

FY19 CACFP Meal Pattern Training

Child Care Centers

Elika Nematian

CACFP Meal Service Training Officer



Pre-assessment

Comprehensive Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, and flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False

3. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
 - a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
 - b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
 - c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
 - d. two types of vegetables from different sub-groups.

5. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein



7. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

8. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - a. True
 - b. False

9. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 23 grams, 6 ounces

10. How many times can a CACFP operator serve juice to children and adults in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day

11. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years

12. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three

13. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

-
14. Each day, at least _____ serving(s) of grains must be whole grain-rich.
- one
 - three
 - zero
 - two
15. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
- three
 - five
 - six
 - thirteen

Milk Component Updates Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____ . Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, and flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), fat-free milk, or breastmilk only
2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False
3. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years
4. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three
5. When serving children flavored water, a CACFP operator must also make plain water available. True or False?
 - a. True
 - b. False



Meat and Meat Alternates Component Updates Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

3. Which item is a non-creditable yogurt product?
 - a. Drinkable yogurt
 - b. Homemade yogurt
 - c. Yogurt flavored products
 - d. All of the above

4. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero



Vegetable and Fruit Component(s) Updates Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. How many times can a CACFP operator serve juice to children and adults in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day

2. Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
 - a. The meal with the highest reimbursement rate that contains juice
 - b. The meal with the lowest reimbursement rate that does not contain juice
 - c. All meals and snacks in which the juice was served
 - d. The meal or snack with the lowest reimbursement rate that contains juice

3. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____ . Select the best answer.
 - a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
 - b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
 - c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
 - d. two types of vegetables from different sub-groups.

4. Vegetables and fruits are still a single component at _____. Select the best answer.
 - a. breakfast
 - b. lunch
 - c. snack
 - d. supper

5. Juice blends now credit as a fruit only in the updated requirements. True or False?
 - a. True
 - b. False

6. If a CACFP operator has a morning group and an afternoon group, can he/she serve juice to both groups as part of a reimbursable meal or snack?
 - a. Yes
 - b. No



Grains Component Updates Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

- Which item is not a grain-based dessert?
 - Cinnamon breakfast round
 - Strawberry granola bar
 - English muffin
 - Sweet potato pie
- Each day, at least _____ serving(s) of grains must be whole grain-rich.
 - One
 - Three
 - Zero
 - Two
- Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
 - three
 - five
 - six
 - thirteen
- During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - True
 - False
- Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript _____.
 - 1 and 2
 - 2 and 3
 - 3 and 4
 - 4 and 5
- When using the rule of three, disregard any ingredients after the words "contains 2% or less." True or False?
 - True
 - False



Child and Adult Meal Service Updates Pre-Assessment

Non-Name Identifier _____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Family style meal service is now required in all child and adult care settings. True or False?
 - a. True
 - b. False

2. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components

3. Rewards and punishment are not allowed in CACFP-operated facilities. True or False?
 - a. True
 - b. False

4. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

5. When serving meals family style, _____ are the only exception(s), children are not required to serve themselves (with/without a supervising adult).
 - a. milk
 - b. water
 - c. milk and juice
 - d. milk, juice, and water

6. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.



Ice-breaker Activity

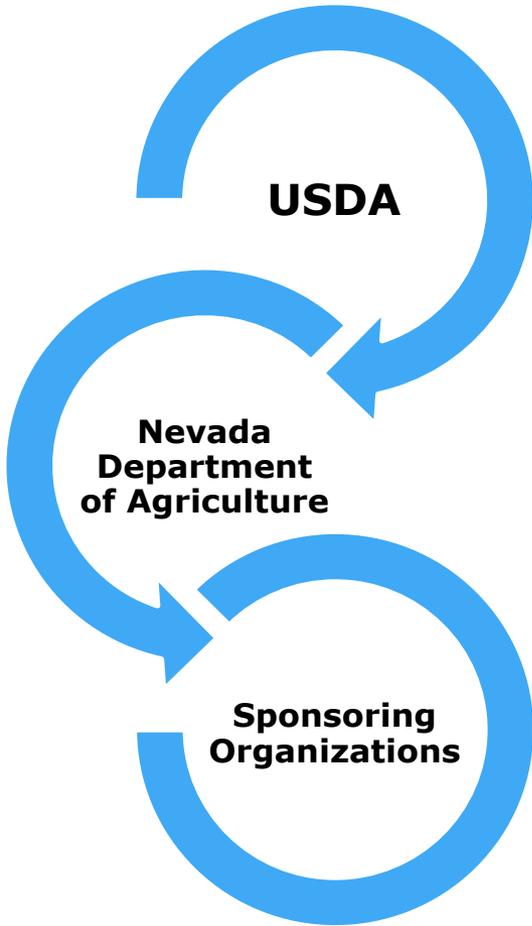
- 1) Name of their Organization**
- 2) How long they have been at that organization & what their job entails**
- 3) 1 interesting fact about that person OR**
- 4) The answer to 1 of the following questions:**
 - If you could be in a movie, what movie would you choose and why?
 - If you were to create 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

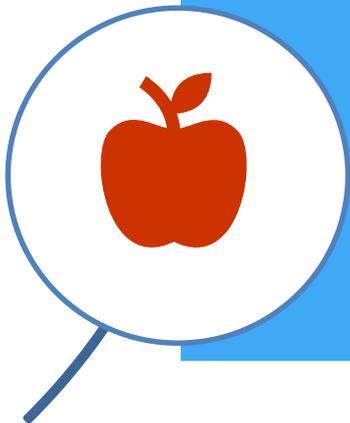
Updated Meal patterns consistent with 2015-2020 Dietary Guidelines & Science-based recommendations made by National Academy of Medicine

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)

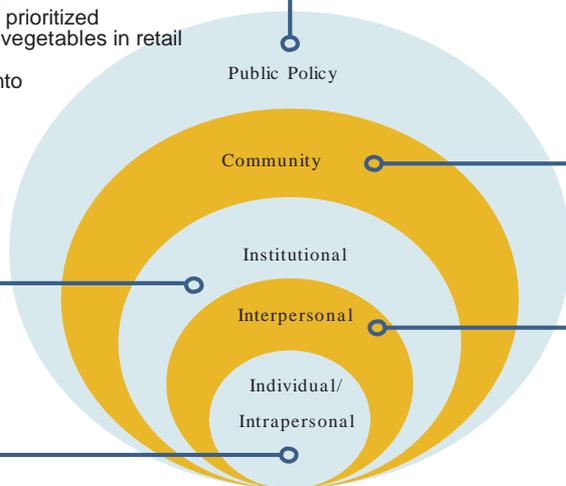
- Food availability
- Population food security
- Supplemental nutrition programs
- Food labeling requirements
- Patterns of food production and sales initiatives

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

Community

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



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: Early Child Care Settings and Schools Offer Opportunities to Shape Lifelong Behaviors

- One in 10 American children ages 2 to 17 don't consume fruits or vegetables at all on a daily basis
- Healthy eating in early childhood is critical to establishing lifelong healthy eating patterns
- An estimated 75% of children under age 6 attend an early care and education (ECE) program

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



Law and Health Policy

Growing a Healthier Future With the CACFP

USDA
United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.




Fueling Up With Veggies

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.



Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.



Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



Whole Grains



Refined Grains

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars



On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.



By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.



Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life



*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html

Food and Nutrition Service
FNS-551
June 2017
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Fueling Up With Veggies

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Growing a Healthier Future With the CACFP

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Fueling Up With Veggies

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.

Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life

Food and Nutrition Service
FNS-651
June 2017
<https://teammnutrition.usda.gov>
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Fewer than 10% of 4 to 8 year old kids eat enough vegetables.

Fruits and vegetables are separated into 2 components to provide more opportunities to introduce and serve vegetables to children and adults throughout the day

Starting Kids Early With Whole Grains

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Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play.**

Fueling Up With Veggies

Vegetables and fruits are two key separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice** the amount of refined grains that they should, but not enough whole grains.

Whole Grains

Refined Grains

More kids are more likely to get whole grain-rich foods at least once a day. Whole grains give kids stamina, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in products and cereals, and not counting calories, fats, and other grain-based products toward the grain requirement, meals served to CACFP settings hold the chance to try—and the more, the better—healthy foods.

Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reintroducing meals when moms breastfeed.
- Including a wider variety of foods for babies to try during their first year of life.

Whole grain eat levels are foods containing 100% whole grains or their equivalent, or at least 50% whole grains and the remaining grains in the food are enriched.

Food and Nutrition Services
FNS-357
June 2017
<http://www.nutrition.state.nv.gov>
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Kids ages 1 to 13 years old get up to twice the amount of refined grains that they should, but not enough whole grains

Lowering Added Sugars

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Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.

Fueling Up With Veggies

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice** the amount of refined grains that they should, but not enough whole grains.

Whole Grains Refined Grains

Now kids are more likely to get whole grain-rich foods at least once a day. Whole grains give kids energy, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurt and cereal, and not coating cereals, cakes and other grain-based desserts toward the grain requirements, meals served in CACFP will give kids the chance to try—and like—more healthy foods.

Baby Talks: Updates to the Infant Meal Patterns

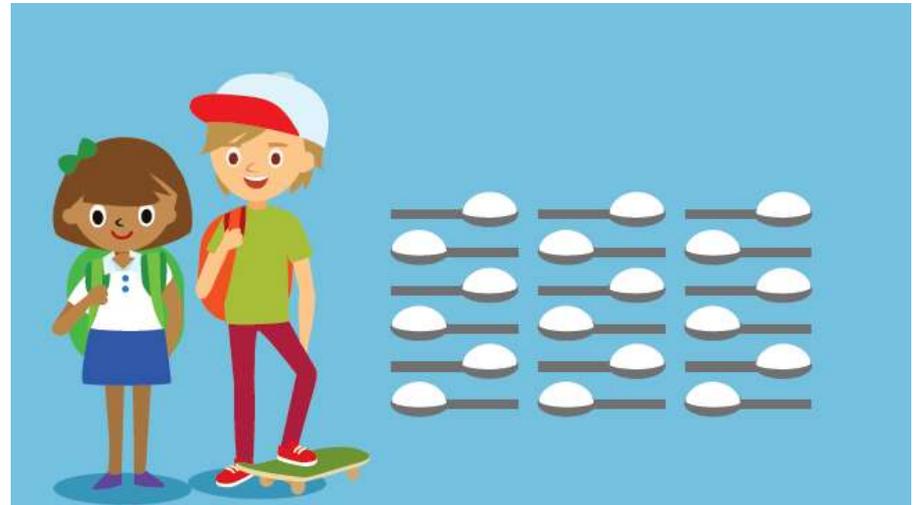
The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reinforcing meals when moms breastfeed infants
- Including a wider variety of foods for babies to try during their first year of life

Whole grain and foods are healthiest containing 100% whole grains as their main or at least 50% whole grains and the remaining grains in the food are enriched.

Source:
<https://health.gov/ourorg/od/ohr/cacfp/>
<https://www.gov.usda.gov/food/infant-meal-patterns/>
<https://www.gov.usda.gov/food/infant-meal-patterns/>

Food and Nutrition Service
FNS-851
June 2017
<https://www.gov.usda.gov/food/infant-meal-patterns/>
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On average, kids 9 to 13 years old eat between 17 and 22 teaspoons of added sugars every day

Lowering 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 list at <https://www.fns.usda.gov/wic/infants-child-nutrition/wic-approved-food-list>. 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	4 grams
If the serving size is _____	Sugars cannot be more than:
13-16 grams	4 grams
26-32 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
69-83 grams	13 grams
76-77 grams	16 grams

Yummy Bran! Cereal

Nutrition Facts	
Serving Size 1/4 cup (30g) Servings Per Container about 16	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 0	0
% 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 60mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

Test Yourself!

Does the cereal 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 breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/wic/infants-child-nutrition/wic-approved-food-list>.

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

TEAM
NUTRITION

No more than 6 grams of sugar per dry ounce

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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)	Serving Size (grams)	Sugars (grams)
If the serving size is _____	Sugars must not be more than:	
3.33 oz	6 g	9 g
3.5 oz	99 g	12 g
4 oz	113 g	14 g
3.3 oz	130 g	20 g
6 oz	170 g	27 g
8 oz	227 g	33 g

Nutrition Facts

Serving Size 6 oz (170g)
Servings about 4

Amount Per Serving		Calories from Fat 20
Calories 100		% Daily Value*
Total Fat 1g	2%	
Saturated Fat 1/2g	1%	
Trans Fat 0g		
Cholesterol 10mg	3%	
Potassium 400mg	1%	
Sodium 100mg	7%	
Total Carbohydrate 21g	7%	
Dietary Fiber 3g	6%	
Sugars 23g		
Protein 12g		
Vitamin A 0%	Vitamin C 0%	
Calcium 10%	Iron 0%	
Vitamin D 0%		

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 available in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/wic/infants-child-nutrition/wic-approved-food-list>.

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

TEAM
NUTRITION

No more than 23 grams of sugar per 6 ounces

Lowering Added Sugars At Breakfast

 Grain-based desserts

 Meat and meat alternates at breakfast up to 3 times per week



Infant Meal Patterns

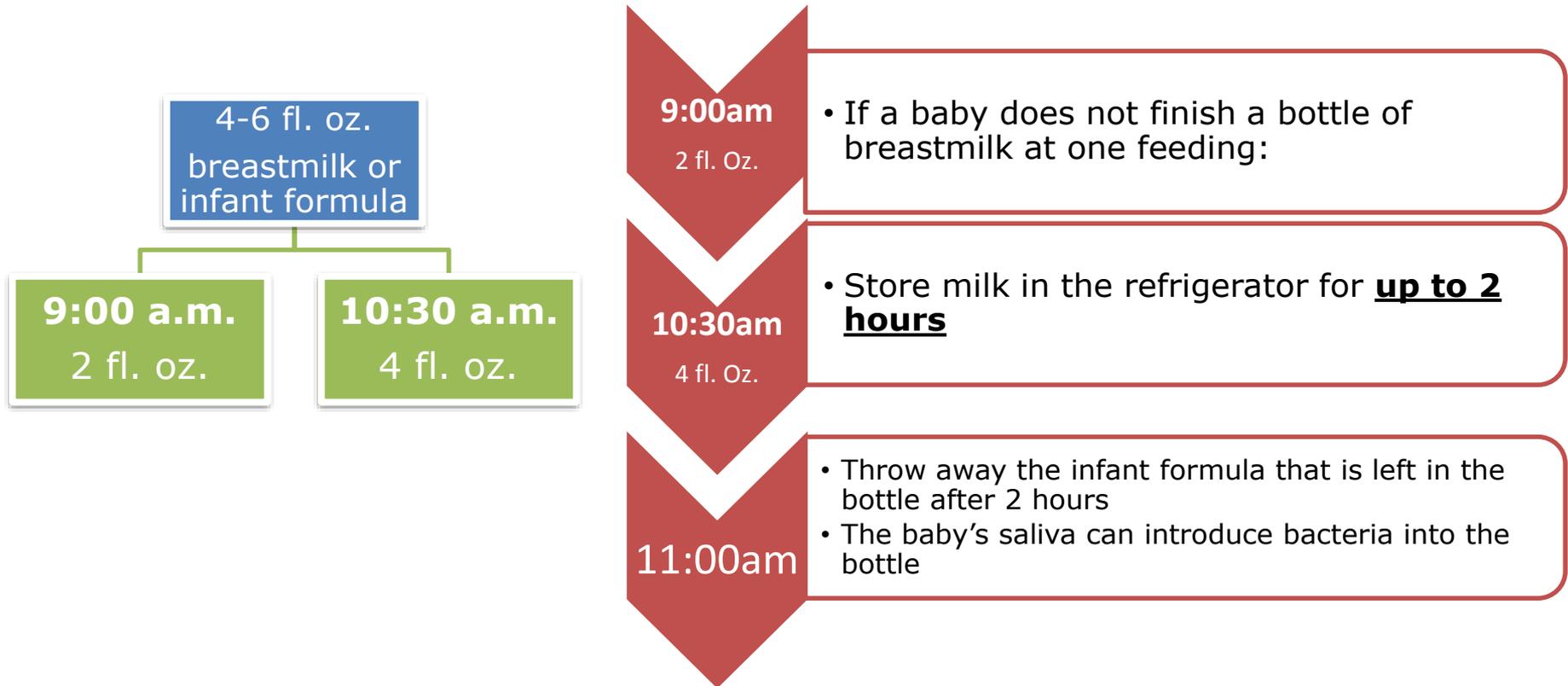


Feeding Infants 0-5 Months

0-5 Months	
Breakfast	4-6 fl. oz. breastmilk or formula
Lunch or Supper	4-6 fl. oz. breastmilk or formula
Snack	4-6 fl. oz. breastmilk or formula

Sample Infant Breakfast Meal

Meals can be claimed for reimbursement in the CACFP even if the baby eats at two different times in the day



Breastmilk or Formula?

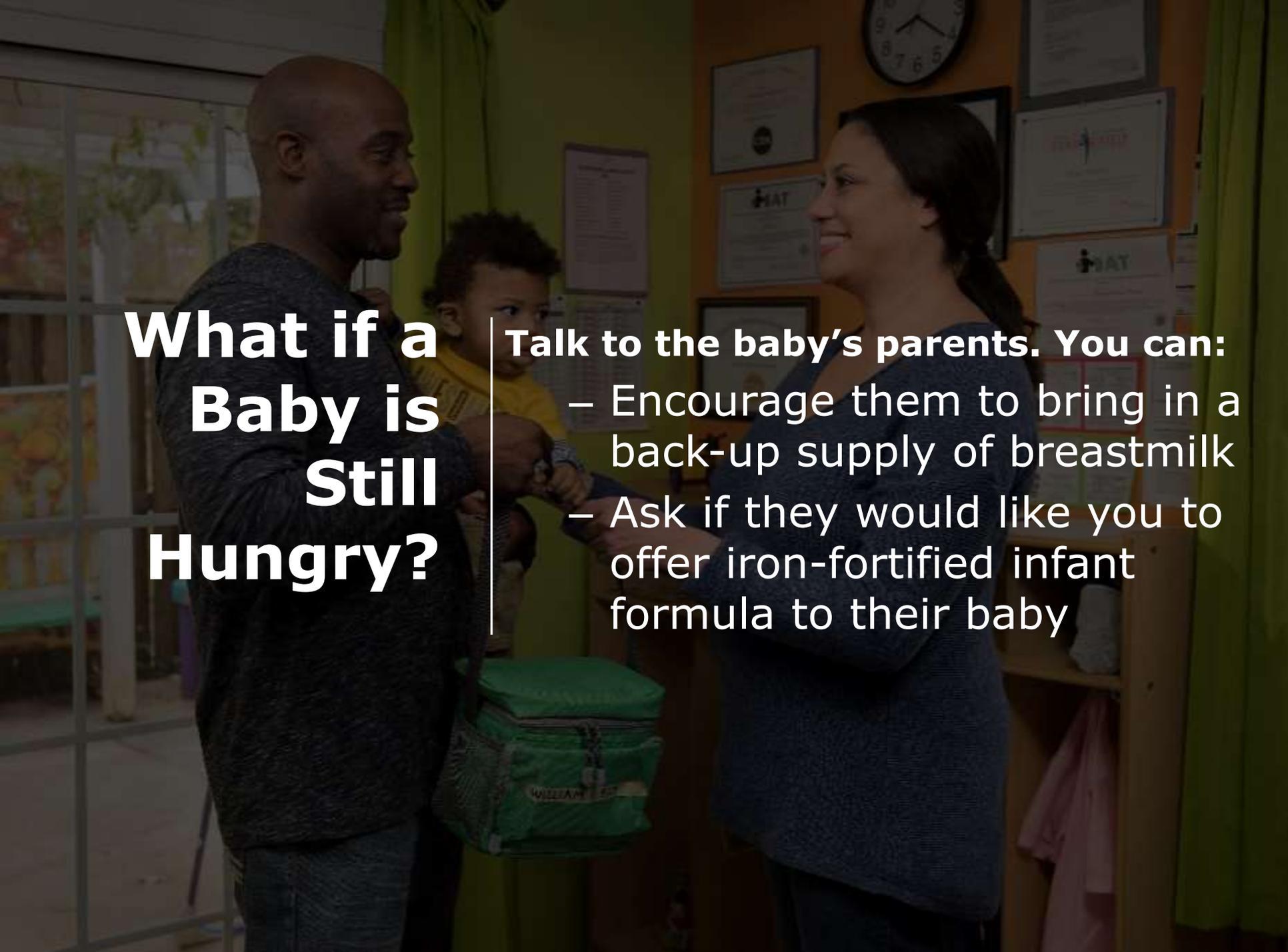
Speak with the baby's parents. They may choose to:

1. Use the iron-fortified infant formula you provide
2. Decline the one you provide, and bring their own iron-fortified infant formula
3. Provide breastmilk or breastfeed at your site
4. Provide breastmilk and supplement with the iron-fortified infant formula you provide
5. Provide breastmilk and provide their own iron-fortified infant formula

Iron-Fortified Infant Formula



You must offer at least one iron-fortified infant formula that is regulated by the Food and Drug Administration

A photograph of a man, a woman, and a baby in a room. The man is on the left, the woman is on the right, and the baby is in the center. They are all smiling and looking at each other. The woman is holding a green bag. The background has a wall with several framed certificates and a clock. The text is overlaid on the image.

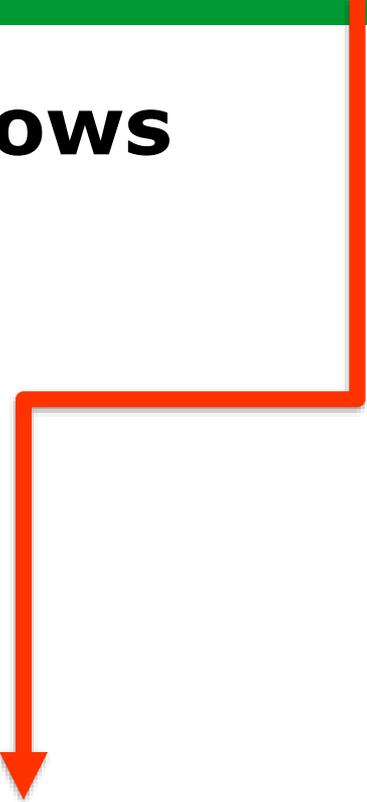
What if a Baby is Still Hungry?

- Talk to the baby's parents. You can:**
- Encourage them to bring in a back-up supply of breastmilk
 - Ask if they would like you to offer iron-fortified infant formula to their baby

Feed Babies On-Demand

Feed a baby when he or she shows signs of hunger:

- Makes sucking noises
- Sucks on hands, fingers, toes
- Reaches for a bottle
- Rooting



Crying is a late sign of hunger

Reading Signs of Fullness

Stop a feeding when you see one or more of these signs:

- Stops sucking or slows down
- Falls asleep
- Turns head away
- Seals lips together
- No longer pays attention during the feeding

A Baby's Usual Eating Habits

- Offer the full minimum amount of breastmilk or infant formula when the baby is hungry
- Some babies may eat less than what you offer – that's okay!
- Never force a baby to finish the bottle

Check Your Knowledge

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz. of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as part of a reimbursable meal?

Yes

No

Check Your Knowledge

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as part of a reimbursable meal?

Yes

No



USDA

How the CACFP Meal Pattern Supports Breastfeeding

- **Provide reimbursement to CACFP operators if the mother breastfeeds on-site**
- **Encourage mothers to supply breastmilk for their child while in child care**
- **Offer a quiet, private area that is comfortable and sanitary for mothers who come to your child care site to breastfeed**

Breastfeeding Area



- **Offer mothers a clean, comfortable, and quiet place to breastfeed her baby**
 - Small room
 - Corner of a classroom
 - Office
- **The space may include:**
 - A pillow for mom to support baby
 - A foot stool
 - A comfortable chair

Benefits of Breastfeeding

Breastfed babies may have:

- lower risk of asthma
- fewer ear and respiratory infections
- lower risk of SIDS
- fewer infections that cause vomiting and diarrhea
- lower risk of becoming obese and more!

Mothers who breastfeed may:

- have less blood loss after childbirth
- feel more relaxed
- have lower risk of ovarian and certain types of breast cancer
- have lower risk of Type 2 diabetes and more!

Receiving Breastmilk at the Child Care Site

- **Bottles should be labeled with:**
 - Baby's full name
 - Date the breastmilk was pumped and thawed
- **Bottles containing breastmilk should be kept in the refrigerator or freezer until it is time to feed the baby**

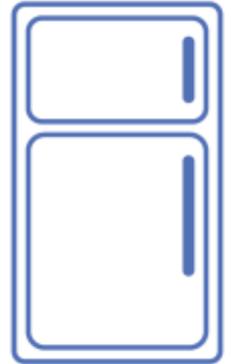


Thawing Frozen Breastmilk

- **Only thaw the amount of breastmilk needed for one feeding**

- **You can thaw frozen breastmilk:**

- In the refrigerator overnight
- In a container of warm water
- Under warm running water



- **Never thaw frozen breastmilk:**

- At room temperature
- By mixing the frozen breastmilk with warm breastmilk
- By placing in boiling water
- By heating in a microwave



Feeding the Breastfed Baby

- Bottles should remain in the refrigerator until it is time to feed the baby
- Feed a baby when he or she shows signs of hunger
- Gently swirl the breastmilk if needed. Do not shake

Preparing a Bottle of Breastmilk

- **A bottle of breastmilk does not have to be warmed before a feeding. If it is, it can be placed:**
 - under warm running water, or
 - in a container of warm water
- **Never put infant cereal or other foods or beverages in the bottle**
- If cereal is mixed with breastmilk or infant formula, the child care site cannot claim the cereal or the breastmilk or infant formula in the bottle unless this practice is supported by a medical statement signed by the baby's health care provider



Bottle Feeding the Breastfed Baby

Hold the baby during feeding

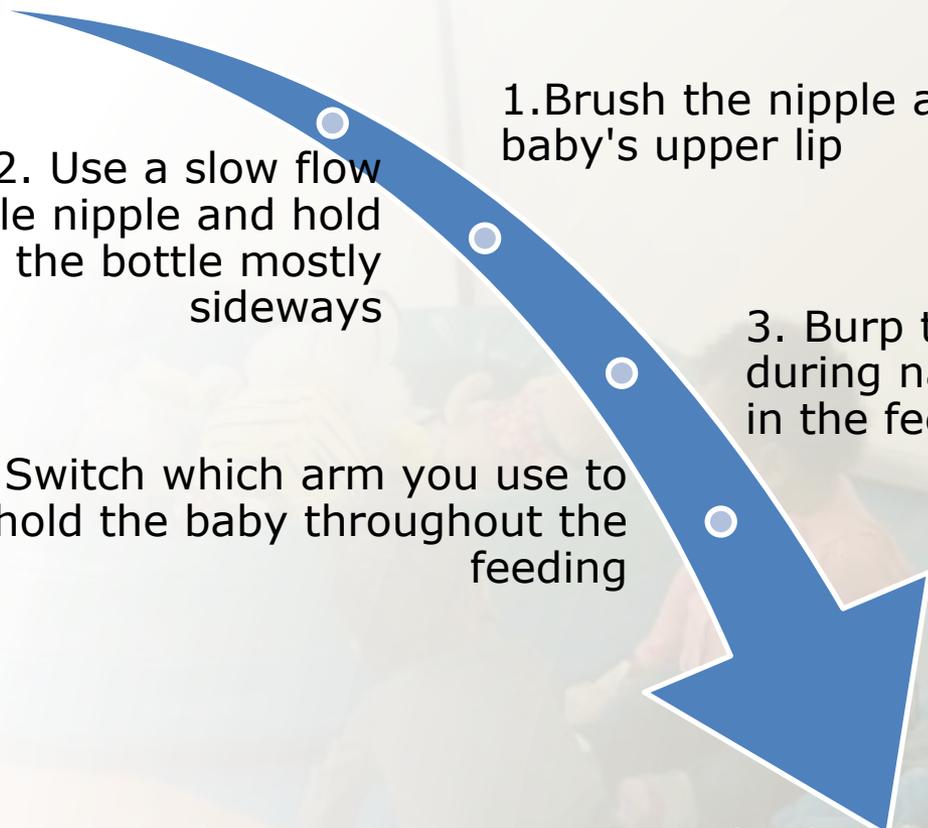
2. Use a slow flow bottle nipple and hold the bottle mostly sideways

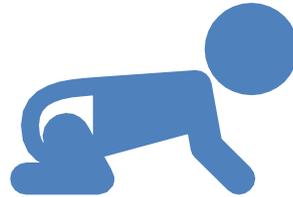
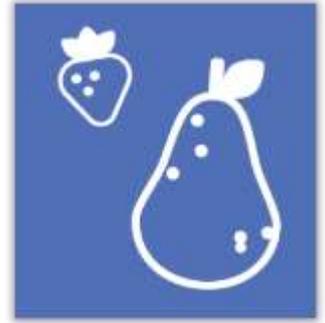
4. Switch which arm you use to hold the baby throughout the feeding

1. Brush the nipple across the baby's upper lip

3. Burp the baby during natural breaks in the feeding

Stop the feeding when baby shows signs of fullness





Feeding Infants: Starting with Solids



Developmental Readiness



Sit in a high chair with good head control



Opens his or her mouth when foods come their way or reaches for food



Use his or her tongue to move food from the spoon into his or her mouth to swallow the food without pushing it out

Feeding Solid Foods Too Early

Feeding solid foods before a baby is developmentally ready may increase the chance that he or she will:

- choke on the food
- drink less breastmilk or infant formula than needed in order to grow
- be overweight or obese later in life

Feeding solid foods before a baby is ready:

- does not help the baby sleep through the night
- does not make the baby eat fewer times in a day

Check Your Knowledge

Baby Jonathan is 5 ½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control. Is Baby Jonathan developmentally ready for solid foods?

Yes

No

Answer

Baby Jonathan is 5 ½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control. Is Baby Jonathan developmentally ready for solid foods?

Yes

No

Check Your Knowledge

Baby Kara is 5 ½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow. Is Baby Kara developmentally ready for solid foods?

Yes

No

Answer

Baby Kara is 5 ½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow. Is Baby Kara developmentally ready for solid foods?

Yes

No

What Are Solid Foods?

Foods that are easy and safe for a baby to eat once he or she is developmentally ready

1

Pureed



2

Mashed



3

Ground



4

Finely chopped



At around 8 months



Check Your Knowledge

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months. If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

Yes

No

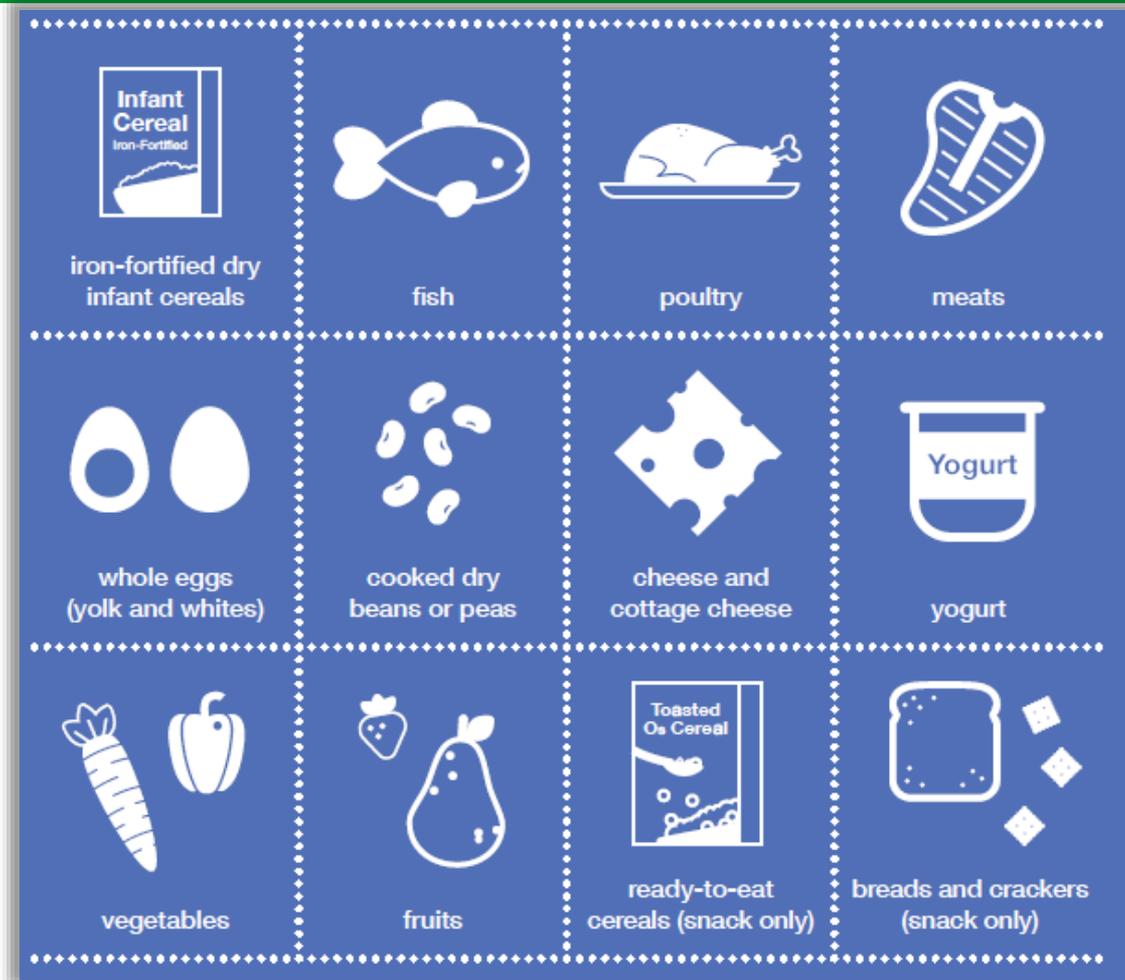
Check Your Knowledge

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months. If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

Yes

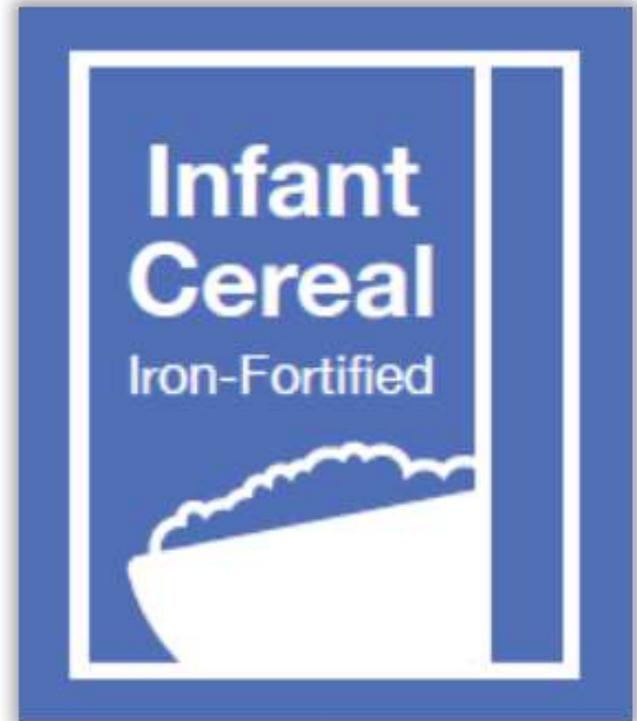
No

Solid Foods in the Infant Meal Pattern for 6-11 months



Grains

- **Iron-fortified infant cereal**
 - Breakfast, lunch and supper, or snack
- **Breads**
 - Snack only
- **Crackers**
 - Snack only
- **Ready-to-eat cereals**
 - Snack only
 - Must meet the sugar limit (6 grams per dry ounce)
 - Iron-fortified
 - Choose cereal that dissolve easily in the mouth and do not include nuts, dried fruits, or other hard foods



Iron-Fortified Infant Cereal

- **Infant cereal must be iron-fortified**
- **Single and mixed-grain cereals are creditable**
 - Offer single grain first, then mixed-grain
- **To tell if an infant cereal is “iron-fortified”**
 - It may say “iron-fortified” on the package
 - Look at the ingredient list
 - Iron
 - Ferric fumarate
 - Electrolytic iron
 - Iron (electrolytic)

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FLOUR, RICE FLOUR, WHOLE GRAIN RYE FLOUR, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (ASCORBIC ACID), IRON (ELECTROLYTIC), ZINC SULFATE, VITAMIN E (ALPHA TOCOPHERYL ACETATE), NIACINAMIDE*, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, FOLIC ACID*.

Meat and Meat Alternates

- **Meats and poultry**
- **Fin fish and shellfish**
- **Whole eggs**
- **Beans and peas**
 - If canned, look for “reduced sodium”
- **Cheese**
- **Cottage cheese**
- **Yogurt**
 - Store-bought low-fat, reduced-fat, and whole milk yogurts are creditable
 - Must not contain more than 23 grams of sugar per 6 ounces



Choose Yogurts That Are Lower in Added Sugars

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.

- Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.
- 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 per container 4

Amount Per Serving		Calories from Fat 20
Calories 120		
		% Daily Value
Total Fat 2g		3%
Saturated Fat 1.5g		3%
Trans Fat 0g		
Cholesterol 10mg		3%
Potassium 400mg		1%
Sodium 100mg		3%
Total Carbohydrate 21g		7%
Dietary Fiber 4g		17%
Sugars 8g		
Protein 10g		
Vitamin A 0%	Vitamin C 4%	
Calcium 30%	Iron 0%	
Vitamin D 0%		

Serving Size (Ounces (oz))	Serving Size (Grams (g)) (If it does not match yours, it may be a different brand.)	Sugars (in grams (g))
If the serving size is:		
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.5 oz	159 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Test Yourself!

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

Serving Size: _____

Sugars: _____

Yes No

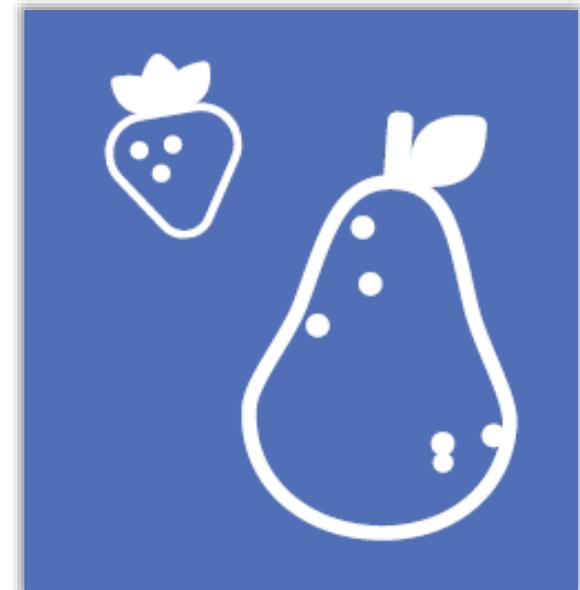
**Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not available to the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-meals/>.*

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

Yogurt served in CACFP must not have more than 23 grams of sugar per 6 ounces

Vegetables and Fruit

- **All vegetables and fruits can be offered**
 - They contain important nutrients and fiber
 - Remember to cook and prepare to appropriate textures, remove pits, seeds, skin & peels
- **Fruit and vegetable juices are not creditable, including 100% juice**



Tips for Feeding a Baby Solid Foods



1. If using jarred baby food, spoon some out and put it in another bowl
 - Use clean spoon to move food from container onto the bowl
2. Sit and talk to the baby during the feeding
3. If ready, let the baby feed him or herself
4. Watch the baby during a feeding for signs of:
 - Allergic reaction
 - Choking
5. Throw away uneaten food in bowl

Prepare foods so that they are the right shape, size, and texture



Food should be no larger than ½-inch pieces or thin slices

Grind tough meat

Cook or steam food until soft

Prepare foods that are the right shape, size, texture

Remove pits, seeds, skins, and peels from vegetables and fruit

Remove bones from meats, poultry, fish

Parent Provided Food Component

Parents may provide only one food component as part of a reimbursable meal or snack

If a parent brings in...	You must offer...
Breastmilk	All other solid food components
Iron-fortified infant formula	All other solid food components
A solid food component (for example pureed meat)	Iron-fortified infant formula All other solid food components

Infant Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² , and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6}

** Breast milk or formula, or both, must be served*
** It is recommended that breastmilk be served in place of formula from birth – 11 months*

** Formulas must be iron-fortified*

**Yogurt sugar limits*

** A serving of this component is required when the infant is developmentally ready to accept it*
Fruit and vegetable juices may not be served

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

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

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Lunch and Supper	
Birth through 5 months	6 through 11 months
<p>4-6 fluid ounces breastmilk¹ or formula²</p>	<p>6-8 fluid ounces breastmilk¹ or formula²; and</p> <p>0-4 tablespoons infant cereal^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt⁴; or a combination of the above⁵; and</p> <p>0-2 tablespoons vegetable or fruit or a combination of both^{5,6}</p>

¹Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

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

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,5,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{6,7}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵ 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).

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.

Sample Infant Cycle Menu

	0-5 MONTHS	6-11 MONTHS		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	Fruit/Vegetable	Mashed Banana	Mashed or Cubed Avacado	Applesauce	Pureed Mangoes	Pureed Peaches
	--	0-4 oz.	Grain/Meat	Infants Rice Cereal	Scrambled Eggs	Infants Rice Cereal	Infants Oatmeal	Plain Yogurt
LUNCH	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	Fruit / Vegetable	Mashed Cauliflower	Mashed Green Beans	Mashed Carrots	Pureed Pears	Mashed Peas
	--	0-4 oz.	Grain/Meat	Finely Chopped Chicken	Infants Rice Cereal	Finely Chopped Turkey	Infant Rice Cereal	Cottage Cheese
SNACK	4 - 6 oz.	2 - 4 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	Fruit / Vegetable	Seedless Watermelon	Mashed Sweet Potato	Mashed Kiwi	Mashed Broccoli	Mashed Zucchini
	--	0-4 oz.	Grain/Meat	Teething Biscuit	Puffed Cereal	Crackers	Teething Biscuit	Crackers

All foods are subject to the individual infant and their own developmental readiness to consume that food item
 Infant cereal and formula are iron-fortified

https://www.cacfp.org/files/7815/5000/4092/NCA_Sample_Infant_Cycle_Menu.pdf

CACFP Child Meal Patterns

Meal Planning for the CACFP

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?
Milk (1/2 cup or 1 oz.)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1/2 serving)

Optional: Meat/Meat Alternatives (1/2 oz. or 1 oz. per meal or snack)

Grilled Cheese Sandwich
Made with:
1/2 serving Grilled Cheese
1/2 cup Cheese
1/2 cup Bread

Sample Lunch/Supper
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Snack?
Pick 2:
Milk (1/2 oz. or 1/4 cup)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Offer and make water available all day.

Note: Serving sizes are minimums.
Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns at: <https://www.nutrition.usda.gov>

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5

What is in a Breakfast?
Milk (1/2 cup or 1 oz.)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1/2 serving)

Optional: Meat/Meat Alternatives (1/2 oz. or 1 oz. per meal or snack)

Sample Breakfast
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Lunch or Supper?
Milk (1/2 cup or 1 oz.)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Sample Lunch/Supper
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Snack?
Pick 2:
Milk (1/2 oz. or 1/4 cup)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Offer and make water available all day.

Note: Serving sizes are minimums.
Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns at: <https://www.nutrition.usda.gov>

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18

What is in a Breakfast?
Milk (1/2 cup or 1 oz.)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1/2 serving)

Optional: Meat/Meat Alternatives (1/2 oz. or 1 oz. per meal or snack)

Sample Breakfast
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Lunch or Supper?
Milk (1/2 cup or 1 oz.)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Sample Lunch/Supper
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Snack?
Pick 2:
Milk (1/2 oz. or 1/4 cup)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Offer and make water available all day.

Note: Serving sizes are minimums.
Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on source requirements (oz. eq.) and serving sizes at: <https://www.nutrition.usda.gov>

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Adults

What is in a Breakfast?
Milk (1/2 cup or 1 oz.)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1/2 serving)

Optional: Meat/Meat Alternatives (1/2 oz. or 1 oz. per meal or snack)

Sample Breakfast
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Lunch or Supper?
Milk (1/2 cup or 1 oz.)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Sample Lunch/Supper
1/2 cup Milk
1/2 cup Grilled Cheese
1/2 cup Blueberries
1/2 cup Broccoli

What is in a Snack?
Pick 2:
Milk (1/2 oz. or 1/4 cup)
Meat/Meat Alternatives (1/2 oz.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)

Offer and make water available all day.

Note: Serving sizes are minimums.
Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns at: <https://www.nutrition.usda.gov>

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)

CHILD MEAL PATTERN

Breakfast				
Select all three components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	½ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup	½ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¾ cup	1 ¾ cup
Granola	½ cup	½ cup	¾ cup	¾ cup

¹Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

²Offered may need to be served to children 13 through 18 years old to meet their nutritional needs. For children age one, must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for old. Must be unflavored, low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) and older.

³Offered may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. ⁴Offered across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards

⁵Offered may be used to meet the entire grain requirement. ⁶Offered may be used to meet the entire grain requirement. ⁷Offered may be used to meet the entire grain requirement.

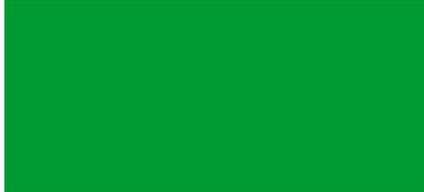
⁸Offered may be used to meet the entire grain requirement. ⁹Offered may be used to meet the entire grain requirement.

¹⁰Offered may be used to meet the entire grain requirement. ¹¹Offered may be used to meet the entire grain requirement.

¹²Offered may be used to meet the entire grain requirement. ¹³Offered may be used to meet the entire grain requirement.

¹⁴Offered may be used to meet the entire grain requirement. ¹⁵Offered may be used to meet the entire grain requirement.

* Must serve all 3 components for a reimbursable meal
* Offer Vs. Serve is only an option for At-Risk-After School



* Larger Portion Sizes may need to be served to children 13-18 years old to meet their nutritional needs

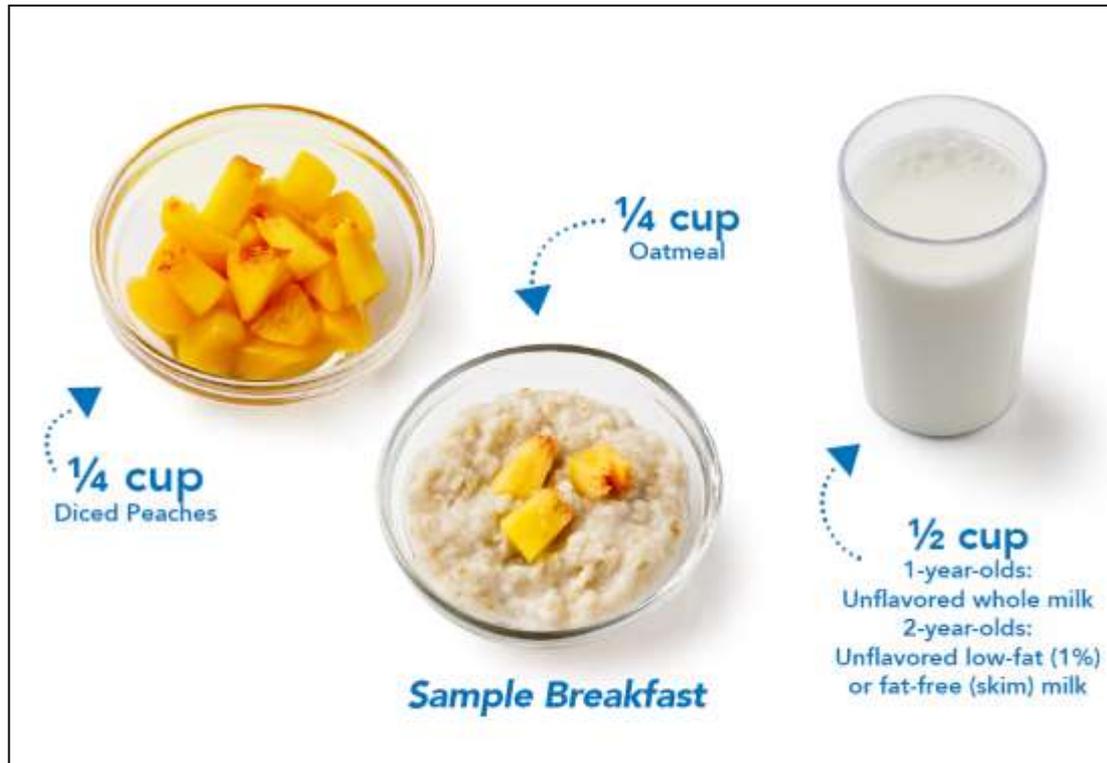
* Must be unflavored low-fat (1%), unflavored fat-free (skim) milk for 2-5
* Must be unflavored low-fat (1%), unflavored fat-free (skim), flavored fat-free (skim) milk for 6+

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

* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

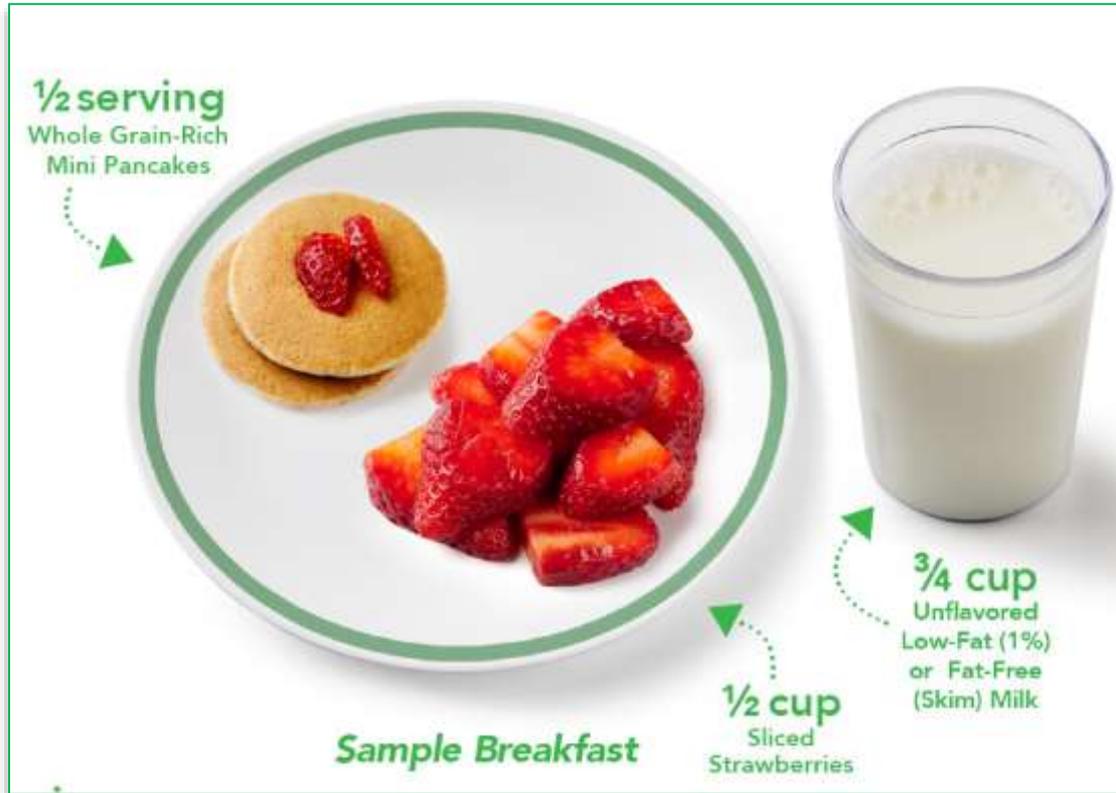
* At least one serving per day must be Whole Grain Rich (WGR)
* Meat and Meat Alternates may be used to meet the entire grain requirement 3 times per week

Sample Breakfast: Children Ages 1-2



**Minimum Serving Sizes Shown for Children Ages 1 -2*

Sample Breakfast: Children ages 3-5



**Minimum Serving Sizes Shown for Children Ages 3 -5*

CHILD MEAL PATTERN

Lunch and Supper				
(Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	½ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	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 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	¾ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	¾ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	½ cup	¾ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

** A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served at lunch or supper, 2 different kinds of vegetables must be served*

- ² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 25 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).

Sample Lunch or Supper: Children Ages 3-5

¾ cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim) Milk

1 Taco
Made with
1 ½ oz.
Lean Ground Beef,
¼ cup
Lettuce*, and
⅛ cup
Chopped Tomatoes

½ serving
Enriched Flour Tortilla

¼ cup
Roasted Sweet
Potatoes

**What is in a
Lunch or Supper?**

- Milk (6 fl. oz. or ¾ cup)
- Meat/Meat Alternate (1 ½ oz. eq.)
- Vegetables (¼ cup)
- Fruit (¼ cup)
- Grains (½ serving)

Sample Lunch/Supper

*Minimum Serving Sizes Shown for Children Ages 3 -5

CHILD MEAL PATTERN

Snack

(Select two of the five components for a reimbursable snack)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	¼ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¾ cup	¾ cup	¾ cup	¾ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	¾ cup	¾ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	¾ cup	¾ cup	¾ cup	¾ cup

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

²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

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

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

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

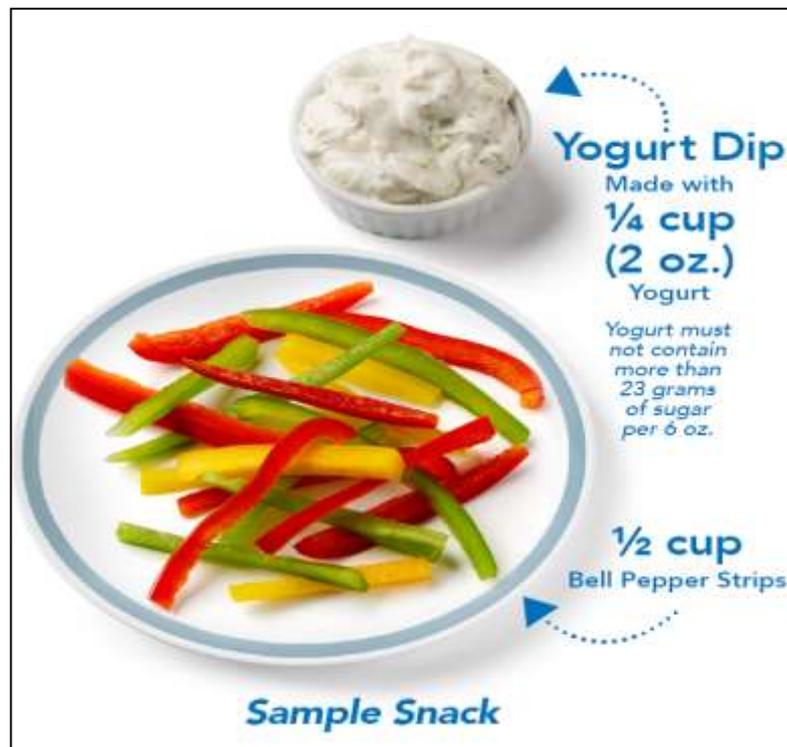
⁷At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹Breakfast 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).

¹⁰Beginning 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 ¾ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Sample Snack for children ages 1-2



**Minimum Serving Sizes Shown for Children Ages 1 -2*

Best Practices in Menu Planning

- Balance
- Variety
- Contrast
- Color
- Eye Appeal

Balance

- Use **whole grain-rich** foods to provide balance to strong flavors



- ✓ Whole-wheat bread with chili
- ✓ crackers or pita bread with hummus and other flavorful dips
- ✓ brown rice with stir-fry

**Minimum Serving Sizes Shown for Children Ages 6-12 and 13-18*

- **Serve "heavier" dishes with lighter sides**



**Minimum Serving Sizes Shown for Children Ages 1 -2*

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)



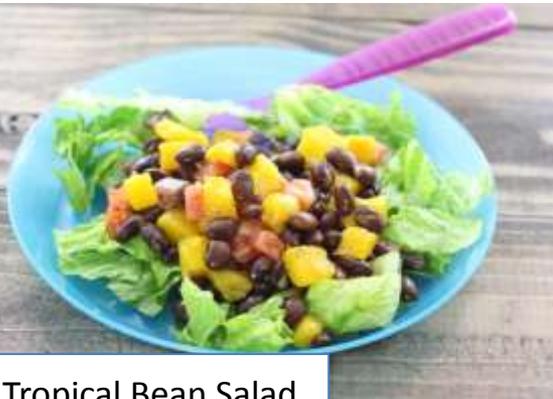
Quick Quesadilla



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



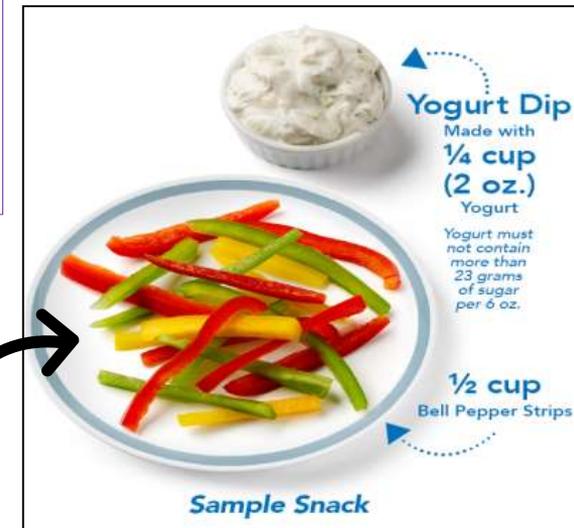
Chicken Ratatouille

Contrast

- **Serve different textures, temperatures and tastes**
- **Examples:**
 - Crispy raw vegetables with creamy yogurt dip
 - Scrambled eggs with yogurt and fruit



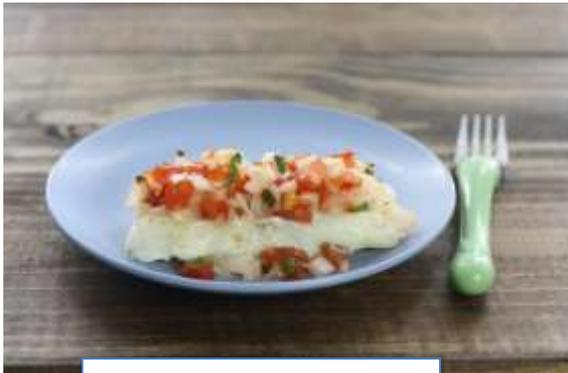
**Minimum Serving Sizes Shown for Adults*



**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

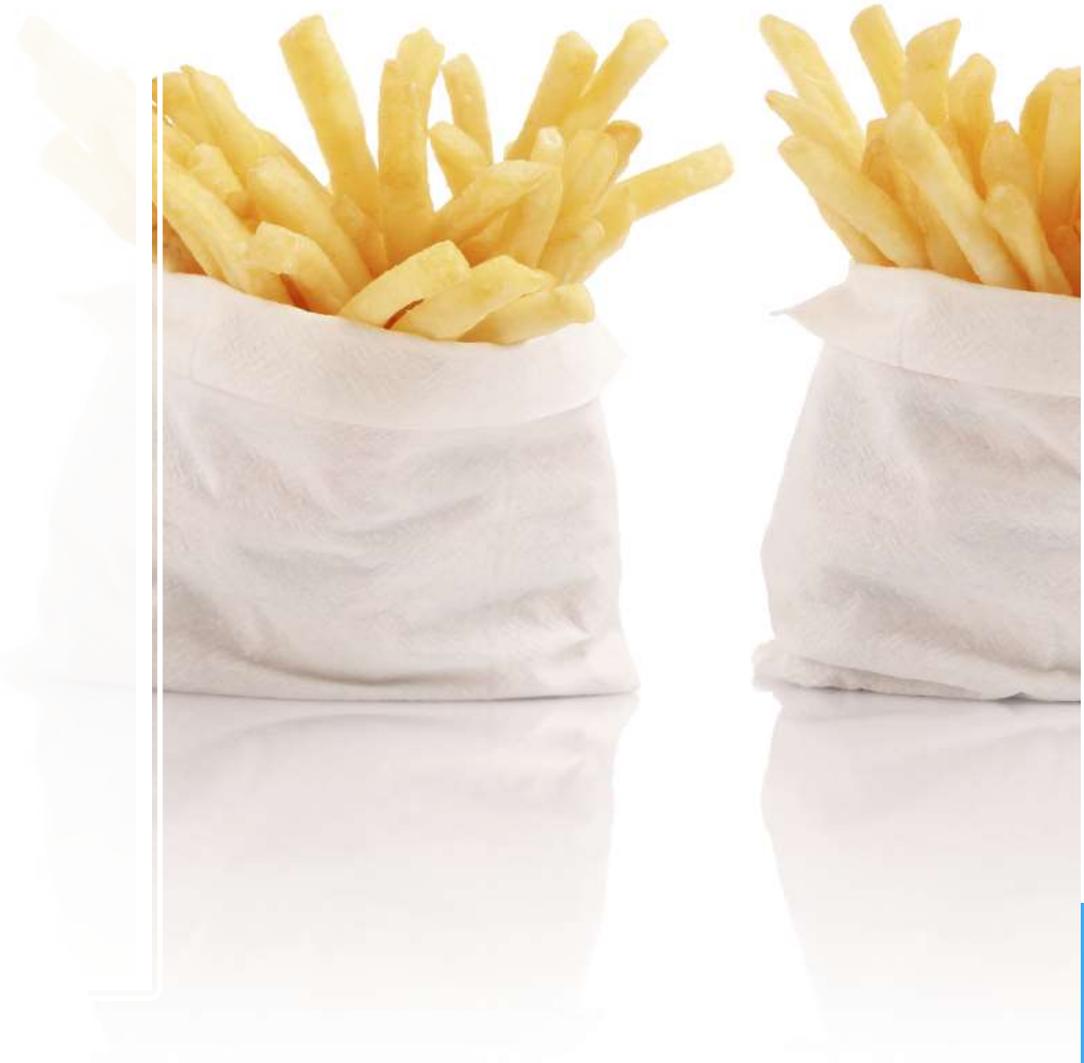
Deep-Fat Frying

- **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**





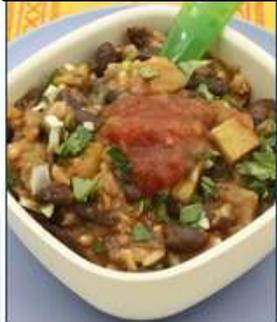
Red Pozole
[Family] [Quantity]

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]



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

Child Care Menus and Recipes

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!

- Home
- Adult Menus & Recipes
- Child Menus & Recipes**
- Other Resources

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
¹ Fluid Milk	Lemon Roasted Carrots (CACFP Week Recipes)	Water
	Celery Bites	
	¹ 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)
¹ Fluid Milk	Lettuce & Tomato	
	Pinto Beans (canned or dried)	
	¹ 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 United States Department of Agriculture
 "Beef's Country" USDA Menu Item

Beef or Pork Taco

Makes: 20 or 50 Servings

Ingredients	Weight	Measures
Raw ground beef (leaner than 80% fat)	2.0 (2.00)	20
Oil	20	20
Raw ground pork (leaner than 80% fat)	2.0 (2.00)	20
Onion, chopped	2.10 (2.10)	14.0
Oil	20	20
Chopped onion	9.0 (9.00)	54.0
Chopped garlic	2.10 (2.10)	12.6
Ground beef or white pepper	1.00	1.00
Canned tomato sauce	1.00	34.0 (12.00)
Water	2.00	2.00
Chili powder	1.70	1.70
Ground cumin	2.14	2.14
Pepper	34.0	34.0
Chili powder	9.0 (9.00)	54.0
Reserved for another recipe (optional)	12.00	2.14
¹ Fluid milk (milk)	10.10 (10.10)	1.14
¹ Fluid milk (milk)	1.0 (1.00)	2.0 (2.00)
Beef or pork shells (at least 2.00 for each)	10.00	10.00

Example

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 as 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 (½ cup) lettuce and tomato mixture, and ¼ oz (2 Tbsp) shredded cheese.
- OR
- B1. Pre-portion No. 10 scoop (¼ cup) lettuce-tomato mixture and ¼ 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 (¼ cup ¼ 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	40 mg
Sodium	254 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	200 mg
Iron	2 mg
Potassium	N/A

Marketing Guide

Food as Purchased for	30 Servings	50 Servings
Meats meats	3 oz	6 oz
Tomatoes	12 oz	1 to 3-oz
Head lettuce	1 to 15 oz	3 to 4 oz

Meal Components

Vegetables	1/2 cup
Dairy	1 slice
Meat / Meat Alternates	2 ounces

For more information on meal components and labeling, please visit the [Food Buying Guide for Child Nutrition Programs](#).

Activity: CACFP Child Meal Pattern Menu Assessment

CACFP Child Meal Pattern Menu Assessment

Name: _____

Site: _____

Milk	Yes/No
Whole milk is served to children ages 12-23 months.	
1% or skim milk unflavored milk is served to children ages 2 – 5 years of age.	
1% or skim milk unflavored milk or flavored fat-free milk is served to children ages 6 – 18 years of age.	
Type of milk is identified on the menu. <i>Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable</i>	
Grains/Breads	Yes/No
At least one whole grain-rich serving is served per day when grain is part of the meal pattern.	
No grain-based desserts (such as brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served	
Cereals have 6 grams or less of sugar per ounce.	
Type of cereal is identified on the menu. <i>(For example, Cheerios® or Kix®)</i>	
Whole grain-rich foods are identified on menu. <i>(For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice," "oatmeal." The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable)</i>	
Fruits/Vegetables	Yes/No
Juice is limited to one serving or less per day on menus.	
A separate fruit and separate vegetable are offered at lunch and supper. (Note: two different vegetables are allowed at lunch and supper)	
Meat/Meat Alternate	Yes/No
Yogurt contains less than 23 grams of sugar per 6 ounce serving.	
Tofu, if used, is easily recognizable as a meat substitute.	
No deep-fat frying of foods on-site occurs.	
Optional Meat and Meat Alternates may be served in place of the grains component at breakfast a maximum of three times per week.	



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)	
Servings 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**.



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%
<i>Trans</i> 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 TRIPOLYPHOSPHATE, 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 1/2 bottle)

**Servings per container – number
of servings in a container**

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

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 TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, CHEESE CULTURE ENZYMES)	
CONTAINS: WHEAT, MILK	

Calories

Calories-carbohydrates,
protein & fat

400 calories in 1 serving
of Mac & Cheese

The entire container:
3 servings x 400 = 1,200 Calories

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 TRIPOLYPHOSPHATE, 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%
<i>Trans</i> 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 TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, CHEESE CULTURE ENZYMES)	
CONTAINS: WHEAT, MILK	

Nutrients

GET MORE OF:

- ◆ Fiber
- ◆ Vitamin D
- ◆ Calcium
- ◆ Iron
- ◆ Potassium

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%
<i>Trans</i> 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.

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CONTAINS: WHEAT, MILK

Here's a tool you can use...

% Daily Value

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 %
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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

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%
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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

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%
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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

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	
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CONTAINS: WHEAT, MILK	

Ingredients & Allergy Information

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%
<i>Trans</i> Fat 0g	
Cholesterol 7mg	2%
Sodium 402mg	17%
Total Carbohydrate 51g	39%
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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. Breeding 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.

Nutrition Facts

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

Amount Per Serving		% Daily Values**
Calories	230	
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		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

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

CN Label

Six Digit ID#

Assigned by the FNS USDA.



Date/Month

Approved by the FNS USDA

- ✓ **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



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



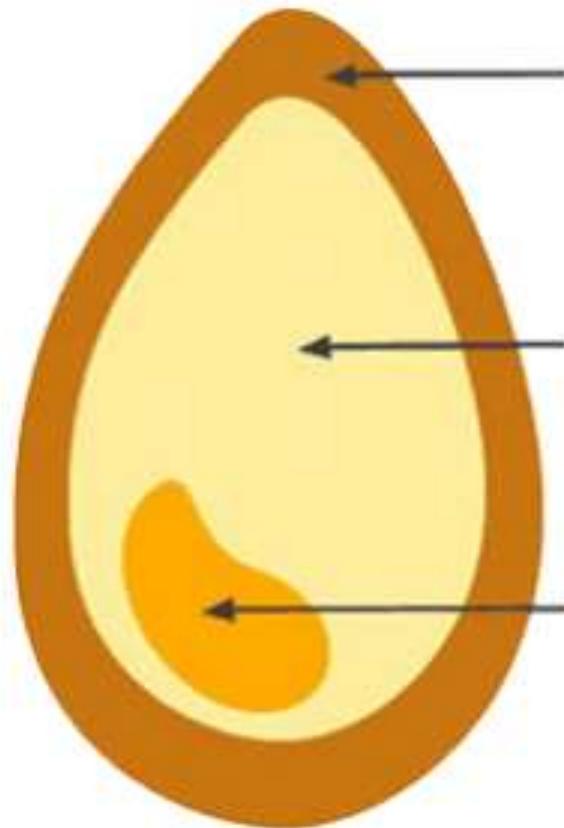
Whole grain-rich means:

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

Whole Grain

vs.

“White” Grain



Bran

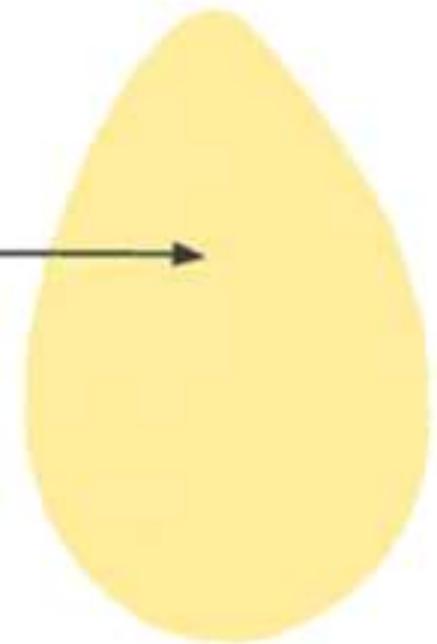
The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

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

For products where ALL of the grain is whole grain.

Minimum requirement: 16g (16 grams) whole grain per serving. (a full serving of whole grain)

THE 50%+ STAMP

For products where at least 50% of the grain is whole grain.

Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)

THE BASIC STAMP

For products that contain a significant amount of whole grain, but which contain primarily refined grain.*

Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)

Whole Grain Stamp (Cont.)

- Each Stamp shows how many grams of whole grain ingredients are in a serving of the product
- 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 (and not the 100% 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

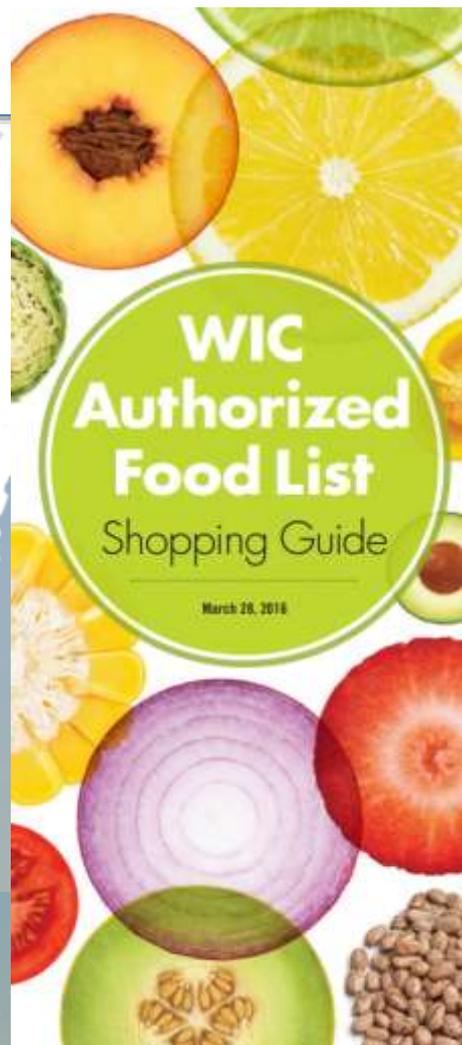
- ✓ This cereal would also qualify for the 50%+ Stamp, 15g or more
- ✓ All its grain is whole grain, *but it doesn't meet the minimum of 16g of whole grain required for the 100% Stamp*

Foods Are Whole Grain-Rich in the CACFP If...

- ✓ The food is found on any State agency's WIC-approved whole grain food list (Nevadawic.org)

OR

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



WHOLE GRAINS



CAN BUY

Whole Wheat Bread | Any brand in 16 oz package:

- Loaves, buns, or rolls that have "100% Whole Wheat" on the front label
- Store bakery bread is allowed, if labeled appropriately

CAN BUY

Any brand in 16 oz package or bulk, plain:

- | | |
|--------------------------------|------------------------------|
| Brown Rice | Oatmeal or Oats |
| • Short, medium, or long grain | • Old fashioned |
| • Regular, quick, or instant | • Rolled, cut, or steel cut |
| • Basmati Brown | • Regular, quick, or instant |
| • Jasmine Brown | • Crystal Wedding |
| Whole Grain Barley | Bulgur |
| • Organic is allowed | • Organic is allowed |

CANNOT BUY ☹

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

Nutrition Tip

Eating whole grains will increase your daily fiber intake, which may help reduce your risk of developing some health problems, such as diabetes, obesity, and heart disease.





- ✓ **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**

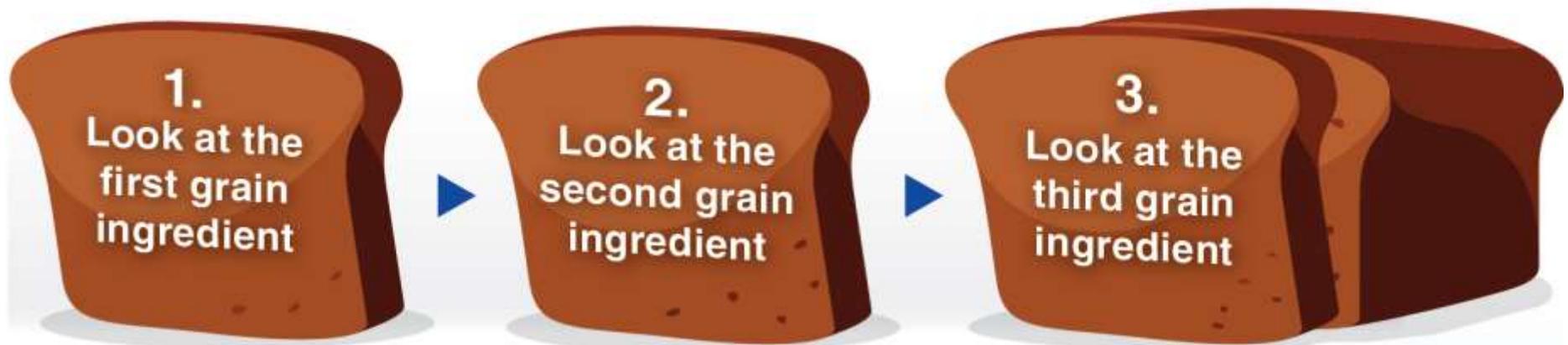
- ✓ **The food meets criteria listed in the *Rule of Three***



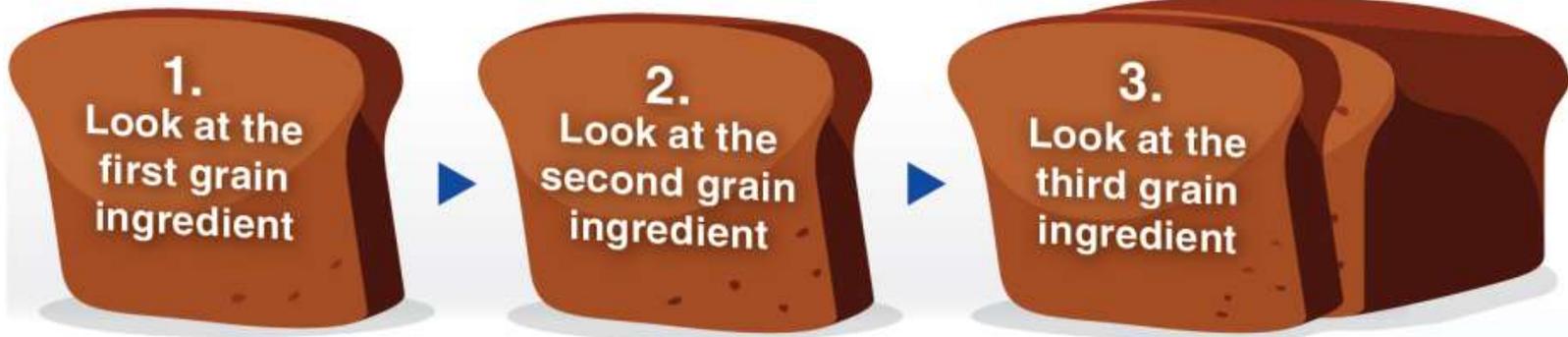
Ingredients: Whole Grain Wheat, Wheat Bran, Enriched Corn Flour, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E.

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

Rule of Three



Rule of Three



✓ Whole-grain

✓ Whole-grain
✓ Enriched
✓ Bran or germ

✓ Whole-grain
✓ Enriched
✓ Bran or germ

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



These items are listed on page 3 of the handout

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

INGREDIENTS: Whole Wheat Flour, Water, Yeast, Brown Sugar, Wheat Gluten, Contains 2% or Less of Each of the Following: Salt, Dough Conditioners, Soybean Oil, Vinegar, Cultured Wheat Flour, Citric Acid

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
Whole Grain-Rich

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.



Using the Ingredient List: Combination Foods



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.

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..."**

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.~~

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

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

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

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

Is the first grain ingredient whole-grain?

Yes

No

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

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

Common whole-grain 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

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.~~

*The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.*

4. Look for the second Grain Ingredient

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.~~

Look at the Second Grain Ingredient

- Make sure the second grain ingredient is whole-grain, enriched, or bran or germ
- Common enriched ingredients include:
 - Enriched wheat flour
 - Enriched corn flour
 - Enriched durum flour
 - Enriched rice
 - Enriched rice flour
 - Enriched rye flour
 - Enriched white flour
- Common bran and germ ingredients include:
 - Corn/oat/rice/rye/wheat bran
 - Wheat 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.~~

*The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.*

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

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.~~

*The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.*

Knowledge Check-Answer

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.~~

*The second grain ingredient is “**enriched wheat flour**,” which is an **enriched** grain ingredient.*

Knowledge Check

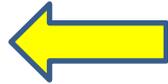
Is the second grain ingredient whole-grain, enriched, bran, germ?

- Yes
- No

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

- **Make sure the second grain ingredient is whole-grain, enriched, or bran or germ**
- **Common enriched ingredients include:**
 - Enriched wheat flour
 - Enriched corn flour
 - Enriched durum flour
 - Enriched rice
 - Enriched rice flour
 - Enriched rye flour
 - Enriched white flour
- **Common bran and germ ingredients include:**
 - Corn/oat/rice/rye/wheat bran
 - Wheat 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.~~

*The second grain ingredient is “**enriched wheat flour**,” which is an **enriched** grain ingredient.*

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

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.~~

Look at the Third Grain Ingredient

- Make sure the third grain ingredient is whole-grain, enriched, or bran or germ
- **Common enriched ingredients include:**
 - Enriched wheat flour
 - Enriched corn flour
 - Enriched durum flour
 - Enriched rice
 - Enriched rice flour
 - Enriched rye flour
 - Enriched white flour
- **Common bran and germ ingredients include:**
 - Corn/oat/rice/rye/wheat bran
 - Wheat 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.~~

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

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.~~

*The second grain ingredient is “**enriched wheat flour**,” which is an **enriched** grain ingredient.*

Knowledge Check-Answer

- **Make sure the third grain ingredient is whole-grain, enriched, or bran or germ**
- **Common enriched ingredients include:**
 - Enriched wheat flour
 - Enriched corn flour
 - Enriched durum flour
 - Enriched rice
 - Enriched rice flour
 - Enriched rye flour
 - Enriched white flour
- **Common bran and germ ingredients include:**
 - Corn/oat/rice/rye/wheat bran
 - Wheat 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.

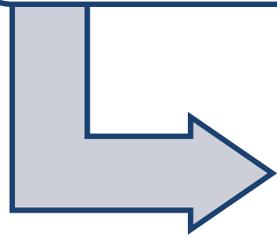
*The third grain ingredient is “**wheat bran**,” which is a type of **bran**.*



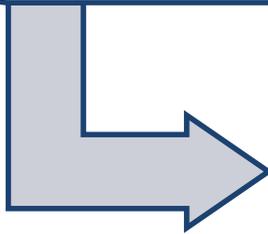
Knowledge Check

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**

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

Bread 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.

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.

Bread Example 2

INGREDIENTS: WHOLE GRAIN WHEAT, VEGETABLE OIL (SOYBEAN OR CANOLA OIL), SUGAR, SEA SALT, ONION POWDER, SODIUM DIACETATE, TOMATO POWDER, DRIED BALSAMIC VINEGAR, SPICES (INCLUDES BASIL), CITRIC ACID, YEAST EXTRACT, MALIC ACID, RED BEET JUICE POWDER (FOR COLOR), DRIED MALT VINEGAR (FROM BARLEY), SALT, EXTRA VIRGIN OLIVE OIL, NATURAL FLAVOR (CONTAINS CELERY), PAPRIKA EXTRACT (FOR COLOR).

CONTAINS: WHEAT.

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA

Cracker Example 1

Cracker Example 2

INGREDIENTS: WHOLE GRAIN WHEAT, CANOLA OIL, MALTODEXTRIN, SALT, GARLIC POWDER, DEXTROSE, NATURAL FLAVOR.

BHT ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT.

“made with whole grain” pasta example

INGREDIENTS: ENRICHED PASTA PRODUCT (WHOLE DURUM WHEAT FLOUR, DURUM WHEAT SEMOLINA FLOUR, GLYCERYL MONOSTEARATE, NIACIN, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FERROUS SULFATE [IRON]); CHEESE SAUCE MIX (WHEY, MILK, CORN SYRUP SOLIDS, MILKFAT, PALM OIL, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, SALT, MALTODEXTRIN, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, DRIED BUTTERMILK, SODIUM PHOSPHATE, CITRIC ACID, CREAM, LACTIC ACID, CALCIUM PHOSPHATE, CHEESE CULTURE, NONFAT DRY MILK, GUAR GUM, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, NATURAL FLAVOR, XANTHAN GUM); MODIFIED FOOD STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, ACETYLATED MONOGLYCERIDES, SALT, MEDIUM CHAIN TRIGLYCERIDES.

CONTAINS: WHEAT, MILK.

Mac'n'cheese Example

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILK, CORN SYRUP SOLIDS, MILKFAT, PALM OIL, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, SALT, MALTODEXTRIN, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, DRIED BUTTERMILK, SODIUM PHOSPHATE, CITRIC ACID, CREAM, LACTIC ACID, CALCIUM PHOSPHATE, CHEESE CULTURE, NONFAT DRY MILK, GUAR GUM, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, NATURAL FLAVOR, XANTHAN GUM); MODIFIED FOOD STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, ACETYLATED MONOGLYCERIDES, SALT, MEDIUM CHAIN TRIGLYCERIDES.

CONTAINS: WHEAT, MILK.

Ready-to-Eat Cereals

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

AND

✓ **first ingredient is whole-grain**

AND

✓ **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

Can I serve a grain-based dessert if it is whole grain-rich?



Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.



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

Break fast: 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?

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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



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):
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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://teammnutrition.usda.gov>.



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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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?



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

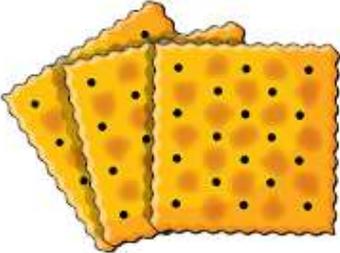
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Product Packaging

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?



- 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 "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column.
3. Think of other foods you could substitute for the examples in the "Try" column under "Other Choices."

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

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Still Too Sweet?



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Best Practices



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.
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1. Think about some grain-based desserts. Instead of serving "cookies," consider...
2. What are some other food options?
3. Think of other foods you can serve. List them in the column under "Other Choices."

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

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Try It Out With your Menus!



Still Too Sweet?



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

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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



Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.

The infographic features a blue background with a white banner at the top containing the title. Below the banner, on the left, are two cartoon children: a girl with brown hair in a white shirt and blue skirt, and a boy with brown hair in a green shirt and red pants, wearing a red and white cap and carrying a red backpack. To their right is a 3x5 grid of 15 white sugar spoons. Below the grid is the text about average sugar intake. At the bottom left is the text about limiting sugar in CACFP meals. At the bottom right is a cartoon girl with brown hair in a purple shirt, sitting at a table with a red and white checkered tablecloth, eating a green smoothie with a spoon.

Step 1

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 <http://www.fns.usda.gov/wic/infants-and-children-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	3 grams
16-30 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.

Yummy Brand Cereal

Nutrition Facts

Serving Size 1/2 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	
Polysaturated 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

*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/wic/infants-and-children>.

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



1

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

Step 2



United States Department of Agriculture

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/bkls.state.agency.wic.approved-food-list>. 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:	
12-18 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
41-49 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 **less** 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/wic-and-cacfp>.

Yummy Brand Cereal

Nutrition Facts

Serving Size 1/2 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

2

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

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



Step 3

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/basics-state-agency-2016-approved-food-list>. 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.

Yummy Brand Cereal

Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	% Daily Value*
Calories	100	100
Calories from Fat	5	5
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Polysaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	8%
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

Serving Size*	Sugars
If the serving size is:	
12-16 grams	Sugars cannot be more than: 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

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/wic/basics-and-cacfp>.

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



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



United States Department of Agriculture

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:	
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

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/foods-and-recipes>.

Yummy Brand Cereal

Nutrition Facts	
Serving Size 1/4 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

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

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



Choose Breakfast Cereals That Are Lower in Added Sugars

USDA
United States Department of Agriculture

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 <http://www.fns.usda.gov/wic-links/wic-agency-wic-approved-food-list>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



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

Yummy Brand Cereal

Nutrition Facts	
Serving Size 1/4 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	
Polysaturated 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	

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-18 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

*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/foods-and-recipes>.

Test Yourself!

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

Serving Size: _____
Sugars: _____

Yes No

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	30-54 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	Nitty Oats	28 grams	5 grams

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.*

*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.*

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	30-54 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
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 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	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 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.

ENS-685 June 2017

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Sugar Limit for Yogurt

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.
- 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 6 oz (170g)
Servings about 4

Amount Per Serving		Calories from Fat 20
Calories 100		
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 1.5g		3%
Trans Fat 0g		
Cholesterol 10mg		2%
Protein 60mg		1%
Sodium 100mg		2%
Total Carbohydrate 20g		4%
Dietary Fiber 4g		8%
Sugars 8g		
Percent Daily Values are based on a diet of other people's secrets.		
Vitamin A 0%	Vitamin C 4%	
Calcium 30%	Iron 0%	
Vitamin D 0%		

TIP: If the serving size isn't "6 oz," 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 Size (Ounces oz)	Serving Size (Grams g)	Sugars (grams g)
If the serving size is:		Sugars can not be more than:
2.25 oz	64 g	6 g
3.5 oz	99 g	10 g
4 oz	113 g	10 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
6 oz	170 g	31 g

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

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



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

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.

- Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.
- In the table, look at the number in 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 6 oz (170g)
Amount Per Serving

Calories 100		Calories from Fat 25
		% Daily Value*
Total Fat 2g		4%
Saturated Fat 1.5g		3%
Trans Fat 0g		0%
Cholesterol 10mg		2%
Protein 60mg		1%
Sodium 100mg		2%
Total Carbohydrate 21g		4%
Dietary Fiber 4g		8%
Sugars 8g		16%
Protein 10g		20%
Vitamin A 6%	Vitamin C 4%	
Calcium 30%	Iron 5%	
Vitamin D 6%		

*Percent Daily Values are based on a diet of other people's secrets.

Serving Size (Ounces/oz)	Serving Size (Grams/g)	Sugars (grams/g)
If the serving size is:		
1.25 oz	34 g	7 g
1.5 oz	40 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

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 available in the CACFP. For serving size requirements of yogurt in the CACFP, please visit: <https://www.fns.usda.gov/cacfp/foods-and-meals>.

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

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

Step 1

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.

- Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in step 1 to find the serving size of your yogurt in the table below.

Serving Size (ounces)	Serving Size (grams)	Sugars (grams)
If the serving size is:		
2.25 oz	64 g	7 g
1.75 oz	49 g	11 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

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

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

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

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 (flavory unit)	Serving Size (ounces (oz) or grams (g))	Sugars (grams (g))
If the serving size is:		
2.25 oz	64 g	9 g
2.5 oz	69 g	11 g
4 oz	113 g	15 g
5.2 oz	150 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 6 oz (177g)
Servings about 4

Amount Per Serving		% Daily Value*
Calories 130	Calories from Fat 25	
Total Fat 1.5g	3%	
Total Sugars 15g	30%	
Total Carbohydrate 31g	6%	
Protein 10g	20%	
Vitamin A 6%	Vitamin C 4%	
Calcium 20%	Iron 0%	

TIP: If the serving size says "low calorie," check the front of the package to see how many calories 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 available in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/foods-and-meals>.

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

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))	Sugars (Grams (g))
If the serving size is:		
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

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 6 oz (177g) Servings about 4	
Amount Per Serving	% Daily Value*
Calories 100	Calories from Fat 20
Total Fat 0g	0%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 10mg	2%
Potassium 400mg	11%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dairy Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 20%	Iron 0%
Vitamin D 0%	

TIP: If the serving size says "6 oz container," check the front of the package to see how many individual portions 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 available in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/nutrition-and-meals>.

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



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

USDA
United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

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- Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Nutrition Facts

Serving Size 8 oz (227g)
Servings about 4

Amount Per Serving Calories from Fat 20

Calories 120

Total Fat 2g 4%
Saturated Fat 1.5g 3%
Trans Fat 0g

Cholesterol 100mg 20%
Potassium 400mg 10%
Sodium 160mg 3%
Total Carbohydrate 23g 7%
Dietary Fiber 4g 17%
Sugars 9g

Protein 10g

Vitamin A 0% Vitamin C 4%
Calcium 20% Iron 0%

TIP: If the serving size says "per container," check the front of the package to see how many individual portions 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 Size* (Ounces (oz))	Serving Size (Grams (g)) (Use when the serving size is not listed in ounces)	Sugars (grams (g)) (Sugars must not be more than)
If the serving size is:		
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

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

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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



United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

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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.

Nutrition Facts	
Serving Size 8 oz (227g) Servings per container 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 10mg	2%
Potassium 400mg	8%
Sodium 100mg	2%
Total Carbohydrate 23g	5%
Dietary Fiber 4g	8%
Sugars 3g	6%
Protein 10g	20%
Vitamin A 6%	Vitamin C 4%
Calcium 20%	Iron 0%
Vitamin D 0%	

TIP: If the serving size says "per container," check the front of the package to see how many individual 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 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:		
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

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

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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 4



United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

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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.

Nutrition Facts	
Serving Size 8 oz (227g) Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 0g	3%
Saturated Fat 1.0g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 20%	Iron 0%
Vitamin D 0%	

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

Serving Size (Ounces (oz))	Serving Size (Grams (g))	Sugars must not be more than (g)
If the serving size is:		
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

- 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.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Click 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 available in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/foods-and-meals>.

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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





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) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	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	5.5 oz	156 g	21 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	15

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.

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

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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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) <small>(Use only the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use only the serving size is not listed in ounces)</small>	Sugars
If the serving size is:			If the serving size is:		
1 oz	28 g	Sugars must not be more than: 4 g	4.75 oz	135 g	38 g
1.25 oz	35 g	5 g	5 oz	142 g	39 g
1.5 oz	43 g	6 g	5.25 oz	149 g	40 g
1.75 oz	50 g	7 g	5.5 oz	156 g	41 g
2 oz	57 g	8 g	5.75 oz	163 g	42 g
2.25 oz	64 g	9 g	6 oz	170 g	43 g
2.5 oz	71 g	10 g	6.25 oz	177 g	44 g
2.75 oz	78 g	11 g	6.5 oz	184 g	45 g
3 oz	85 g	11 g	6.75 oz	191 g	46 g
3.25 oz	92 g	12 g	7 oz	198 g	47 g
3.5 oz	99 g	13 g	7.25 oz	206 g	48 g
3.75 oz	106 g	14 g	7.5 oz	213 g	49 g
4 oz	113 g	15 g	7.75 oz	220 g	50 g
4.25 oz	120 g	16 g	8 oz	227 g	51 g
4.5 oz	128 g	17 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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Non-Creditable Yogurt Products

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





Milk Component

Updates

- **More defined age groups for milk**
- **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**

Breastmilk Past 12 Months

- **May be served to children of any age**
- **Reimbursable:**
 - If a parent/guardian provides expressed breastmilk
 - A mother breastfeeds her child onsite
- **May be served in combination with other milk types**
 - E.g., mother brings $\frac{1}{4}$ cup for 1 year old, provider would supply $\frac{1}{4}$ cup whole unflavored milk for a total of $\frac{1}{2}$ cup serving

One Year Olds

- **Most 1 year olds need whole milk**
 - Provides higher fat content
- **Whole unflavored milk is required at breakfast, lunch, & supper**
 - Optional at snack
- **Serve 4 fl oz (½ cup) of unflavored whole milk**



Transition Period

- **One-month transition period is allowable**
 - Switch from whole milk to low-fat or fat-free milk
- **Children 24 months to 25 months may be served**
 - Whole milk or reduced-fat (2%) milk

2 to 5 Year Olds

- **Serve unflavored low-fat (1%) milk or fat-free (skim) milk**
- **Minimum serving sizes**
 - 2 years, 4 fl oz or 1/2 cup
 - 3-5 years, 6 fl oz or 3/4 cup
- **Flavored milk is not reimbursable**

6 Year Olds +

- **Options:**
 - unflavored low-fat (1%) or fat-free (skim) milk
 - **flavored** fat-free milk
- **Minimum serving sizes**
 - 8 fl oz or 1 cup
- **Flavored Milk**
 - Serve **only fat-free flavored milk**
 - Adding syrup or flavored milk powder is only allowed for **fat-free plain milk**



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



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)	½ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	½ 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)	½ 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.



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



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, $\frac{1}{2}$ 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	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Natural or processed cheese	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	$\frac{1}{4}$ cup (1 ounce)	$\frac{1}{2}$ cup (2 ounces)	$\frac{1}{2}$ cup (4 ounces)
Eggs	$\frac{1}{2}$ large egg	$\frac{1}{2}$ large egg	1 large egg
Lean meat, poultry, or fish	$\frac{1}{2}$ 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)	$\frac{1}{4}$ cup (1.1 ounces) with at least 2.5 grams of protein	$\frac{1}{4}$ cup (2.2 ounces) with at least 5 grams of protein	$\frac{1}{2}$ 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://teamnnutrition.usda.gov>.



Serving Sizes for M/MA at Breakfast



United States Department of Agriculture

Serving

Breakfasts in the fruits, and grains 3 times per week

Here's how to in
 • Substitute 1
 • Substitute 1

Ounce equivalent is equal to 2 table meat/meat altern reimbursable me

A Closer L
 If you plan to off grains. The table at breakfast.

Minimum amount meat alternates when served in grains at break

- Beans or peas (c
- Natural or proe
- Cottage or ricot
- Eggs
- Lean meat, pou
- Peanut butter, s
- butterm, or other seed butters
- Tofu (store-bou
- commercially p
- Yogurt (includi
- soy yogurt)

Note: When you

	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)

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



	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 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, how much yogurt do you need to serve?

- 1/8 cup**
- 1/4 cup**
- 1 tablespoon**
- 1/2 tablespoon**

Answer

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

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, how much yogurt do you need to serve?

- 1/8 cup
- ¼ cup
- 1 tablespoon
- ½ tablespoon

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 breakfast?

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 breakfast?

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?

1. You may serve meat and meat alternatives 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 alternatives 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 (1/4 cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

Answer Key:

FNS-657 February 2018

USDA is an equal opportunity provider, employer, and lender.

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>.

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 breakfast?

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 breakfast?

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?

1. You may serve meat and meat alternatives in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternatives 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 alternatives in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternatives 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 (½ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

Answer Key:

FNS-657 February 2018
USDA is an equal opportunity provider, employer, and lender.

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

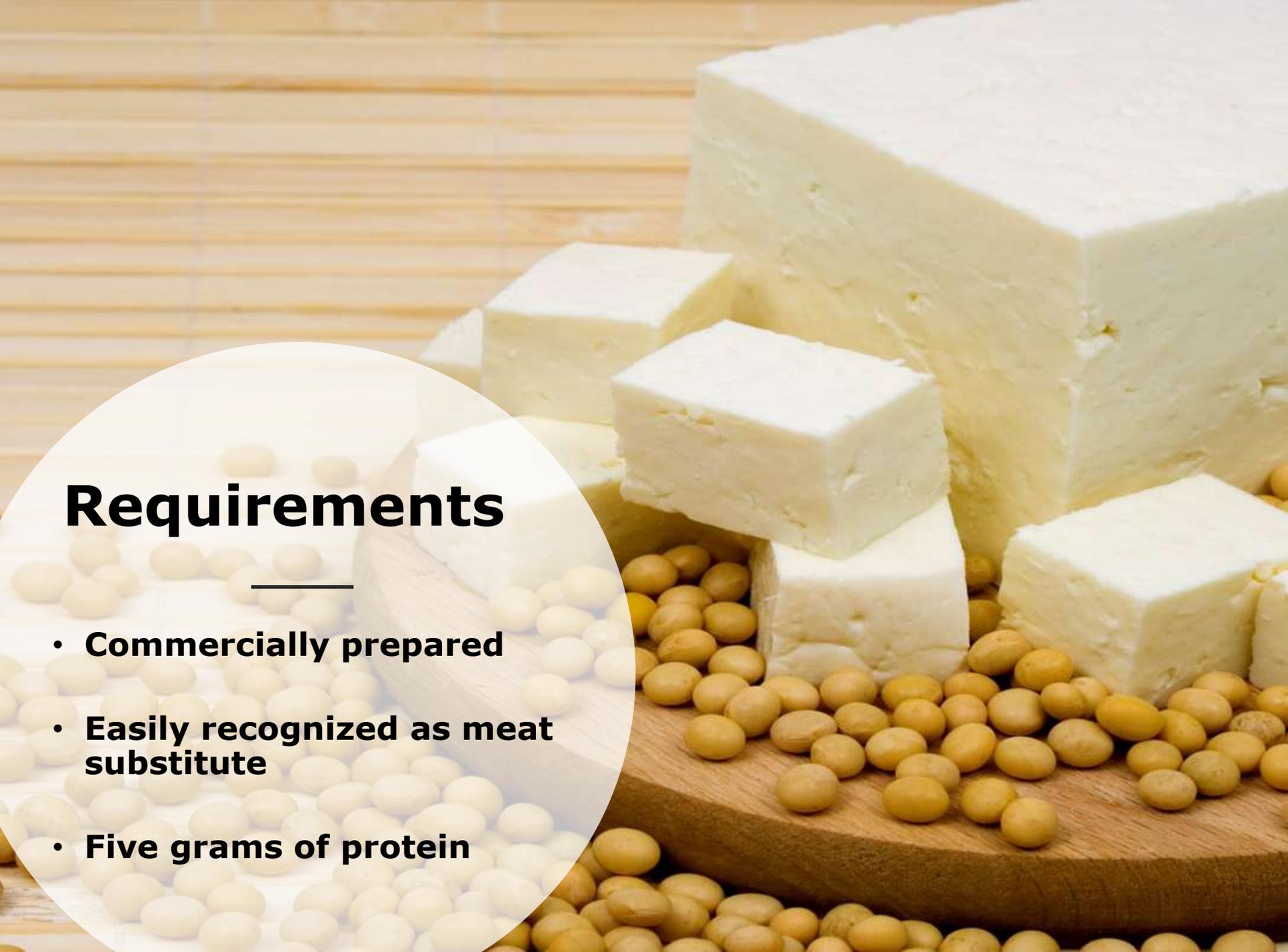
Meat/Meat Alternates Combined with Other Components

	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			



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 ($\frac{1}{4}$ cup) by weight to credit as 1 ounce of M/MA**

Other M/MA

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



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



Family Style Meal Service

“(FSMS) allows children & adults to serve themselves from common serving bowls & platters of food...”

Supervising adults may provide assistance as needed



Benefits of FSMS

- Promotes social, emotional, & motor skills
- Encourages children to try new foods
- Provides control over eating for children & adults

FSMS Guidelines

- **Place enough food at each table to provide the required portions**
 - Children & supervising adults (optional)
- **Example:**
- **3 children (3-5 years) & 1 supervising adult**
 - Minimum serving size is $\frac{1}{4}$ cup for sliced apples
 - Place 1 cup of sliced apples in shared bowl
 - Includes $\frac{1}{4}$ cup for supervising adult

Each participant and supervising adult would serve themselves $\frac{1}{4}$ cup to meet the minimum requirement for fruit component

Portion Amount

- **Children & adults may take smaller portions than required**
- **Actively encourage participants to take the full serving**
- **If the food is refused, do not force**
 - Meals are reimbursable as long as all food components are offered

Supervising Adults in FSMS

- **Eating meals with children is one of the most important ways of promoting healthy eating habits**
- Supervising adult meals are not reimbursable but are an allowable expense

CACFP Infant & Child Meal Pattern Menu Plans

CACFP Child Menu Changes Plan

Did you check "No" on any items in the Checklist? Use the space below to plan what you will change to meet the new CACFP Meal Patterns.

Menu	Planned Improvement			
<i>Specific - what is the menu item you are setting the goal for?</i>	<i>Measurable - how will you measure that the goal has been met?</i>	<i>Achievable - do you have the skills and resources to meet the goal?</i>	<i>Relevant - why is the result important?</i>	<i>Time-Bound - what is the time frame for accomplishing this goal?</i>
<i>Example: granola bars are served at snack</i>	<i>Items removed from menu</i>	<i>Yes, instead of granola bars, serve whole grain crackers or cereal to replace the granola bars as the grain</i>	<i>To comply with CACFP meal pattern requirements</i>	<i>Replace item by Tuesday, April 2, 2019</i>

Notes:

Share your SMART Goals

Creating positive meal time experiences



Reward & Punishment

Using food as a reward for good behavior or punishment for less pleasing behaviors may:

- Negative effect on development & socialization
- Rewards may lead to unhealthy relationship with food
- Punishment may cause overeating

Not allowed in CACFP facilities

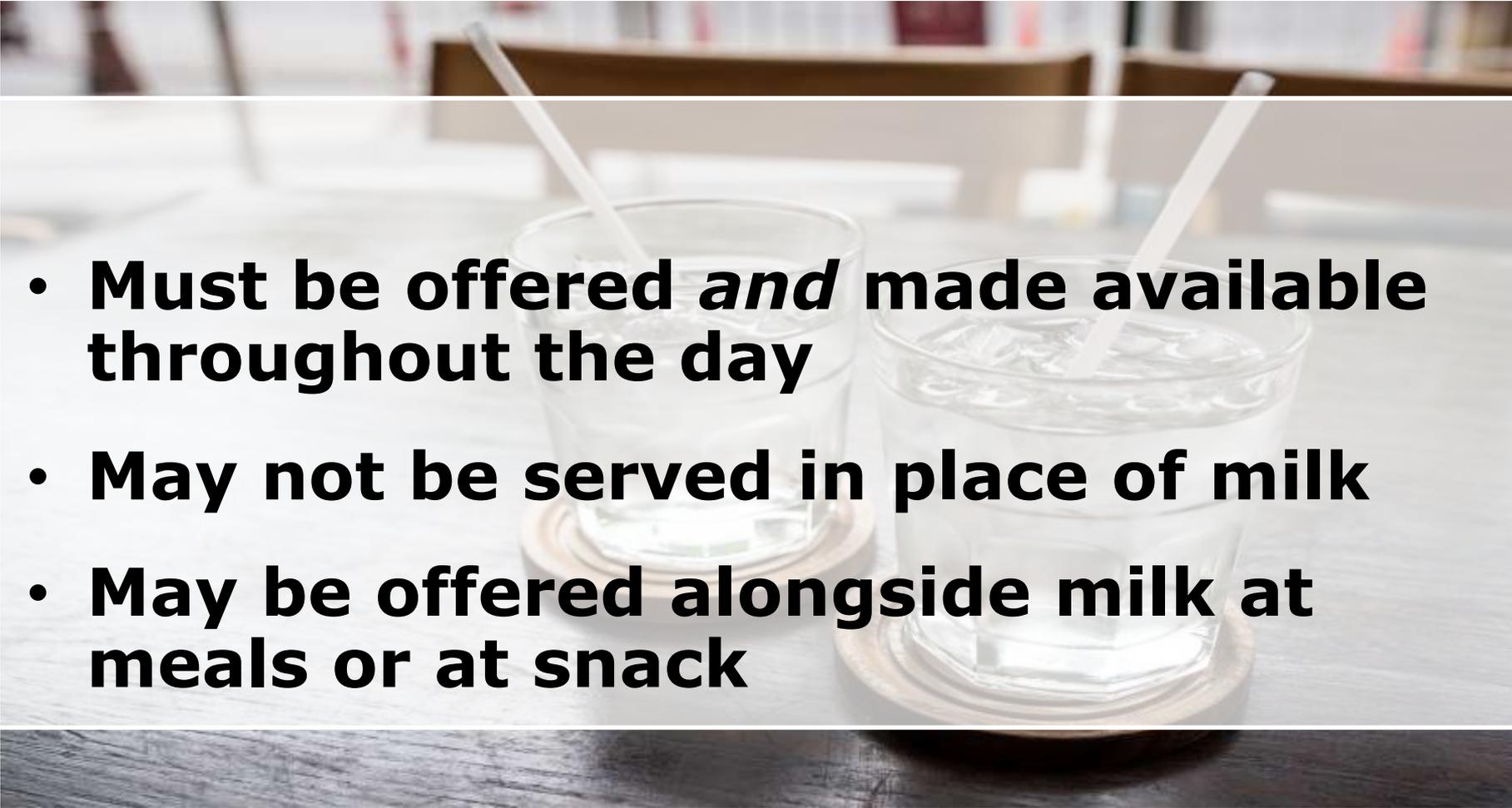
Forcing Children to Eat

- Causes children to eat more than they need
- Fail to listen to hunger cues
- Increases risk of being overweight

Not allowed in CACFP facilities



Serving Water in CACFP

- 
- A photograph of two clear plastic glasses filled with water and ice, each with a white straw. The glasses are placed on a light-colored wooden table. The background is slightly blurred, showing what appears to be a library or study area with bookshelves.
- **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**



CACFP Best Practices



INFANTS

- Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care
- Offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed



Visit cacfp.org for more information.
CACFP is an indicator of quality Child Care.
This institution is an equal opportunity provider.

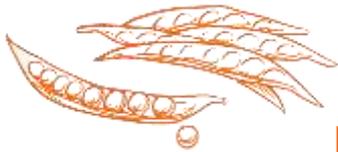
CACFP Best Practices



FRUIT

Make at least 1 of the 2 required components of a snack a fruit (or a vegetable)

- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice



VEGETABLE

Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week



Visit cacfp.org for more information.
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CACFP Best Practices



- Serve only unflavored milk to all participants
If flavored milk is served to children 6 years old and older, or adults, use the **Nutrition Facts Label** to **select and serve flavored milk that contain no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar** if flavored milk within this sugar limit is not available
- Serve water as a beverage when serving yogurt in place of milk for adult



NATIONAL CACFP ASSOCIATION
Visit cacfp.org for more information.
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CACFP Best Practices



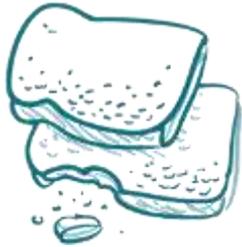
MEAT/MEAT ALTERNATIVES

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses



Visit cacfp.org for more information.
CACFP is an indicator of quality Child Care.
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CACFP Best Practices



GRAINS

Provide at least two servings of whole grain-rich grains per day



Visit cacfp.org for more information.
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**What has been
successful at your
facility?**



Food Buying Guide for Child Nutrition Programs



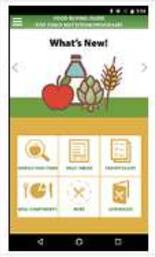
The Food Buying Guide for Child Nutrition Programs provides current information in one manual to help you and your purchasing agent:

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



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

- The Interactive Product Formulation State allowing manufacturers to easily calculate contribution statement and generate credit documentation.
- The Recipe Analysis Workbook, which helps operators determine the meal pattern recipes! Easily search for creditable ingredients, meal pattern contribution, and print contribution statement.
- The FBG Calculator, designed to assist Program operators in creating a simplified food ordering needs for their program.



The Food Buying Guide Mobile App provides yield information to help you make decisions from your mobile device. Download...



The Food Buying Guide is available for download and...

Last Published: 01/29/2019

Food Buying Guide



- > [Team Nutrition Home](#)
- How To Apply**
 - > [Become a TN School](#)
 - > [Become a TN CACFP Organization](#)
- Popular Topics**
 - > [About Team Nutrition](#)
 - > [MyPlate](#)
 - > [Resource Library](#)
 - > [Resource Order Form](#)
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- Other Useful Links**
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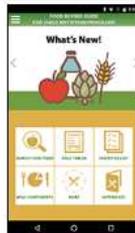
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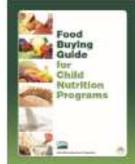


The Food Buying Guide Goes Digital! The Web-based Interactive Food Buying Guide allows you to: easily search and navigate food yields, compare food yields, and create and save favorite foods lists. It also includes:

- The Interactive Product Formulation Statement Workbook, allowing manufacturers to easily calculate their product's contribution statement and generate crediting documentation.
- The Recipe Analysis Workbook, which helps program operators determine the meal pattern contribution for recipes! Easily search for creditable ingredients, calculate the meal pattern contribution, and print a contribution statement.
- The FBG Calculator, designed to assist Child Nutrition Program operators in creating a shopping list to streamline food ordering needs for their programs.



The Food Buying Guide Mobile App provides quick access to food yield information to help you make quick purchasing decisions from your mobile device. Download it today.



The Food Buying Guide for Child Nutrition Programs is available to download and/or print as a PDF.

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



Food Buying Guide for Child Nutrition Programs

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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)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

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



Food Buying Guide for Child Nutrition Programs

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- [HOME](#)
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FBG Calculator		Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTE



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS



Food Buying Guide for Child Nutrition Programs

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- [HOME](#) ▾
- [MEAL COMPONENTS](#) ▾
- [FOOD ITEMS](#) ▾
- [TOOLS](#) ▾
- [APPENDIXES](#) ▾
- [HELP](#) ▾
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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](#)



Food Buying Guide for Child Nutrition Programs

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- HOME
- MEATS/MEAT ALTERNATES
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- TOOLS
- APPENDICES
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MEATS/MEAT ALTERNATES



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VEGETABLES



GRAINS



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U.S. DEPARTMENT OF AGRICULTURE

- HOME ▾
- MEAL COMPONENTS ▾
- FOOD ITEMS ▾
- TOOLS ▾
- APPENDIXES ▾
- HELP ▾
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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.



Food Buying Guide for Child Nutrition Programs

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- HOME ▾
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- FOOD ITEMS ▾
- TOOLS ▾
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MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS



Training Video



[Chapter 1: Introduction](#)

[Chapter 2: Navigating via Home Page Buttons](#)

[Chapter 3: Navigating via Top Navigation Menu](#)

[Training Video Transcript](#)

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/>

Questions?

Post-assessment

Comprehensive Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, and flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False

3. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
 - a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
 - b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
 - c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
 - d. two types of vegetables from different sub-groups.

5. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein



7. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

8. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - a. True
 - b. False

9. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 23 grams, 6 ounces

10. How many times can a CACFP operator serve juice to children and adults in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day

11. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years

12. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three

13. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

14. Each day, at least _____ serving(s) of grains must be whole grain-rich.
- one
 - three
 - zero
 - two
15. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
- three
 - five
 - six
 - thirteen



Milk Component Updates Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
 - a. whole and low-fat (1%) milk only
 - b. whole, breastmilk, flavored reduced-fat (2%) milk
 - c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
 - d. whole, low-fat (1%), breastmilk, or fat-free milk only
2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
 - a. True
 - b. False
3. Which age groups can a CACFP operator serve fat-free flavored milk?
 - a. 3-5 years
 - b. 5-12 years
 - c. 1-12 years
 - d. 6-12 years
4. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s). Select the best answer.
 - a. one
 - b. two
 - c. zero
 - d. three
5. When serving children flavored water, A CACFP operator must also make plain water available. True or False?
 - a. True
 - b. False

Meat and Meat Alternates Component Updates Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than _____ grams of sugar per _____ ounces.
 - a. 20 grams, 4 ounces
 - b. 23 grams, 1 ounce
 - c. 23 grams, 6 ounces
 - d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
 - a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
 - b. Contains five grams of protein, appealing to children, and contains four grams of protein
 - c. Commercially prepared, 100% soy product, contains three grams of protein
 - d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

3. Which item is a non-creditable yogurt product?
 - a. Drinkable yogurt
 - b. Homemade yogurt
 - c. Yogurt flavored products
 - d. All of the above

4. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
 - a. Two
 - b. Three
 - c. One
 - d. Zero

Vegetable and Fruit Component(s) Updates Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. How many times can a CACFP operator serve juice to children and adults in a single day?
 - a. 3 times per day
 - b. 1 time per day
 - c. 0 times per day
 - d. 4 times per day

2. Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
 - a. The meal with the highest reimbursement rate that contains juice
 - b. The meal with the lowest reimbursement rate that does not contain juice
 - c. All meals and snacks in which the juice was served
 - d. The meal or snack with the lowest reimbursement rate that contains juice

3. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____ . Select the best answer.
 - a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
 - b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
 - c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
 - d. two types of vegetables from different sub-groups.

4. Vegetables and fruits are still a single component at _____. Select the best answer.
 - a. breakfast.
 - b. lunch.
 - c. snack.
 - d. supper.

5. Juice blends now credit as a fruit only in the updated requirements. True or False?
 - a. True
 - b. False

6. If a CACFP operator has a morning group and an afternoon group, can he/she serve juice to both groups as part of a reimbursable meal or snack?
 - a. Yes
 - b. No

Grains Component Updates Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Which item is not a grain-based dessert?
 - a. Cinnamon breakfast round
 - b. Strawberry granola bar
 - c. English muffin
 - d. Sweet potato pie

2. Each day, at least _____ serving(s) of grains must be whole grain-rich.
 - a. One
 - b. Three
 - c. Zero
 - d. Two

3. Breakfast cereals must contain no more than _____ grams of sugar per dry ounce.
 - a. three
 - b. five
 - c. six
 - d. thirteen

4. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
 - a. True
 - b. False

5. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript _____.
 - a. 1 and 2
 - b. 2 and 3
 - c. 3 and 4
 - d. 4 and 5

6. When using the rule of three, disregard any ingredients after the words "contains 2% or less." True or False?
 - a. True
 - b. False

Child and Adult Meal Service Updates Post-Assessment

Non-Name Identifier _____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Family style meal service is now required in all child and adult care settings. True or False?
 - a. True
 - b. False

2. When using offer versus serve at breakfast, you must offer _____, in the minimum serving sizes .
 - a. four different food items
 - b. three different food component
 - c. two different food items from three different components
 - d. four different food components

3. Rewards and punishment are not allowed in CACFP-operated facilities. True or False?
 - a. True
 - b. False

4. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
 - a. Pan-frying
 - b. Deep-fat frying
 - c. Stir-frying
 - d. All of the above

5. When serving meals family style, _____ are the only exception(s), children are not required to serve themselves (with/without a supervising adult).
 - a. milk
 - b. water
 - c. milk and juice
 - d. milk, juice, and water

6. When serving meals offer versus serve, a combination food contains _____.
 - a. more than one food item from different food components that cannot be separated.
 - b. less than two food items from different food components that cannot be separated.
 - c. more than two food items from the same food components.
 - d. less than three ingredient from different food components.