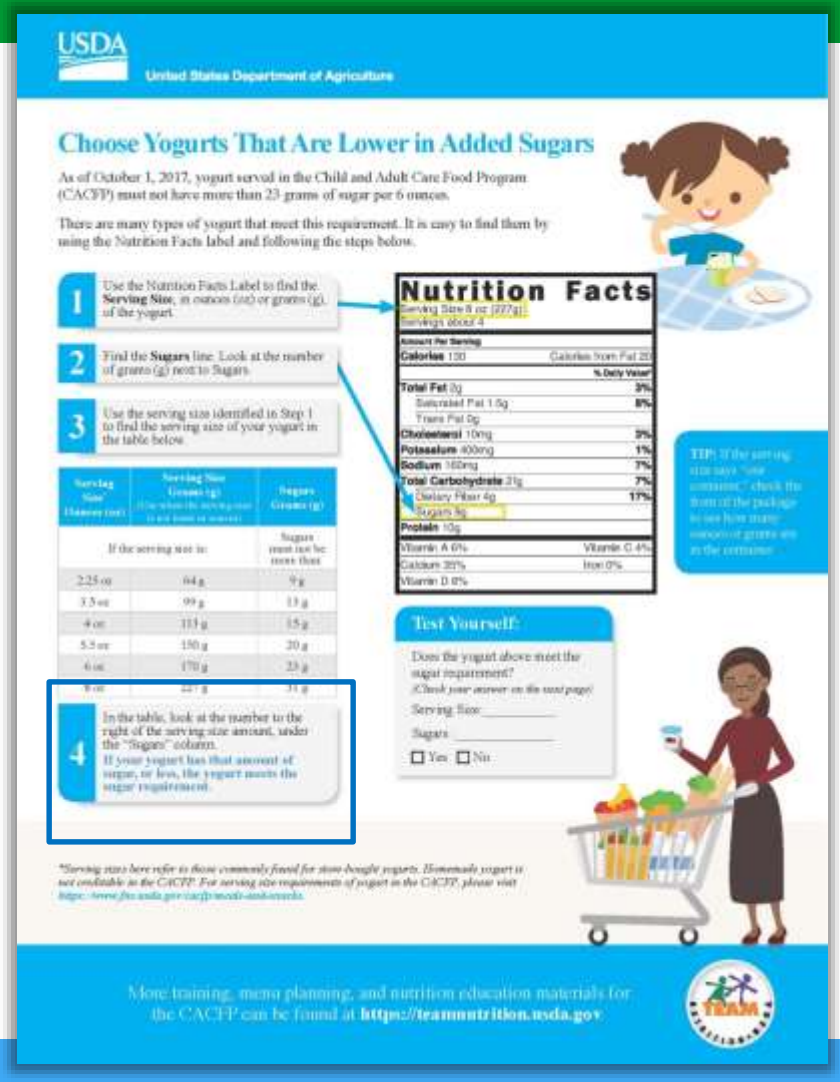


3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

NDA
Nevada Department of Agriculture

Step 4



4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

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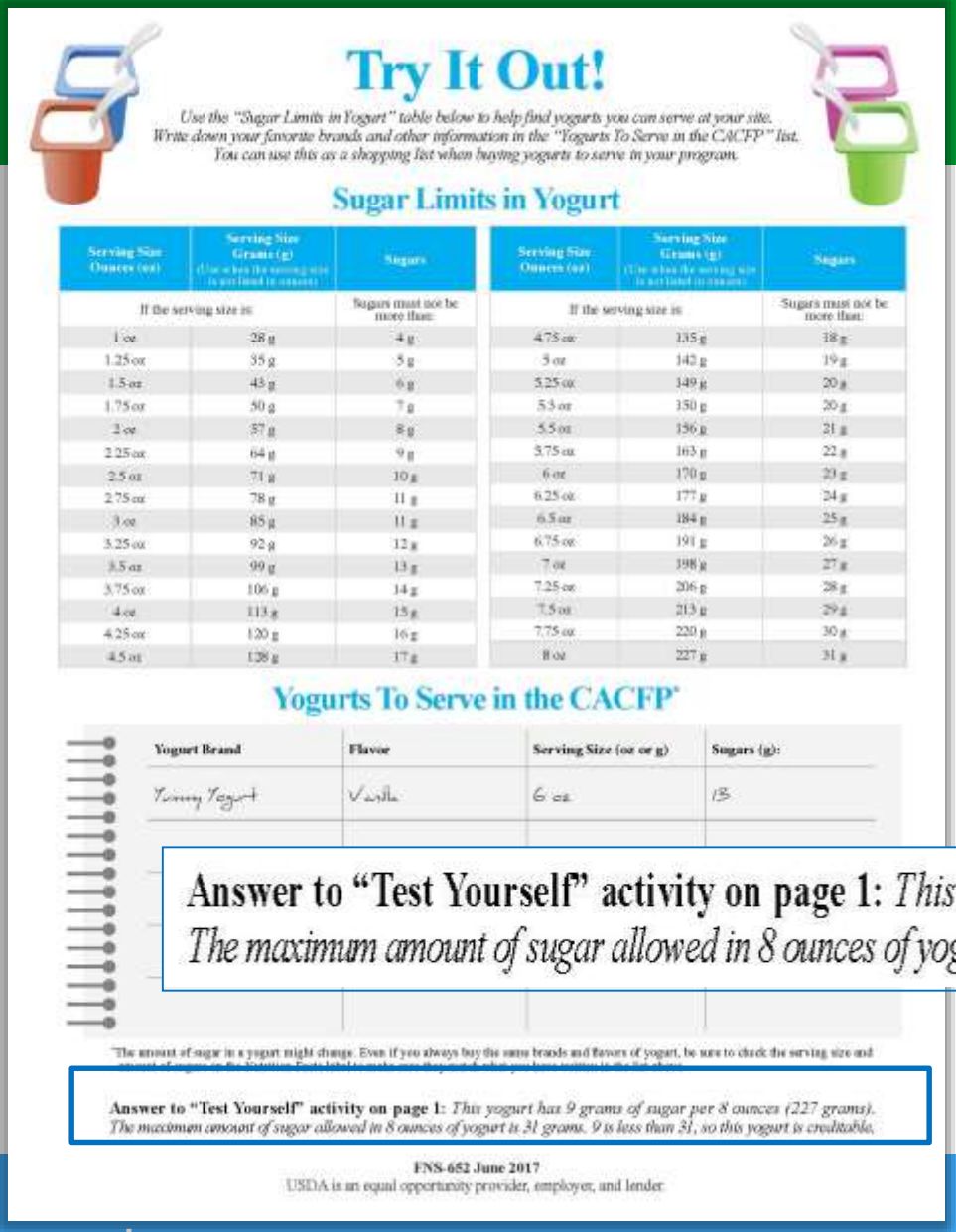
Nevada Department of Agriculture



Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

"The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugar on the Nutrition Facts label every time you buy it to be sure it is still creditable."

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

FNS-652 June 2017

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Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

FNS-652 June 2017

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Nutrition Facts

Serv. Size 5.3 oz (150g)
Servings 1

Amount Per Serving

Calories 130	Calories From Fat 0
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**3%**
Sugars 15g	
Protein 12g	

Vitamin A **	Vitamin C 6%
Calcium 15%	Iron **

** Contains less than 2 percent of the Daily Value of these nutrients.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

A Brand
Strawberry Yogurt

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Nutrition Facts

Serv. Size 5.3 oz (150g)
Servings 1

Amount Per Serving

Calories 130	Calories From Fat 0
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**3%**
Sugars 15g	
Protein 12g	

Vitamin A **	Vitamin C 6%
Calcium 15%	Iron **

** Contains less than 2 percent of the Daily Value of these nutrients.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

A Brand
Strawberry Yogurt

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	17 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Milk Component

Updates

- **More defined age groups for milk**
- **Yogurt is a substitute for milk (Adults Only)**
- **Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs**

Yogurt & Adult Participants Only

- **Once per day, 6 oz (¾ cup) of yogurt may be served in place of fluid milk**
- **Sugar Limit: No more than 23 grams of total sugars per 6 oz**
- **Credits for only one food component in a single meal. it may not credit as milk and as a meat alternate in the same meal.**

Milk Substitutions

- **Allowed for non-disability medical or special dietary need**
- **Medical statement is not required if nutritionally equivalent to cow's milk**
- **Request must be made in writing**

Medical Statements

Required when a disability calls for a non-dairy beverage that is **not** nutritionally equivalent to cow's milk

Medical Statements

Medical statements must include:

- Detailed information about the participant's disability
- List of Alternate food items
- Prescribed and signed by a State recognized medical authority

Accepting Medical Statements

- **Review it carefully**
- **Request additional information, if necessary**

Serving Meat and Meat Alternates at Breakfast

agri.nv.gov

USDA
United States Department of Agriculture

Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 **ounce equivalent** of meat/meat alternate for 1 serving of grains; or
- Substitute 1 **ounce equivalent** of meat/meat alternate for 1 ounce equivalent of grains.

Ounce equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

TEAM Nutrition

Nevada Department of Agriculture

General Guidelines

- Meat (M) and Meat Alternates (MA) can be served of grains **up to 3 times per week for breakfast**
- If M/MA is served in place of grains, it must replace the **entire required amount** of grains at breakfast

Ounce Equivalent

- **1 oz eq of M/MA is credits as 1 oz eq of grains**
- **1 oz eq of M/MA credits as:**
  - 2 tablespoons of peanut butter
  - ½ of a large egg
  - 1 oz of lean meat, poultry, or fish

USDA

United States Department of Agriculture

Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

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Ounce equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

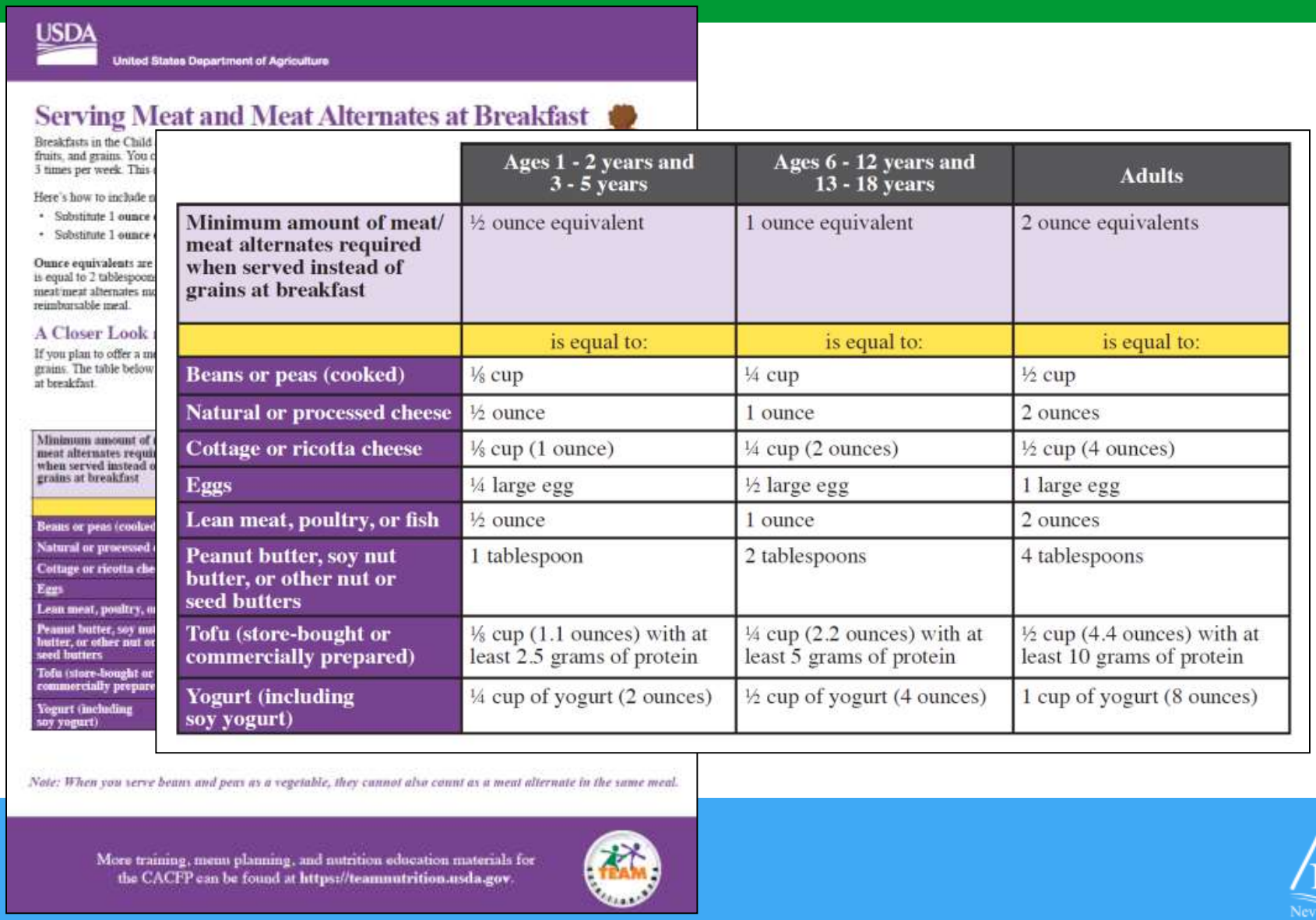
A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.



USDA
United States Department of Agriculture

Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child
fruits, and grains. You c
3 times per week. This

Here's how to include m

- Substitute 1 ounce
- Substitute 1 ounce

Ounce equivalents are
is equal to 2 tablespoon
meat/meat alternates mu
reimbursable meal.

A Closer Look

If you plan to offer a me
grains. The table below
at breakfast.

Minimum amount of meat alternates requi when served instead o grains at breakfast	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked	⅛ cup	¼ cup	½ cup
Natural or processed	½ ounce	1 ounce	2 ounces
Cottage or ricotta che	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, o	½ ounce	1 ounce	2 ounces
Peanut butter, soy nu butter, or other nut o seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepare	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

TEAM

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Nevada Department of Agriculture

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Try It Out!

You work for an adult day care site, and you would like to serve them eggs for breakfast twice per week. What amount of eggs do you need to serve if you are serving them in place of grains?

- ❑ ¼ large egg
- ❑ ½ large egg
- ❑ ½ tablespoon large egg
- ❑ 1 large egg

Answer

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

1. Your adult day care center is open 4 days a week. How many times per week may you serve meat and meat alternatives in place of grains at breakast?

2. Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakast?

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

Answer Key:

1. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

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Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.

Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer. For more information on crediting foods in the CACFP, please see the *Crediting Handbook for the CACFP* and the *Food Buying Guide for Child Nutrition Programs* at **https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools**.

meat alternatives in place of grains at breakast?

2. Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakast?

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

Answer Key:

1. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

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Standalone

	Example 1	Example 2	Example 3
Milk	Low-fat (1%) milk	Fat-free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Mixed Berries	Melon Cubes	Orange Slices
Meat/Meat Alternate	Low-fat Cottage Cheese	Low-sodium Ham	Scrambled Eggs

Combined Meat and Meat Alternates

Two or more different meat/meat alternates can be combined to meet the required serving amount for the meat/meat alternate component

	Example 1	Example 2	Example 3
Milk	Low-fat (1%) Milk	Fat-free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Mixed Berries	Melon Cubes	Orange Slices
Meat/Meat Alternate	Low-Fat Cottage Cheese with Chopped Nuts or Seeds	Ham and Cheese Roll-ups	Scrambled Eggs with Cheese

Meat/Meat Alternates Combined with Other Components

	Example 1	Example 2	Example 3
Milk	Low-fat (1%) Milk	Fat-Free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Apple Slices Spread with Peanut Butter	Fruit Parfait (made with fruit, yogurt, and optional chopped nuts or seeds)	Spinach Egg Bake
Meat/Meat Alternate			

Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.

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For Adult Day Care Only: You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

Answer Key:

1. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

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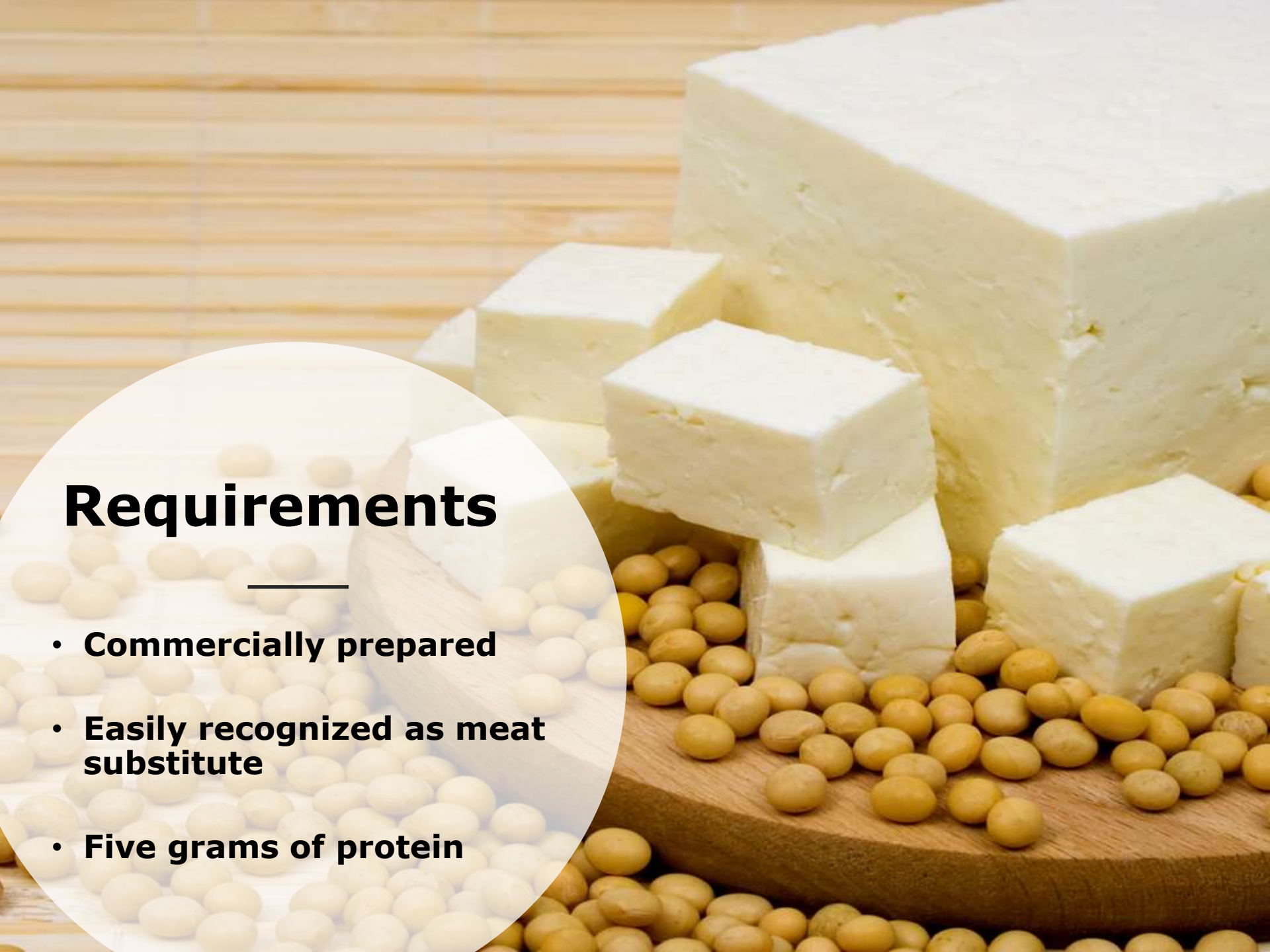
Tofu and Soy Products

- **Credit as a M/MA for child & adult meals**
- **Does not credit toward reimbursable meals for infants**



Requirements

- **Commercially prepared**
- **Easily recognized as meat substitute**
- **Five grams of protein**

Recognized As Meat Substitutes

CREDITABLE

- Tofu links and tofu sausages
- Tofu pieces in a salad
- Tofu cubes in a stir fry
- Tofu omelets
- Tofu miso soup

NOT CREDITABLE

- Tofu noodles: Credit as a grain component
- Smoothies with soft or silken tofu: Adds texture
- Baked desserts with soft or silken tofu: Adds texture

*If tofu mimics another food group or is used to add texture, it is not creditable because it is not easily recognized as a meat alternate

Five Grams of Protein

- **Must contain 5 grams of protein per 2.2 ounces (¼ cup) by weight to credit as 1 ounce of M/MA**

- **Locating products**
  - Nutrition Facts Label
  - Child Nutrition (CN) Label
  - Product Formulation Statement

Non-Creditable Yogurt Products

- **Frozen yogurt**
- **Drinkable yogurt**
- **Homemade yogurt**
- **Yogurt flavored products**
- **Yogurt bars**
- **Yogurt covered fruits & nuts**
- **Yogurt in commercially prepared smoothies**

Other M/MA

- **Nuts & seeds**
- **Dry beans and peas**
- **Eggs**
- **Cheeses**

CACFP Adult Meal Pattern Menu Plans

Types of Meal Services in the CACFP

- **Meal service impacts what participants eat**

- **Meal service types:**
  - Family Style
  - Offer Versus Serve (OVS)
  - Pre-plated meals

Offer Versus Serve (OVS)

- **Adult day care facilities & at-risk afterschool programs only**
- **Not appropriate for young children**
  - Need time to explore flavors, textures, etc.

Benefits of Using OVS

- Participants may decline one or two of the food components or items, while choosing those that appeal to them
- Reduce food waste & provides option for participants
- Operators may serve food pre-portioned or directly
- May not be used for snacks

OVS Key Terms

- **Food component:** one of the five food categories that make up a reimbursable meal
  - 1 cup of broccoli and carrots make up the vegetable component
- **Food item:** a specific food offered within the food components
  - 1/2 Cup of Broccoli is one food item for the vegetable component
- **Combination food:** contains more than one food item from different food components that cannot be separated
  - vegetable pizza contains three food items from three different food components: a serving of grains (crust), a serving of vegetables (vegetable toppings), and a serving of meat alternate (cheese

Serving Meals OVS

- **Allowed at breakfast, lunch, and supper**
- **OVS is not allowed at snack**

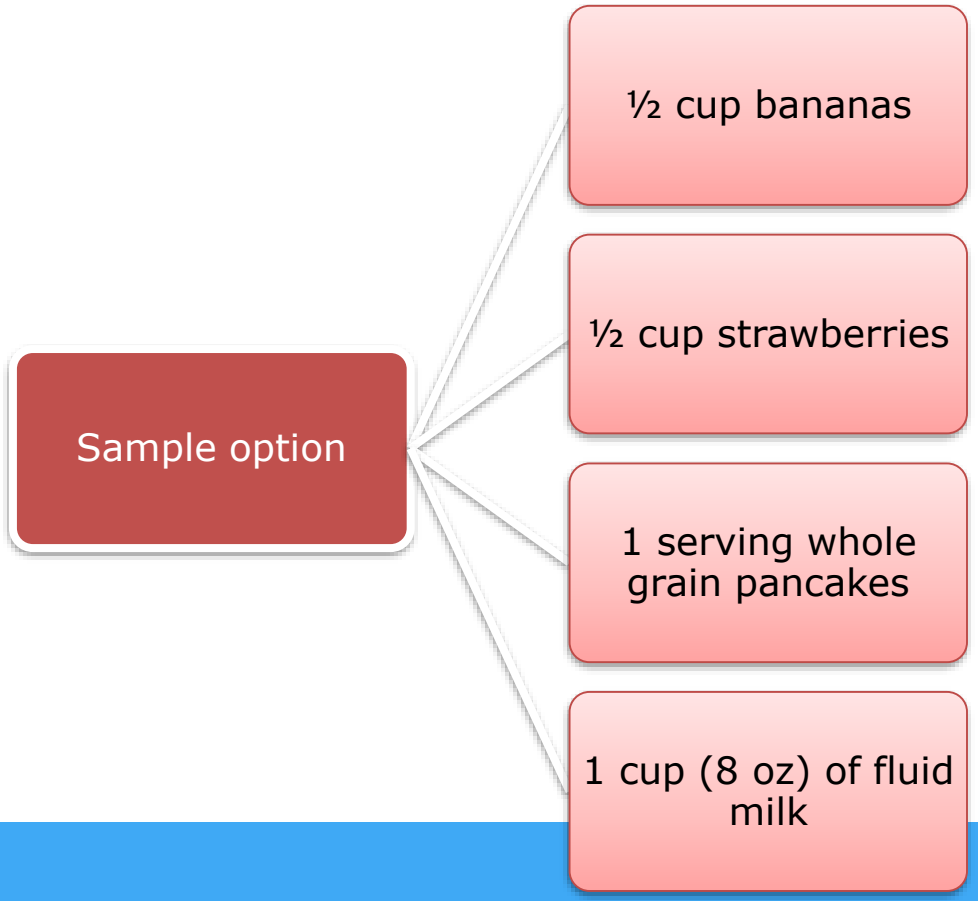
OVS at Breakfast

Offer four different food items, at least one from each food component in the minimum serving sizes

- Milk
- Vegetable and/or fruit
- Grain
- One food item from the meat/meat alternate component or one additional item from the fruit and vegetable component or grains component
- Ask the adult to choose at least 3 different food items

Reimbursable OVS breakfast

Participants must take at least three different food items



OVS at Lunch & Supper

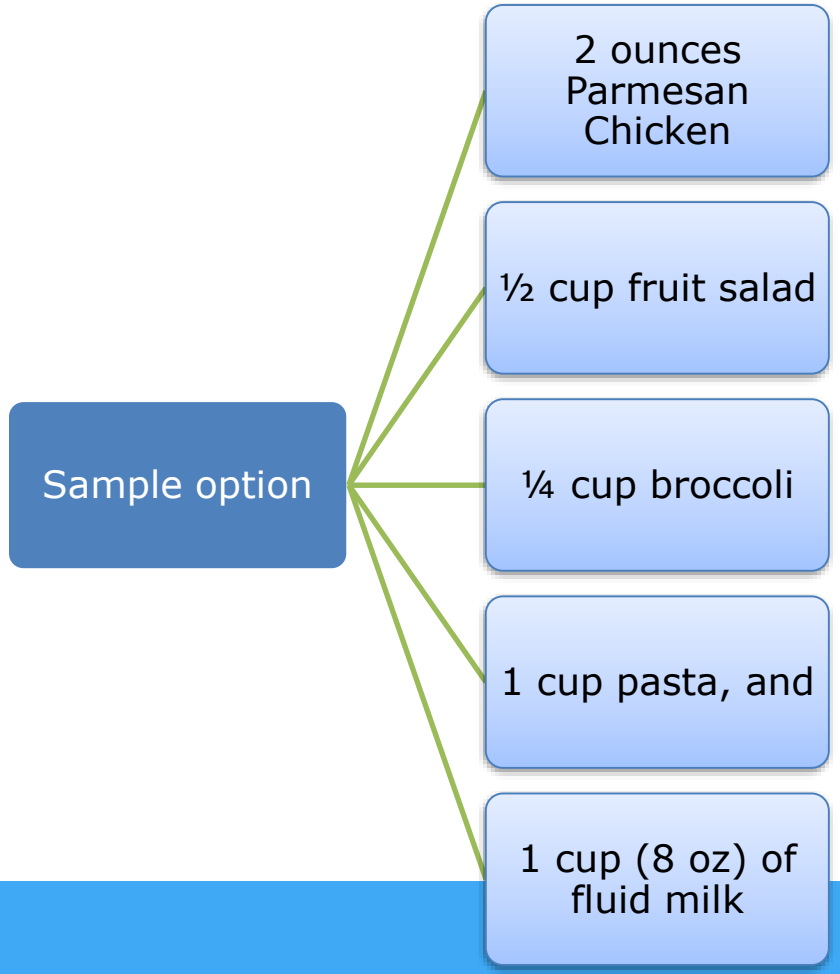
Offer at least one food item from each of the five food components

- Milk
- Meat/meat alternate
- Vegetable
- Fruit
- Grain

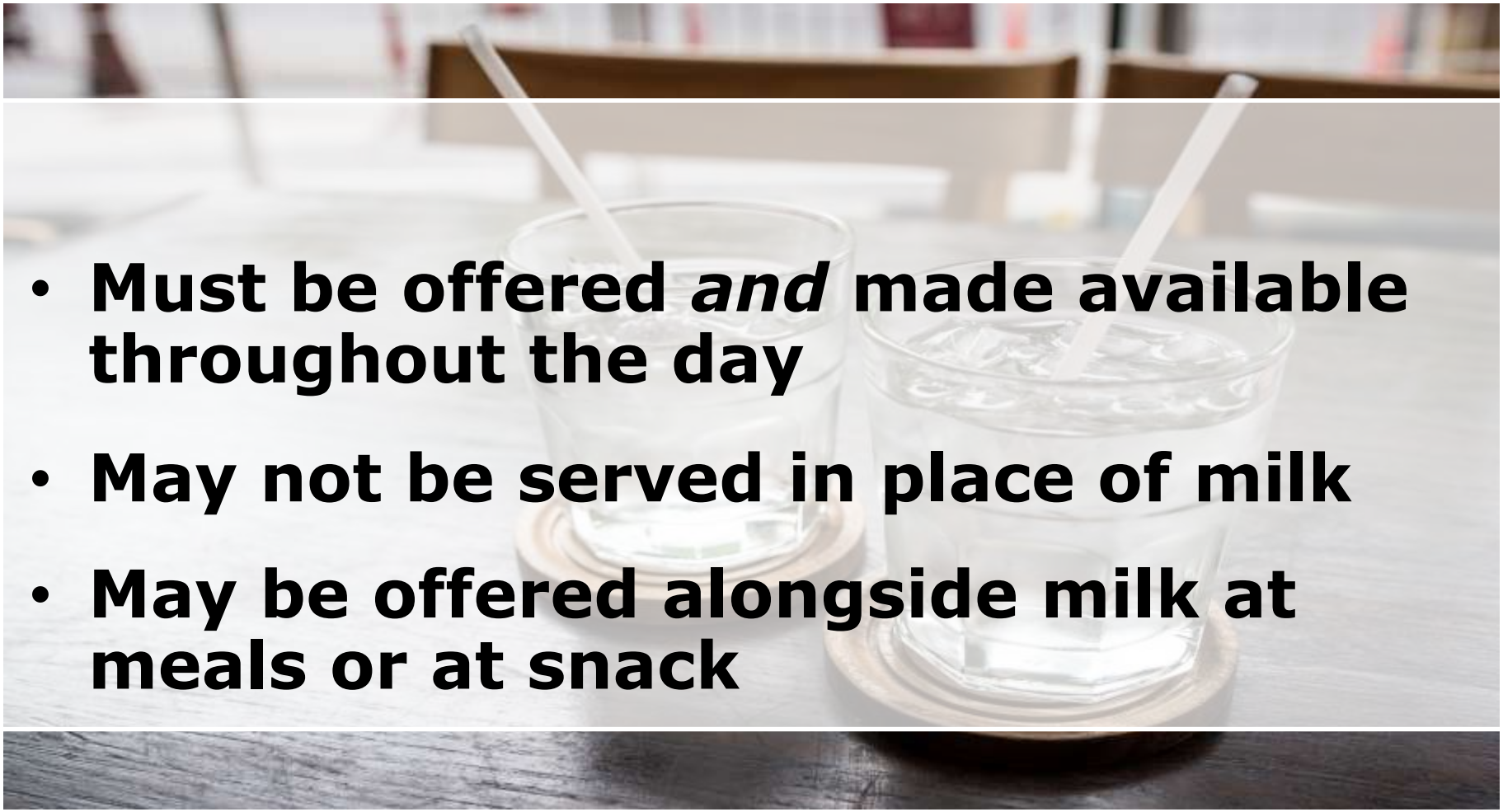
Ask the adult to choose food items from 3 or more food components

Reimbursable OVS Lunch or Supper

Participants must take at least three food components



Serving Water in CACFP



- **Must be offered *and* made available throughout the day**
- **May not be served in place of milk**
- **May be offered alongside milk at meals or at snack**

Flavoring Water

- **Fruits, vegetables, and herbs for added flavor**
- **Plain, potable water must be available**
- **Commercially flavored water is not allowed**
- **Flavoring foods are not creditable for any food component**

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Other Useful Links
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- Professional Standards

Food Buying Guide for Child Nutrition Programs

The Food Buying Guide for Child Nutrition Program
current information in one manual to help you and
purchasing agent:

- Buy the right amount of food and the appropr
food for your program(s)
- Determine the specific contribution each food
the meal pattern requirements.

The Food Buying Guide Goes Digital! The Web-b
Food Buying Guide allows you to: easily search
yields, compare food yields, and create and sav
lists. It also includes:

- The Interactive Product Formulation State
allowing manufacturers to easily calculat
contribution statement and generate cre
documentation.
- The Recipe Analysis Workbook, which h
operators determine the meal pattern
recipes! Easily search for creditable in
meal pattern contribution, and print
statement.
- The FBG Calculator, designed to as
Program operators in creating a s
food ordering needs for their pro

The Food Buying Guide Mobile App
yield information to help you mak
from your mobile device. Downlo

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Food Buying Guide

NDA
Nevada Department
of Agriculture

https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

NDA Nevada Department of Agriculture

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WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Exhibit A Grains Tool	Download Food Buying Guide
FBG Calculator	Recipe Analysis Workbook (RAW)	


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FRUITS


MILK


VEGETABLES


GRAINS


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https://foodbuyingguide.fns.usda.gov/Home/Home

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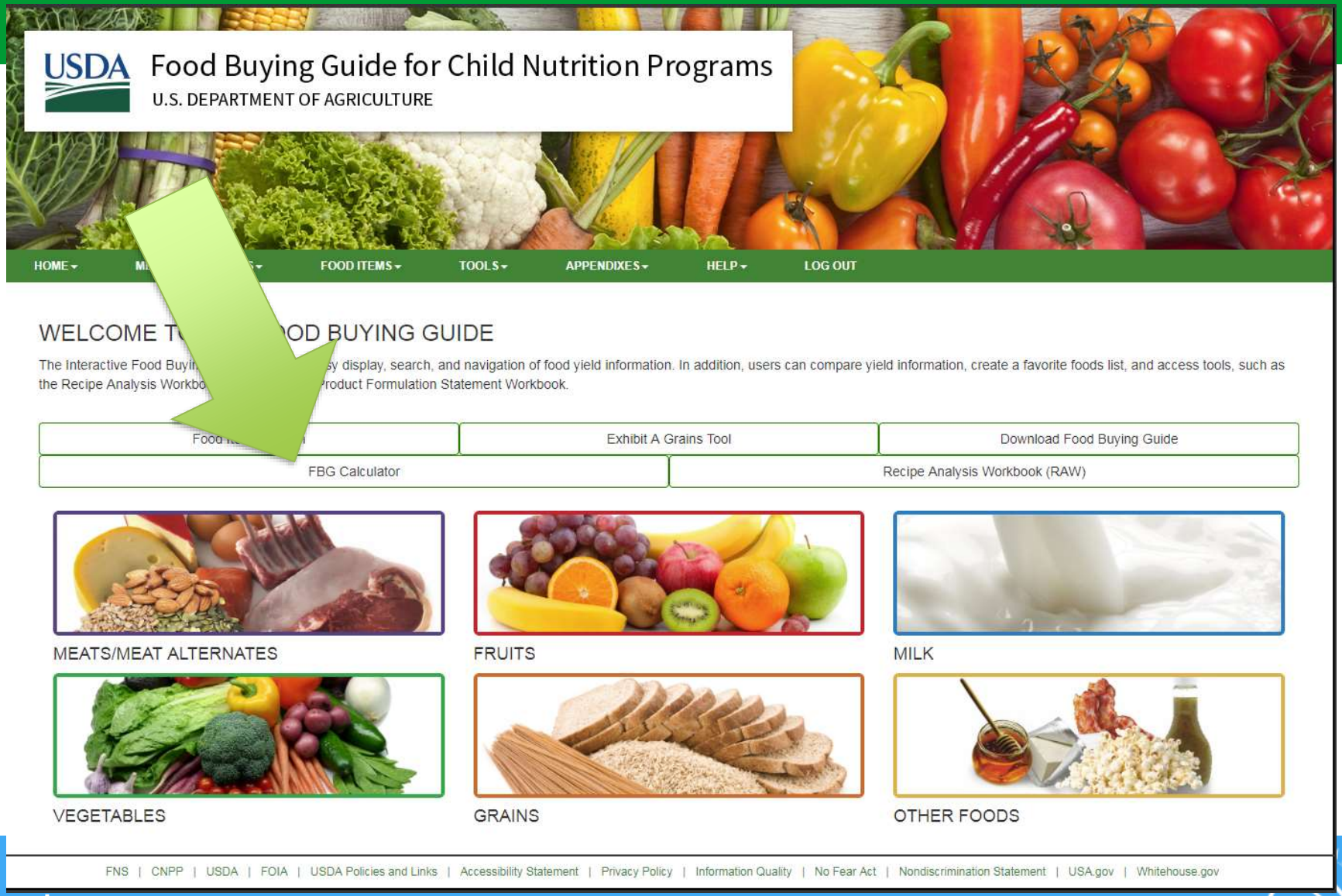
Grains

- Grains Component for the Child Nutrition Programs
- Definitions
- Examples of Foods That Are Creditable Toward the Grains Component
- Criteria for Determining Acceptable Grain Items
- What Foods Meet the Whole Grain-Rich Criteria?
- Does My Product Meet the Whole Grain-Rich Criteria?
- Criteria for Determining Ounce Equivalents
- Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains
- Exhibit A: Grain Requirements for Child Nutrition Programs
- Instructions for Using Yield Data
- Explanation of the Columns

Search Grain Food Items | View Yield Table PDF | Export Yield Table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FBG Calculator - Create Shopping List

Instructions

1. Enter a name for your shopping list.
2. Search and select the food item under the appropriate meal component tab.
3. Enter "Amount of Purchase Units on Hand" in the same unit as the "Purchase Unit". If the food item on hand is in a different unit, you will need to convert the quantity to match the FBG. For example, convert food item in ounces to their decimal equivalent of a pound. See Table 5 Decimal Weight Equivalents in the Resource Center (located under the "Home" navigation tab).
4. Click on "Add Serving Size" button and select the desired serving size from the drop down menu.
   Note: Click on the Add Serving Size to enter additional serving sizes. There is no limit to the number of serving sizes selected for a food item.
5. Enter in the number of servings.
6. From the drop down select the desired serving size.
7. The total quantity to purchase for each food item will populate on the "Shopping List" tab.

Please note: Only Registered Users will be able to save and retrieve a shopping list.
If you are not a Registered User, export or email your shopping list before exiting FBG Calculator.

Asterisks (*) denote required information.

Shopping List Name *

Date (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords:

Enter one or more keywords to perform search

Search | Clear Search | Display Favorites

Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Servings Count	Exact Quantity	Buy Purchase Units	Action

You must save the Shopping List prior to printing it. Use the **"Back to List"** button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.

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Additional Resources

- **USDA Team Nutrition: https://www.fns.usda.gov/tn**
- **Nevada WIC: http://nevadawic.org/**
- **National CACFP Sponsor Association: https://www.cacfp.org/**
- **Nevada Department of Agriculture http://nutrition.nv.gov/**

Post-assessment