New Meal Pattern Implementation Training

June/July 2017
Ground Rules

• Be a team player
• Be respectful of everyone
• Please, no side conversations – they are disruptive to everyone
• Turn your mind on & electronic devices to silent or off
• Keep questions for the end of each segment – index cards are on tables for you to write them down as we go
Purpose of the Update

- Align the CACFP meal pattern with the Dietary Guidelines for Americans (DGA)
- Address the current health status of children & adults
- Enhance the nutritional quality of meals & snacks
- Help children develop healthy eating habits
CACFP Operators/Providers must implement updated meal pattern requirements by October 1, 2017
Infant Meal Pattern Requirements
Infant Meal Pattern

• Meals are reimbursable when a mother breastfeeds on-site
• Features two age groups: Birth – 5 months and 6 – 11 months
• Provides more nutritious meals and snacks
   Vegetables & fruits must be served at snack for older age group
   Juice, cheese food, or cheese spread are no longer credible
   Yogurt, cheese, cottage cheese & whole eggs are allowable meat alternates
   Ready-to-eat cereals are allowed at snack only for older infants.
Meal Patterns Previous vs Updated

**Previous Age Groups**

- Birth - 3 months
- 4 - 7 months
- 8 - 11 months

**Updated Age Groups**

- Birth - 5 months
- 6 - 11 months
Encourages Breastfeeding

• Breastmilk is the optimal source of nutrients

• Birth through the end of 5 months
  ◆ Breastmilk or infant formula is the only meal component required
  ◆ Minimum serving size is 4 – 6 oz of breastmilk (or infant formula)
Promotes Developmental Readiness

• Delays the introduction of solid foods until around 6 months
• Most infants are not ready to consume solid foods until midway through the first year
• Introduction of solid foods too soon increases the risk of obesity
Allows More Nutritious Foods

• Foods from all food components may be served around 6 months, when developmentally ready

• Breakfast, Lunch, & Supper
  ❖ Breastmilk or iron-fortified infant formula
  ❖ Infant cereal, meat/meat alternates, or a combination of both
  ❖ Vegetable or fruit, or a combination of both

• Snack
  ❖ Breastmilk or iron-fortified cereal
  ❖ Grains
  ❖ Vegetable or fruit, or a combination of both
## Infant Food Chart

<table>
<thead>
<tr>
<th></th>
<th>Birth through 5 months</th>
<th>6 through 11 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Milk or Formula</td>
<td>4-6 fluid ounces</td>
<td>6-8 fluid ounces; and</td>
</tr>
<tr>
<td>Fruit or Vegetable or combination</td>
<td>0-2 Tbsp.; and</td>
<td></td>
</tr>
<tr>
<td>Grain or Meat/Meat Alternate or combination</td>
<td>0-4 Tbsp. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch/Supper</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Milk or Formula</td>
<td>4-6 fluid ounces</td>
<td>6-8 fluid ounces; and</td>
</tr>
<tr>
<td>Fruit or Vegetable or combination</td>
<td>0-2 Tbsp.; and</td>
<td></td>
</tr>
<tr>
<td>Grain or Meat/Meat Alternate or combination</td>
<td>0-4 Tbsp. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination</td>
<td></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Milk or Formula</td>
<td>4-6 fluid ounces</td>
<td>2-4 fluid ounces; and</td>
</tr>
<tr>
<td>Fruit or Vegetable or combination</td>
<td>0-2 Tbsp.; and</td>
<td></td>
</tr>
<tr>
<td>Grain</td>
<td></td>
<td>0-1/2 slice bread; or 0-4 Tbsp. infant cereal or ready-to-eat cereal; or 0-2 crackers</td>
</tr>
</tbody>
</table>
Focuses on Serving Sizes

• Food components beginning with “zero”
  ❖ Recognizes that all infants are not ready for solid foods at 6 months

• By 7 or 8 months, infants should be consuming solid foods from all food groups.
Focuses on Eating Habits

• Recognizes eating habits may change
  ❖ Some infants may eat certain foods one week/day, but not the next
  ❖ Meals & snacks consistent with eating habits should not be disallowed
Developmental Readiness

• Introducing solid foods too early:
  ❖ Causes choking
  ❖ Consumes less breast milk or formula

• Serve solid foods when infants are developmentally ready
When Are They Ready?

- Sits in a chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight

According to the American Academy of Pediatrics (AAP) Developmental Readiness Guidelines
Providing Food Components

• Parents/guardians may provide only one creditable food component for a reimbursable meal
  ❖ i.e.; provide breastmilk = 1 component

• Child care providers must provide remaining components
Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- No longer credits toward a reimbursable meal for infants
Fluid Milk Component
One Year Olds

• Most 1 year olds need whole milk
  ❖ Provides higher fat content
  ❖ Promotes healthy growth & development

• Whole unflavored milk is required at breakfast, lunch, & supper
  ❖ Optional at snack

• Serve 4 fl oz (1/2 cup) of unflavored whole milk
Breastmilk Past Age One

• May be served as a fluid milk to children of any age
• Reimbursable
  ❖ If a parent/guardian provides expressed breastmilk
  ❖ A mother breastfeeds her child on-site

• May be served in combination with other milk types for a reimbursable meal
  ❖ i.e., mother brings ¼ cup for 1 year old, provider would supply ¼ cup whole unflavored milk for a total of ½ cup serving
Transition Period

• One-month transition period is allowable
  ◆ Switch 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
Two to Five Year Olds

• Serve unflavored low-fat (1%) milk or fat-free (skim) milk

• Minimum serving sizes
  ❖ 2 years – 4 fl oz or ½ cup
  ❖ 3-5 years – 6 fl oz or ¾ cup

• Flavored milk is not reimbursable
6 year olds +

• Serve unflavored or low-fat (1%) milk or fat free (skim) milk
• Minimum serving size
  ❖ 8 fl oz or 1 cup
• Flavored Milk
  ❖ Serve only fat-free flavored milk (best practice recommendation – contain no more than 22 grams of sugar per 8 fluid ounces)
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 statement (CCM’s form) is required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow’s milk...”
Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- Breastmilk
- Iron-fortified formula

Breastmilk is allowed at any age in CACFP.

12 months through 23 months

- Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years

- Unflavored fat-free (skim) milk
- Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored low-fat (1%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- Unflavored fat-free (skim) milk
- Flavored fat-free (skim) milk
- Unflavored low-fat (1%) milk

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.
Try It Out!
Milk Matters!

Use the information on the front of the page to answer the questions below. Check your answers with the Answer Key below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

<table>
<thead>
<tr>
<th>Maya’s Age:</th>
<th>Darrick’s Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type(s) of Milk:</td>
<td>Type(s) of Milk:</td>
</tr>
</tbody>
</table>

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

<table>
<thead>
<tr>
<th>Olivia’s Age:</th>
<th>Type(s) of Milk:</th>
</tr>
</thead>
</table>

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

---

FNS-654 April 2017
USDA is an equal opportunity provider, employer, and lender.
Water

- Drinking plenty of water is important
- Must be offered and made available throughout the day to children
- Meal times: Water is not a part of the reimbursable meal
  - May not be offered in the place of milk
  - May be offered alongside milk at meals
# Child and Adult Care Food Program

## Food Chart

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Fluid Milk</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 Vegetable/Fruit</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>1 Grain/Bread</td>
<td>1/2 slice</td>
<td>1/2 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>- Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Biscuit/Roll/Muffin/Cornbread</td>
<td>1/2 serving</td>
<td>1/2 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>- Cold Dry Cereal (flakes or rounds)</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>- Hot Cooked Cereal</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch/Supper</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Fluid Milk</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 Fruit</td>
<td>1/8 cup</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>1 Vegetable</td>
<td>1/8 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>1 Grain/Bread</td>
<td>1/2 slice</td>
<td>1/2 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>- Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Biscuit/Roll/Muffin/Cornbread</td>
<td>1/2 serving</td>
<td>1/2 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>- Pasta/Noodles/Grains</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>1 Meat/Meat Alternate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Meat/Poultry/Fish</td>
<td>1 oz.</td>
<td>1 1/2 oz.</td>
<td>2 oz.</td>
</tr>
<tr>
<td>- Cheese</td>
<td>1 oz.</td>
<td>1 1/2 oz.</td>
<td>2 oz.</td>
</tr>
<tr>
<td>- Large Egg</td>
<td>1/2 egg</td>
<td>3/4 egg</td>
<td>1 egg</td>
</tr>
<tr>
<td>- Cooked Dry Beans or Peas</td>
<td>1/4 cup</td>
<td>3/8 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>- Peanut Butter or Nut/Seed Butters</td>
<td>2 Tbsp.</td>
<td>3 Tbsp.</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>- Tofu</td>
<td>1 oz.</td>
<td>1 1/2 oz.</td>
<td>2 oz.</td>
</tr>
<tr>
<td>- Yogurt</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack (Select at least two different components from the following five)</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Fluid Milk</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 Fruit</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>1 Vegetable</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>1 Grain/Bread</td>
<td>1/2 slice or serving</td>
<td>1/2 slice or serving</td>
<td>1 slice or serving</td>
</tr>
<tr>
<td>1 Meat/Meat Alternate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Cheese</td>
<td>1/2 oz.</td>
<td>1/2 oz.</td>
<td>1 oz.</td>
</tr>
<tr>
<td>- Large Egg</td>
<td>1/2 egg</td>
<td>1/2 egg</td>
<td>1/2 egg</td>
</tr>
<tr>
<td>- Peanut Butter or Nut/Seed Butters</td>
<td>1 Tbsp.</td>
<td>1 Tbsp.</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>- Yogurt</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>
Meat/Meat Alternates

- Breakfast: May be served in place of the grain component for a maximum of 3 times per week
- Increases variety on the menu
- Allows more flexibility when planning menus
Crediting Guideline

• Serving m/ma in place of grains:
  ❖ 1 oz of m/ma credits as 1 serving of grains

• Menu Example:
  ❖ Cheese Omelet (Credits as the m/ma)
  ❖ Fruit
  ❖ Milk
## MEAT/MEAT ALTERNATE 1 OUNCE EQUIVALENTS

1 SERVING OF GRAIN EQUALS 1 OUNCE EQUIVALENT OF MEAT/MEAT ALTERNATE
1/2 SERVING OF GRAIN EQUALS 1/2 OUNCE EQUIVALENT OF MEAT/MEAT ALTERNATE
2 SERVINGS OF GRAIN EQUALS 2 OUNCE EQUIVALENT OF MEAT/MEAT/ALTERNATE

<table>
<thead>
<tr>
<th>1 OUNCE OF COOKED LEAN MEAT/POULTRY/FISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 OUNCE NATURAL OR PROCESSED CHEESE</td>
</tr>
<tr>
<td>2 OUNCES COTTAGE OR RICOTTA CHEESE</td>
</tr>
<tr>
<td>1/4 CUP COOKED BEANS OR LEGUMES</td>
</tr>
<tr>
<td>1/2 LARGE EGG</td>
</tr>
<tr>
<td>2 TABLESPOONS PEANUT BUTTER OR OTHER NUT BUTTER</td>
</tr>
<tr>
<td>1 OUNCE NUTS OR SEEDS</td>
</tr>
<tr>
<td>1/2 CUP (4 OUNCES) YOGURT CONTAINING NO MORE THAN 23 GRAMS OF SUGAR PER 6 OUNCES</td>
</tr>
<tr>
<td>2.2 OUNCES (1/4 CUP) COMMERCIALLY PREPARED TOFU CONTAINING AT LEAST 5 GRAMS OF PROTEIN</td>
</tr>
</tbody>
</table>

*CHILDREN 1-2 AND 3-5 YEARS OF AGE REQUIRE 1/2 OF THE SERVING SIZE LISTED IN THE TABLE

*CHILDREN 6-12 AND 13-18 YEARS OF AGE REQUIRE THE SERVING SIZE LISTED IN THE TABLE

*ADULTS REQUIRE DOUBLE THE SERVING SIZE LISTED IN THE TABLE
Tofu

- Commercial tofu & soy yogurt to credit as a m/ma
- Does not credit toward reimbursable meals for infants
Using Tofu

• Forms: Silken, soft, firm, extra firm

• Commercially prepared tofu
  ▶ Must be easily recognized as meat substitute
  ▶ Must meet protein requirements
    ✓ 5 grams of protein per 2.2 ounces (1/4 cup) by weight
Non-Creditable Tofu

• Tofu such as soft or silken, used to add texture or enhance nutrients in foods
• Non-commercial & non-standardized tofu & soy products are not creditable

• WHY?
  ❖ Not recognizable & safety concerns
Yogurt

• Yogurt must contain no more than 23 grams of total sugars per 6 oz....
Calculation

- Find sugar content
- Find serving size
- Divide serving into sugar

45 grams sugar

23 grams serving size

1.956

0.135 or less when grams
3.83 or less when ounces

NO
### Yogurt with Mixed Berry

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Look at the Serving Size on the yogurt. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?

Write it here: _________

**Step 3:** Find the amount for Sugars.

Write it here: _________

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

(Sugars) _________

(Serving Size)

Is it creditable? _________

### Strawberry Yogurt

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Look at the Serving Size on the yogurt. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?

Write it here: _________

**Step 3:** Find the amount for Sugars.

Write it here: _________

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

(Sugars) _________

(Serving Size)

Is it creditable? _________

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 2.5 oz (71g)</th>
<th>Servings Per Container: 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 120</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat: 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 45mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate: 26g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber: 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars: 16g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein: 3g</td>
<td>4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size: 1 Container (100g)</th>
<th>Servings Per Container: 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 100</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat: 1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Potassium: 5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium: 41mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate: 12g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars: 11g</td>
<td>16%</td>
</tr>
<tr>
<td>Protein: 6g</td>
<td>16%</td>
</tr>
</tbody>
</table>
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.

**TIP:** If the serving size says “serving size” or “net weight,” 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: ____________

- [ ] Yes  - [ ] No

*Serving size has been referred to those commonly found for store-bought yogurt. Homemade yogurt is not included in the CACFP. For serving size requirements if yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/mail-and-snacks.

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

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Serving Size</th>
<th>Sugars</th>
<th>Serving Size</th>
<th>Serving Size</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces (oz)</td>
<td>Grams (g)</td>
<td></td>
<td>Ounces (oz)</td>
<td>Grams (g)</td>
<td></td>
</tr>
<tr>
<td>1 oz</td>
<td>28 g</td>
<td>4 g</td>
<td>4 1/8 oz</td>
<td>135 g</td>
<td>18 g</td>
</tr>
<tr>
<td>1.25 oz</td>
<td>33 g</td>
<td>5 g</td>
<td>6 oz</td>
<td>142 g</td>
<td>19 g</td>
</tr>
<tr>
<td>1.5 oz</td>
<td>38 g</td>
<td>6 g</td>
<td>5 oz</td>
<td>149 g</td>
<td>20 g</td>
</tr>
<tr>
<td>1.75 oz</td>
<td>43 g</td>
<td>7 g</td>
<td>5 oz</td>
<td>150 g</td>
<td>20 g</td>
</tr>
<tr>
<td>2 oz</td>
<td>50 g</td>
<td>8 g</td>
<td>5 oz</td>
<td>156 g</td>
<td>21 g</td>
</tr>
<tr>
<td>2.25 oz</td>
<td>57 g</td>
<td>9 g</td>
<td>5 oz</td>
<td>165 g</td>
<td>22 g</td>
</tr>
<tr>
<td>2.5 oz</td>
<td>64 g</td>
<td>10 g</td>
<td>5 oz</td>
<td>170 g</td>
<td>22 g</td>
</tr>
<tr>
<td>2.75 oz</td>
<td>71 g</td>
<td>11 g</td>
<td>6 oz</td>
<td>177 g</td>
<td>24 g</td>
</tr>
<tr>
<td>3 oz</td>
<td>78 g</td>
<td>12 g</td>
<td>6 oz</td>
<td>184 g</td>
<td>25 g</td>
</tr>
<tr>
<td>3.25 oz</td>
<td>85 g</td>
<td>13 g</td>
<td>6 oz</td>
<td>191 g</td>
<td>26 g</td>
</tr>
<tr>
<td>3.5 oz</td>
<td>92 g</td>
<td>13 g</td>
<td>7 oz</td>
<td>198 g</td>
<td>27 g</td>
</tr>
<tr>
<td>3.75 oz</td>
<td>99 g</td>
<td>13 g</td>
<td>7 oz</td>
<td>206 g</td>
<td>28 g</td>
</tr>
<tr>
<td>4 oz</td>
<td>106 g</td>
<td>14 g</td>
<td>7 oz</td>
<td>213 g</td>
<td>29 g</td>
</tr>
<tr>
<td>4.25 oz</td>
<td>113 g</td>
<td>15 g</td>
<td>7 oz</td>
<td>220 g</td>
<td>30 g</td>
</tr>
<tr>
<td>4.5 oz</td>
<td>120 g</td>
<td>16 g</td>
<td>7 oz</td>
<td>227 g</td>
<td>31 g</td>
</tr>
</tbody>
</table>

### Yogurts To Serve in the CACFP

<table>
<thead>
<tr>
<th>Yogurt Brand</th>
<th>Flavor</th>
<th>Serving Size (oz or g)</th>
<th>Sugars (g):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yummy Yogurt</td>
<td>Vanilla</td>
<td>6 oz</td>
<td>13</td>
</tr>
</tbody>
</table>

*The amount of sugar in a yogurt might change. Even if you always buy the same brand and flavor 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 credible.
Using Yogurt

• Use commercial yogurt products only
• Soy yogurt is a dairy-free option. ½ cup (4.0 fluid oz) = 1.0 ounce equivalent meat alternate
• 4 oz credits as 1 oz of meat alternate
Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt flavored fruits & nuts
- Yogurt in commercially prepared smoothies
Other Meat Alternates

- Nuts & seeds
- Dry beans and peas
- Eggs
- Cheese
Vegetables & Fruits

- Most children do not eat enough vegetables and fruits
- Often they are prepared with added salt, sugar, solid fat, and refined starch
- Separating vegetable and fruit components into two components
- Limits the service of juice to once per day
Separation of Vegetables & Fruits

- Breakfast: 1 food component
- Lunch & Supper: 2 food components
- Snack: Optional
  - 2 food components
Increase Vegetable Consumption

• Lunch & Supper: A vegetable may be used to meet the entire fruit component
• Must be at least the same serving size as the fruit component that it replaced
Juice

- Lacks dietary fiber
- High sugar content
- Whole fruits energize the body more evenly
- **MAY ONLY BE SERVED ONCE PER DAY**
Grains

• At least one serving of grains per day must be whole-grain rich
• Breakfast cereals must contain no more than 6 grams of sugar per dry oz
• Grain-based desserts no longer credit toward the grain component
WHOLE GRAIN-RICH foods contain 100% whole grains, or at least 50% whole grain, & the remaining grains in the food are enriched

- Each day, at least one meal or snack must include a whole grain rich food
- If a facility only serves one meal per day, a whole grain-rich product must be served at that meal
- If more than one meal is served, the facility chooses which meal to serve the whole grain-rich food
**Whole Grain-Rich Criteria**

- Whole grains are the primary ingredient by weight
  - Read the list of ingredients
    - Cracked wheat or crushed wheat, whole wheat flour, graham flour, bromated whole wheat flour, whole durum wheat flour

- Whole Grains Common & Usual Names
  - Whole listed before grain, berries or groats, rolled oats & oatmeal

- Food package lists a FDA approved whole-grain health claim
Non-Mixed Dishes

• Common examples: breads & cereals
• First ingredient is a whole grain and all other grains are enriched
• First ingredient is water & the second ingredient is a whole grain and all other grains are enriched
Multiple Grain Ingredients

• When a whole grain is not listed as the first ingredient for non-mixed dishes

• Whole grain-rich if combined weight of whole grains is more than the weight of the other grains
  ❖ For example: a bread contains three grain ingredients
    ➢ Enriched wheat flour (40% of grain weight)
    ➢ Whole-wheat flour (30% of grain weight)
    ➢ Whole oats (30% of grain weight)
Whole Grain Health Claim

• “Diets rich in whole grain foods & other plant foods and low in total fat, saturated fat, & cholesterol may reduce the risk of heart disease & some cancers.”

OR

• “Diets rich in whole grain foods & other plant foods, & low in saturated fat & cholesterol may help reduce the risk or heart disease.”
Whole Grain Stamps

Basic Stamp
Does NOT meet whole grain-rich criteria

100% MAY meet the whole grain-rich criteria, but needs additional documentation
Homemade Grain Products

- When making baked goods, you must have a copy of the recipe broken down to show that the whole grains are more than 50%
  - i.e., whole wheat flour – 2 cups
  - Enriched white flour – 1 cup
Menus & Whole Grain-Rich Foods

- DOCUMENT WHOLE GRAIN-RICH FOODS ON MENU

- **Examples:**
  - Whole wheat bread
  - Whole grain-rich English muffins
  - Whole grain cracker
  - Whole grain-rich cracker
  - Whole grain tortilla
  - Brown rice
  - Oatmeal

- Abbreviations are acceptable. “WGE bread”
Reviews Whole Grain-Rich Foods

• Review menus, labels & product information – providers must have labels, ingredient list on site for documentation at a visit.

• When a whole grain-rich food is not served:
  • The meal or snack containing the grain with the lowest reimbursement will be disallowed
  • i.e., no whole grain-rich food was served for breakfast, lunch or snack, so the snack would be disallowed
  • i.e., if a grain was served at breakfast and at lunch (and none at snack) and neither were whole grain-rich, the breakfast would be disallowed
Breakfast Cereals

- Source of added sugar
- Types: Ready-to-eat, instant, & regular hot cereal
- Must contain no more than 6 grams of total sugar per dry oz
Approved Breakfast Cereal

• Use WIC Approved Breakfast Cereals List

• Complete a Calculation
Use WIC Approved Breakfast Cereals Lists

• Choose breakfast cereal from ANY WIC Approved cereal list
  ➢ Meets the sugar limits for CACFP
  ➢ All WIC approved breakfast cereals contains no more than 6 grams of sugar per dry oz
Complete a Calculation

• Breakfast cereal must be within the threshold of 0.212 or less
• Steps
  • Find the Nutrition Facts Label
  • Find the Serving Size: 28 grams
  • Find the amount for Sugars: 1 gram
Complete a Calculation (cont.)

- Calculate the amount of sugar

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \frac{1}{28} = 0.036
\]

- Threshold: 0.212 or less, the cereal is creditable

- Creditable: 0.036 is less than 0.212
Honey Frosted O's

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Find the Serving Size of the cereal. Write the number of grams (g) here: \[ \text{(g)} \]

Step 3: Find the amount for Sugars. Write it here: \[ \text{(g)} \]

Step 4: Divide the Sugars number by the Serving Size number.
\[ \frac{\text{(Sugars)}}{\text{(Serving Size)}} = \] \[ \text{Sugars} \]

Step 5: If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable?

Champion Flakes

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Find the Serving Size of the cereal. Write the number of grams (g) here:
\[ \text{(g)} \]

Step 3: Find the amount for Sugars. Write it here: \[ \text{(g)} \]

Step 4: Divide the Sugars number by the Serving Size number.
\[ \frac{\text{(Sugars)}}{\text{(Serving Size)}} = \]

Step 5: If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable?
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-state-agencies-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.

### Yummy Brand Cereal

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>21-30 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td>41-49 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>8 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>9 grams</td>
</tr>
<tr>
<td>74-77 grams</td>
<td>10 grams</td>
</tr>
</tbody>
</table>

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.

### Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 100</td>
<td>1%</td>
</tr>
<tr>
<td>Calories from Fat  4</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 140mg</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium 90mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate 22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>11%</td>
</tr>
</tbody>
</table>

- **Sugars**: 9g
- **Other Carbohydrate**: 14g
- **Protein**: 140mg

### Test Yourself:

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

**Serving Size:**

**Sugars:**

- [ ] Yes
- [ ] No

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.
# 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" box. You can use this as a shopping list when buying cereals to serve in your program.

## Sugar Limits in Cereal

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>Sugars cannot be more than:</td>
</tr>
<tr>
<td>8-11 grams</td>
<td>2 grams</td>
</tr>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>17-21 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>22-25 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td>26-30 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>36-40 grams</td>
<td>8 grams</td>
</tr>
<tr>
<td>41-44 grams</td>
<td>9 grams</td>
</tr>
<tr>
<td>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>50-54 grams</td>
<td>11 grams</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>Sugars cannot be more than:</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-65 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>66-68 grams</td>
<td>14 grams</td>
</tr>
<tr>
<td>69-75 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>76-77 grams</td>
<td>16 grams</td>
</tr>
<tr>
<td>78-82 grams</td>
<td>17 grams</td>
</tr>
<tr>
<td>83-87 grams</td>
<td>18 grams</td>
</tr>
<tr>
<td>88-91 grams</td>
<td>19 grams</td>
</tr>
<tr>
<td>92-96 grams</td>
<td>20 grams</td>
</tr>
<tr>
<td>97-100 grams</td>
<td>21 grams</td>
</tr>
</tbody>
</table>

## Cereals To Serve in the CACFP

<table>
<thead>
<tr>
<th>Cereal Brand</th>
<th>Cereal Name</th>
<th>Serving Size</th>
<th>Sugars (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Food Company</td>
<td>Nutty Oats</td>
<td>28 grams</td>
<td>5 grams</td>
</tr>
</tbody>
</table>

*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.

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 is creditable.

FNS-653 April 2017
USDA is an equal opportunity provider, employer, and lender.
Grain-Based Desserts

- Source of added sugars & saturated fats
  - Increases risk of chronic illnesses
- Not creditable towards the grain component
List of SOME Grain-Based Desserts

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars
- Sweet piecrusts
- Sweet rolls
- Toaster pastries
<table>
<thead>
<tr>
<th>Group C</th>
<th>Minimum Serving Size for Group C</th>
<th>Oz Eq for Group C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cookies³ (plain - includes vanilla wafers)</td>
<td>1 serving = 31 gm or 1.1 oz</td>
<td>1 oz eq = 34 gm or 1.2 oz</td>
</tr>
<tr>
<td>Cornbread</td>
<td>3/4 serving = 23 gm or 0.8 oz</td>
<td>3/4 oz eq = 26 gm or 0.9 oz</td>
</tr>
<tr>
<td>Corn muffins</td>
<td>1/2 serving = 16 gm or 0.6 oz</td>
<td>1/2 oz eq = 17 gm or 0.6 oz</td>
</tr>
<tr>
<td>Croissants</td>
<td>1/4 serving = 8 gm or 0.3 oz</td>
<td>1/4 oz eq = 9 gm or 0.3 oz</td>
</tr>
<tr>
<td>Pancakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pie crust (dessert pies³, cobbler³, fruit turnovers ⁴, and meat/meat alternate pies)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waffles</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group D</td>
<td>Minimum Serving Size for Group D</td>
<td>Oz Eq for Group D</td>
</tr>
<tr>
<td>Doughnuts³ (cake and yeast raised, unfrosted)</td>
<td>1 serving = 50 gm or 1.8 oz</td>
<td>1 oz eq = 55 gm or 2.0 oz</td>
</tr>
<tr>
<td>Cereal bars, breakfast bars, granola bars⁴ (plain)</td>
<td>3/4 serving = 38 gm or 1.3 oz</td>
<td>3/4 oz eq = 42 gm or 1.5 oz</td>
</tr>
<tr>
<td>Muffins (all, except corn)</td>
<td>1/2 serving = 25 gm or 0.9 oz</td>
<td>1/2 oz eq = 28 gm or 1.0 oz</td>
</tr>
<tr>
<td>Sweet roll⁴ (unfrosted)</td>
<td>1/4 serving = 13 gm or 0.5 oz</td>
<td>1/4 oz eq = 14 gm or 0.5 oz</td>
</tr>
<tr>
<td>Toaster pastry⁴ (unfrosted)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group E</td>
<td>Minimum Serving Size for Group E</td>
<td>Oz Eq for Group E</td>
</tr>
<tr>
<td>Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces)</td>
<td>1 serving = 63 gm or 2.2 oz</td>
<td>1 oz eq = 69 gm or 2.4 oz</td>
</tr>
<tr>
<td>Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees)</td>
<td>3/4 serving = 47 gm or 1.7 oz</td>
<td>3/4 oz eq = 52 gm or 1.8 oz</td>
</tr>
<tr>
<td>Doughnuts⁴ (cake and yeast raised, frosted or glazed)</td>
<td>1/2 serving = 31 gm or 1.1 oz</td>
<td>1/2 oz eq = 35 gm or 1.2 oz</td>
</tr>
<tr>
<td>French toast</td>
<td>1/4 serving = 16 gm or 0.6 oz.</td>
<td>1/4 oz eq = 18 gm or 0.6 oz</td>
</tr>
<tr>
<td>Sweet rolls⁴ (frosted)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toaster pastry⁴ (frosted)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Identification of G-B Desserts

- Some foods are not easily identified as grain-based dessert
  - i.e., a cookie is labeled “breakfast round”

- Ask the question:
  - Is this food thought of as a dessert?
G-B Desserts & Special Occasions

- Annual festival, birthday celebrations, end-of-year bash, or other special events
- May be served as an additional item only
Deep Fat Frying

- May not be used to prepare meals on-site
- Defined as food submerged in hot oil or other fat
- Can be dangerous
- 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
Providing Food Components

• Parent/guardian may provide only one creditable food component for a reimbursable meal for any age child
  ❖ i.e.; provide special grain, organics, special brands, etc
• Child care providers must provide remaining components for the meal to be reimbursable
Reward & Punishment

- Negative effect on development & socialization
- Rewards may lead to cavities & weight gain
- Punishment may cause overeating
- Not allowed in CACFP facilities
Grace Period – 1 year

• Does this mean I have an entire year to start making the changes?
  ❖ **NO** – You must implement all of the changes on **October 1, 2017**

• Well then, what does it mean?
  • You won’t be penalized if you make honest mistakes
    ❖ For example: what you thought was a whole-grain rich item turns out not to be, or you forgot one day to put one in
    ❖ You made an error in your sugar calculations and the cereal or yogurt wasn’t credible
    ❖ You served two fruits at a meal
Thank You

• We realize that this transition may be confusing at times and that you will have questions as time progresses.

• As always – Call or email us (786-0925 or 1-800-784-0157) cacfp@ccmaine.org

YOU ARE NOT BOTHERING US!

We are here to assist you.