

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- 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; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.



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WIC Authorized Food List Shopping Guide

March 28, 2016

CANNED FISH



CAN BUY (if printed on the check)

Any brand, regular or low sodium:

Chunk Light Tuna

- 5 oz can
- Packed in water
- Plain

Mackerel

- 15 oz can
- Packed in water or tomato sauce

Pink Salmon

- 5 oz, 6 oz, or 4.75 oz can
- Packed in water
- Plain

Sardines

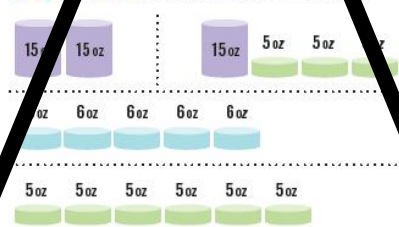
- 15 oz can
- Packed in water, mustard, or tomato sauce



CANNOT BUY

- Any other flavor, variety, size, or type of fish
- Solid white, albacore tuna, or prime fillet fish
- Specialty salmon, such as smoked, wild sockeye, blue back salmon, or red salmon
- Organic canned fish or canned fish in organic sauce
- Canned fish packed in oil
- Canned mackerel or sardines packed in any other sauce, such as chili or hot sauce
- Tuna or salmon kits
- Fish packed in pouches or plastic containers
- Canned king mackerel

Helpful Hint: To buy the full 30 oz of fish:



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

- Short, medium, or long grain
- Regular, quick, or instant
- Basmati Brown
- Jasmine Brown

Oatmeal or Oats

- Old fashioned
- Rolled, cut, or steel cut
- Regular, quick, or instant
- Crystal Wedding

Whole Grain Barley

- Organic is allowed

Bulgur

- 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.



WHOLE GRAINS



CAN BUY

Whole Wheat Tortillas | Brands listed below in 16 oz package:

- **Acapulco Tortilleria Mexicatessen** — Whole Wheat Flour Tortillas
- **Carlita** — 100% Whole Wheat Flour Tortillas
- **Chi-Chi's** — Whole Wheat Tortillas Fajita Style
- **Don Pancho** — Whole Wheat Tortillas Soft Taco & Wraps Style
- **Early On** — Whole Wheat Tortillas
- **El Comal** — 100% Whole Wheat Flour Tortillas
- **Esperanza's Tortilleria** — Whole Wheat Flour Tortillas
- **Fiesta** — Whole Wheat Tortillas
- **Food Club** — Whole Wheat Tortillas Fajita Style
- **Frestillas** — 100% Whole Wheat Tortillas
- **Guerrero** — Tortillas de Harina Integral
- **Herdez** — Whole Wheat Tortillas Fajita Style
- **Kroger** — Soft Taco Sized 100% Whole Wheat Tortillas
- **La Banderita** — 100% Whole Wheat Flour Tortillas Soft Taco
- **La Banderita** — Whole Wheat Flour Tortillas Fajita
- **La Perla Mexicana** — Whole Wheat Tortillas
- **La Reina** — Whole Wheat Flour Tortillas
- **La Rosa** — 100% Whole Wheat Flour Tortillas
- **La Victoria** — Whole Wheat Tortillas Soft Taco
- **Mi Casa** — Wheat Tortillas
- **Mi-Rancho Tortillas** — Whole Wheat Flour Tortillas
- **Mission** — 100% Whole Wheat Flour Tortillas Medium-Soft Taco
- **Ortega** — Whole Wheat Tortillas
- **Ozuna** — Whole Wheat Tortillas
- **Fiesta** — 100% Whole Wheat Grain Flour Tortillas
- **Romero's** — 100% Whole Wheat Grain Flour Tortillas Regular/Soft Taco Size
- **Santa Fe Tortilla Company** — Whole Wheat Tortillas
- **Tortilleria Santacruz** — 100% Whole Wheat Flour Tortillas
- **Vallarta Supermarkets** — 100% Whole Wheat Tortillas
- **Vallarta Supermarkets** — Tortilla de Trigo/Whole Wheat Flour Tortillas

CANNOT BUY ☹

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

WHOLE GRAINS



CAN BUY

Corn Tortillas: Soft corn, yellow or white | Brands listed below in 16 oz package:

- **Acapulco Tortilleria Mexicatessen** — King Size White Corn Tortillas
- **Carlita** — Corn Tortillas Soft Taco Style
- **Chi-Chi's** — White Corn Taco Style Tortillas
- **Don Pancho** — White Corn Tortillas
- **Early On** — White Corn Tortillas
- **Early On** — Yellow Corn Tortillas
- **El Comal** — Corn Tortillas
- **Fiesta** — Corn Tortillas
- **Guerrero** — Tortillas de Maiz Blanco
- **Herdez** — White Corn Tortillas Soft Taco Size
- **La Banderita** — Corn Tortillas
- **La Banderita** — Grande Corn Tortillas
- **La Burrita** — Corn Tortillas
- **La Fe Tortilleria** — Corn Tortillas King Size
- **La Mexicana** — Corn Tortillas
- **La Perla Mexicana** — King Size White Corn Tortillas
- **La Perla Mexicana** — King Size Yellow Corn Tortillas
- **La Rosa** — Corn Tortillas La Grande
- **La Rosa** — Yellow Corn Tortillas La Grande
- **La Tapatia** — Premium Corn Tortillas
- **La Tapatia** — White Corn Tortillas/Tortillas Blancas
- **Marcela Valladolid** — White Corn Tortillas
- **Mi Rancho** — Mama's White Corn Tortillas
- **Mi-Rancho Tortillas** — Soft White Corn Tortillas
- **Mission** — Yellow Corn Tortillas Extra Thin
- **Northgate Gonzalez Market** — White Corn Tortillas de Maiz
- **Northgate Gonzalez Market** — Yellow Corn Tortillas de Maiz
- **Ozuna** — Corn Tortillas
- **Romero's** — Stone Ground Corn Tortillas Large King Size
- **Romero's** — Whole Grain Corn Tortillas
- **Santa Fe Tortilla Company** — White Corn Tortillas
- **Santa Fe Tortilla Company** — Yellow Corn Tortillas
- **Sol De Oro** — Premium Corn Tortillas
- **Vallarta Supermarkets** — Vallarta Tortilla de Maiz
- **Vallarta Supermarkets** — Vallarta Tortilla de Maiz Amaril

CANNOT BUY ☹

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

WHOLE GRAINS



CAN BUY

Whole Wheat Pasta | Brands in 16 oz package, organic allowed, as listed below and on the next page:



Allegra
• Whole Wheat Spaghetti



Barilla
• Whole Grain Penne Spaghetti



Bella Terra Organic
• Organic Whole Wheat Capellini
• Organic Whole Wheat Spaghetti



Essential Everyday
• Whole Wheat Elbow Macaroni
• Whole Wheat Penne Rigate
• Whole Wheat Rotini
• Whole Wheat Spaghetti
• Whole Wheat Thin Spaghetti



Full Circle
• Organic Whole Wheat Angel Hair
• Organic Whole Wheat Spaghetti



Great Value
• Whole Wheat Spaghetti



Hodgson Mill
• Whole Wheat Angel Hair
• Whole Wheat Elbows
• Whole Wheat Spaghetti
• Whole Wheat Spirals
• Whole Wheat Thin Spaghetti



Kroger
• 100% Whole Grain Penne Rigate
• 100% Whole Grain Rotini
• 100% Whole Grain Spaghetti
• 100% Whole Grain Thin Spaghetti



O Organics
• Organic Whole Wheat Penne Rigate
• Organic Whole Wheat Spaghetti

WHOLE GRAINS



RACCONTO

Racconto

- Whole Wheat Capellini
- Whole Wheat Elbows
- Whole Wheat Farfalle
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Rigatoni
- Whole Wheat Rotini
- Whole Wheat Spaghetti



Ronzoni Healthy Harvest
• 100% Whole Grain Linguine
• 100% Whole Grain Penne Rigate
• 100% Whole Grain Rotini
• 100% Whole Grain Spaghetti
• 100% Whole Grain Thin Spaghetti



Simply Balanced
• Organic Whole Wheat Farfalle
• Organic Whole Wheat Fusilli
• Organic Whole Wheat Penne Rigate
• Organic Whole Wheat Spaghetti



Simple Truth Organic
• Whole Wheat Penne Rigate
• Whole Wheat Rotini
• Whole Wheat Spaghetti



Western Family
• 100% Whole Wheat Penne Rigate
• 100% Whole Wheat Spaghetti

CANNOT BUY

- Any other type, brand, or size of corn tortillas, whole wheat tortillas, or whole wheat pasta
- Any other type, size, or variety of whole wheat bread, brown rice, whole grain barley, oatmeal or oats, or bulgur
- Whole grains with added ingredients, such as fruits, nuts, or spices
- Refrigerated or frozen bread, dough, mixes, tortillas, rice, oats, or pasta
- Ready-to-serve rice
- Brown rice mixed with any other type of rice
- Individual or flavored oatmeal packets
- Pearled barley
- Organic bread, tortillas, oatmeal, or brown rice
- Cannot mix and match bulk brown rice, oatmeal, oats, whole grain barley, and bulgur
- Homemade whole grains
- Whole grains with artificial, reduced-calorie, or no-calorie sweeteners

YOGURT



CAN BUY

Brands, flavors (plain, vanilla, or strawberry), and fat levels of cow's milk yogurt listed below and on the next page in 32 oz or quart container:



- Alta Dena**
- Plain (Nonfat, Lowfat, or Whole)
 - Strawberry (Lowfat)
 - Vanilla (Lowfat)



- ~~Coburn Farms~~
- ~~• Plain (Lowfat)~~
 - ~~• Vanilla (Lowfat)~~



- Dannon**
- All Natural Plain (Nonfat, Lowfat, or Whole)
 - Strawberry (Nonfat)
 - All Natural Vanilla (Lowfat)



- Food Club**
- Plain (Fat Free)



- Great Value**
- Plain (Nonfat)
 - ~~• Strawberry (Lowfat)~~
 - ~~• Vanilla (Lowfat)~~



- Kroger**
- ~~• Blended Plain (Lowfat)~~
 - Plain (Nonfat)



- LALA**
- Plain (Lowfat)



- Lucerne**
- Plain (Fat Free)
 - ~~• Strawberry (Lowfat)~~
 - ~~• Vanilla (Lowfat)~~

Helpful Hint: Must buy yogurt fat level printed on check.

YOGURT



- Market Pantry**
- Plain (Nonfat)



- Mountain High**
- Original Plain (Whole)
 - Plain (Fat Free, Lowfat)
 - Original Strawberry (Whole)
 - Original Vanilla (Whole)
 - Vanilla (Fat Free, Lowfat)



- ~~Springfield~~
- ~~• Premium Plain (Lowfat)~~
 - ~~• Blended Strawberry (Lowfat)~~



- Stater Bros.**
- Plain (Fat Free, Low fat)
 - ~~• Blended Strawberry (Lowfat)~~
 - ~~• Blended Vanilla (Lowfat)~~



- Tillamook**
- Plain & Simple (Lowfat)



- Western Family**
- ~~• Plain (Non-Fat, Low-Fat)~~
 - ~~• Strawberry (Low-Fat)~~



- Yoplait**
- Plain (Nonfat)
 - Original Strawberry (Low Fat)
 - Original Vanilla (Low Fat)

BREAKFAST CEREAL

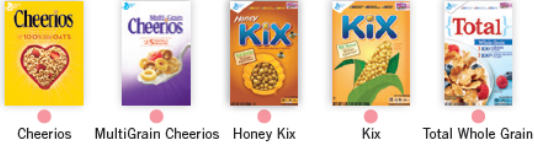


CAN BUY Brands in 12 oz – 36 oz box or bag of cereal listed below and on the next page:

- = 50% or more folic acid per serving
- = 5 or more grams of fiber per serving

WHOLE GRAIN CEREALS – 51% or more whole grain.

General Mills



Cheerios MultiGrain Cheerios Honey Kix Kix Total Whole Grain

Kellogg's



Frosted Mini Wheats Original Frosted Mini Wheats Little Bites Life Original Oatmeal Squares – Brown Sugar Oatmeal Squares – Cinnamon

Quaker



Life Original Oatmeal Squares – Brown Sugar Oatmeal Squares – Cinnamon

Post



Grape-Nuts Bran Flakes

B&G Foods



Cream of Wheat Whole Grain

Mill Select Early On



Puffed Wheat

Instant Oatmeal or Instant Oats | Brands listed below in 11.8 oz – 12 oz containers of individual serving packets, old fashioned, classic, regular, or original flavor:

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Hy-Vee
- IGA
- Kroger
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Special Value
- Springfield
- Stater Bros.
- Sunny Select
- Western Family
- WinCo Foods

BREAKFAST CEREAL



OTHER CEREALS – Less than 51% whole grain.

Kellogg's



Corn Flakes Special K – Original

Quaker



Corn Bran Crunch

Post/Malt-O-Meal



Honey Bunches of Oats – Honey Roasted Malt-O-Meal Hot Cereal – Original Oat Blenders with Honey

• Crisp(y) Rice:

- Best Yet
- First Street
- Food Club
- Great Value
- Hospitality
- HY-TOP
- Hy-Vee
- IGA
- Kiggins
- Kroger
- Malt-O-Meal
- Market Pantry
- Mill Select Early On*
- Parade
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Springfield
- Stater Bros.
- Sunny Select
- Valu Time
- Western Family
- WinCo Foods

* Cereal is 51% or more whole grain

CANNOT BUY ☹

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Helpful Hint: To buy the full 36 oz of cereal:



Identifying Whole Grain-Rich

*** Whole Grain-Rich criteria does not apply to the infant meal pattern.

Definition: Foods that contain 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Criteria:

- **A whole grain is the first ingredient on the product's ingredient list (or second after water)**
All other grains listed must be whole grain or enriched.
 - Whole wheat, whole corn and/or brown rice are whole grain-rich.

Additional Tips

- Enriched grains must include the word "enriched" (Ex: Enriched wheat flour)
- Ignore wheat gluten
- Ignore bran and germ
 - Unless one of these is the first ingredient, in which case the product is not creditable
 - Bran and germ are not whole grains
 - Ex: Oat bran cereal not creditable
- Ignore everything listed as less than 2% of the product

WHOLE GRAINS

- | | |
|------------------------------|--------------------|
| - Cracked wheat | - Oat groats |
| - Crushed wheat | - Rolled oats |
| - Whole-wheat flour | - Brown rice |
| - Graham flour | - Brown rice flour |
| - Entire-wheat flour | - Wild rice |
| - Bromated whole-wheat flour | - Whole rye |
| - Whole durum wheat flour | - Teff |
| - Wheat berries | - Buckwheat |
| - Whole barley | - Sorghum |
| - Dehulled barley | - Quinoa |
| - Whole grain barley | - Millet |
| - Oatmeal | - Triticale |
| - Amaranth | |

NON- WHOLE GRAINS

- | | |
|---------------------------|------------------------------|
| - Wheat | - Corn |
| - Rye | - Barley |
| - White rice | - Flour |
| - White flour | - Wheat flour |
| - All-purpose flour | - Stone ground wheat flour |
| - Unbleached flour | - Bromated flour |
| - Enriched bromated flour | - Enriched flour |
| - Instantized flour | - Phosphate flour |
| - Self-rising flour | - Self-rising wheat flour |
| - Bread Flour | - Enriched self-rising flour |
| - Bread flour | - Cake flour |
| - Durum flour | - Ground corn |
| - Corn grits | - Hominy grits |
| - Hominy | - Farina |
| - Semolina | - Degerminated corn meal |
| - Enriched rice | - Rice flour |
| - Couscous | - Pot barley |
| - Scotch barley | - Pearled barley |



CACFP Meal Pattern Requirements on Grain Based Desserts

To align with the Dietary Guidelines for Americans, effective October 1, 2017, grain based desserts are no longer allowed to be served at any meal or snack for CACFP reimbursement. Grain-based desserts are sources of added sugar and saturated fats to a participant's diet. It is important to note crackers, cookies and other grain-based desserts do not have a standard of identity, so food manufacturers often create fancy names which can mislead you into thinking the food is allowable when it is not. For example, a cookie may be called a "breakfast round." The menu planner needs to use common perceptions of the product to determine if the product is a grain-based dessert. If a product is not labeled as a grain-based dessert, but is high in sugar, fat and sodium, the menu planner should use discretion when serving these items. If there is a food not listed on this handout, but you would consider it a sweetened grain then it will be considered not creditable.


The following food items, whether homemade or commercially prepared, are defined as grain-based desserts; these items cannot be served at any meal or snack and be claimed for reimbursement.

The grain-based desserts which are no longer creditable are:

Sweet Crackers
graham crackers & animal crackers
(all shapes)



Bars
cereal bars, breakfast bars & granola bars
(plain or with nuts, raisins, and/or chocolate pieces)



Cookies
wafer, sandwich & bar
(plain or with nuts, raisins, chocolate pieces, and/or fruit purees)



Pastries
sweet rolls, toaster pastries, sweet scones & donuts
(all types, plain, unfrosted, frosted, or glazed)



Cakes
coffee cake, cake & brownies
(all types, plain, unfrosted, frosted)



Pie Crusts*
dessert pies, cobblers & turnovers



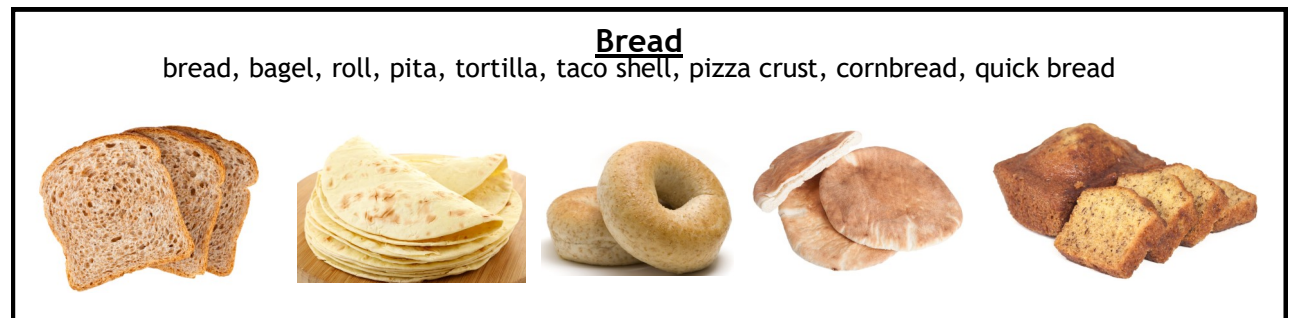
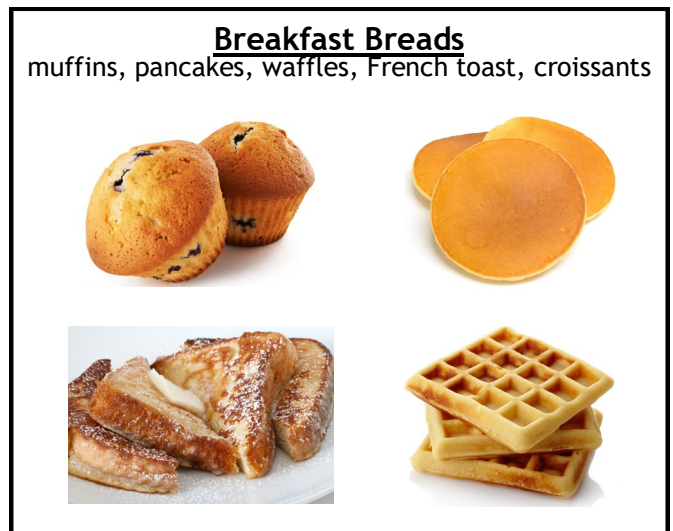
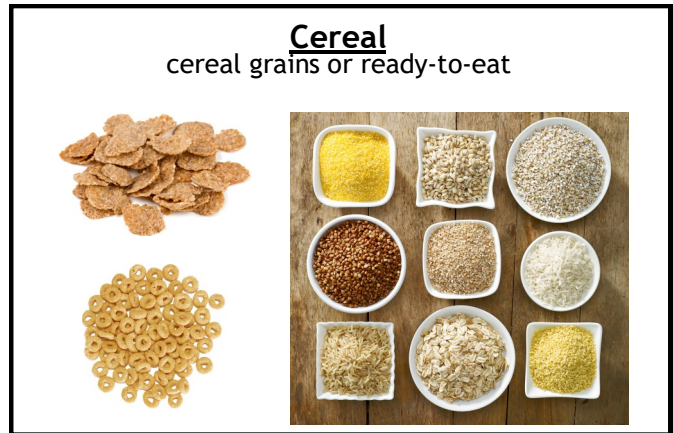
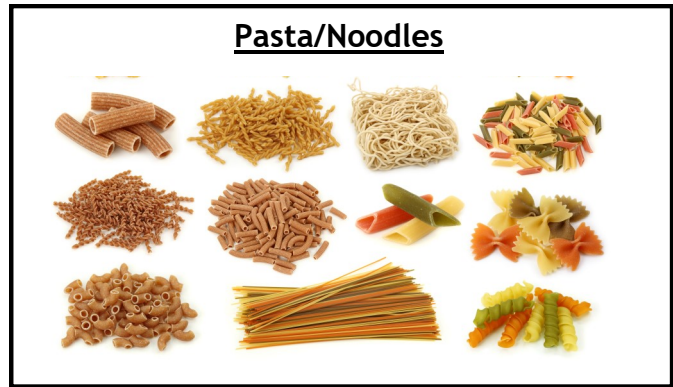
Puddings*
rice pudding & bread pudding



* Pie Crust & Bread Pudding with savory and/or meat/meat alternative fillings are not considered grain-based desserts

Healthier Grain Options

The following items are creditable options to serve for the grain requirement. This list is not all-inclusive, but provides examples of healthy alternatives to consider.



CACFP TOFU INFORMATIONAL SHEET

TOFU is a creditable meat alternate per CACFP if the following are applicable:

- € It is commercially prepared, as in cannot be homemade
- € It is easily recognizable as a meat substitute
- € Texture is either **FIRM** or **EXTRA FIRM**
- € **2.2 oz** of tofu (or ¼ cup) contains at least **5 grams of protein**
 [This is equivalent to **1.0 oz meat alternate**]

Creditable tofu options:



Costco sells the **House Foods** tofu brand

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.

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

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.

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

- 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?
(Check your answer on the next page)

Serving Size: _____

Sugars : _____

Yes No



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





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	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

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

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

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

Choose Breakfast Cereals That Are Lower in Added Sugars

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

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



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

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

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

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	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/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (30g)		
Servings Per Container about 15		
Amount Per Serving	Cereal	with 1% cup skim milk
Calories 100	100	140
Calories from Fat 5	5	5
% Daily Value*		
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	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

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:
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

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

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

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.*



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 (1 year through 1 year and 11 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 (up to 6th birthday)

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

Unflavored whole milk and unflavored reduced-fat (2%) 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

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

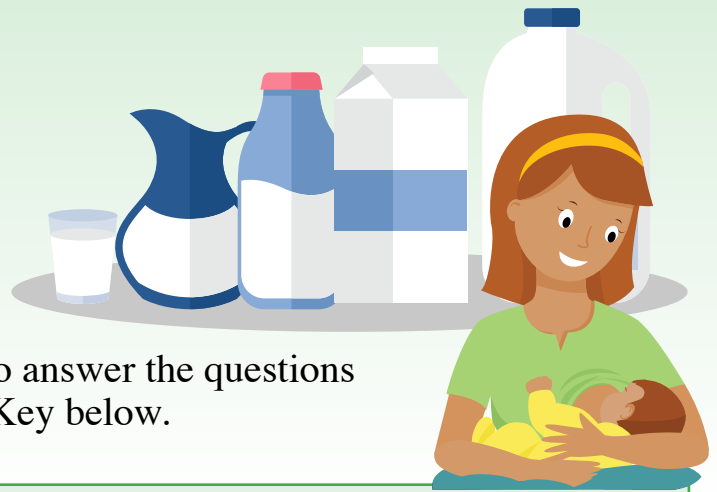
Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and adults must be fat-free (skim).

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?

Maya's Age:
Type(s) of Milk:

Darrick's Age:
Type(s) of Milk:

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?

Olivia's Age:
Types of Milk:

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?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

Darrick's age: 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1-month (25 months), he can also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1 month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's Age:** 5 ½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers only. If you are serving yogurt as the meat/meat alternate, you may not serve yogurt as the milk substitute at the same meal. You may serve yogurt at breakfast.

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: INFANT MEALS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

UPDATED INFANT MEAL PATTERN:



Encourage and Support Breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 month olds.



Developmentally Appropriate Meals:

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

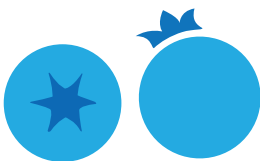


More Nutritious Meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals at snack.

Learn More

For more information on infant development and nutrition, check out the [USDA Team Nutrition's Feeding Infants Guide](#).

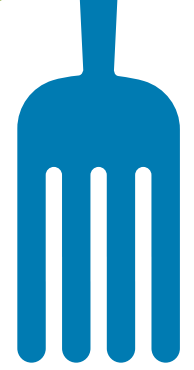


PREVIOUS AND UPDATED INFANT MEAL PATTERNS: LETS COMPARE

	PREVIOUS			UPDATED	
	0-3 Months	4-7 Months	8-11 MONTHS	0-5 MONTHS	6-11 MONTHS
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breast milk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice 0-½ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*

**Required when infant is developmentally ready.*

All serving sizes are minimum quantities of the food components that are required to be served.



CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.

CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:



Infants

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



Vegetables and Fruit

- Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- 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.



Grains

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



Meat and Meat Alternates

- 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.



Milk

- 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 contains 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 adults.

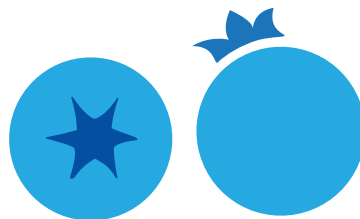
Additional Best Practices

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
- Adult day care centers should offer and make water available to adults upon their request, throughout the day.

Resources

Find useful tips and strategies to help you incorporate the best practices into your every day meal service:





- **Nutrition and Wellness Tips for Young Children:** Child care providers can use these tips to incorporate key recommendations and best practices into their menus and daily schedules.
- **Feeding Infants:** This guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, feeding solid foods, sanitary food preparation, safe food handling, and much more!
- **Healthy Meals Resource System:** CACFP centers and day care homes will find more menu planning tools, recipe ideas, and additional tips and ideas to help implement the updated meal patterns and best practices, such as hosting taste tests to help introduce and get children excited about new foods and menus.
- **Team Nutrition Resource Library:** Visit the Team Nutrition Resource Library for free nutrition education materials to further reinforce and complement the nutrition messages taught by serving healthful foods.
- **MyPlate:** Resources found on the MyPlate website can help CACFP centers and day care homes identify healthier options to ensure menu choices contain the most nutrients children need to grow.
- **ICN Education and Training Resources:** The Institute of Child Nutrition's resources provide education and training opportunities to help provide nutritious meals in CACFP homes and day care settings.



VEGETABLE BEST PRACTICES

INSTRUCTIONS: Place an "X" by the vegetables you serve on a regular basis
Circle three vegetables you will add to your upcoming menu.

In the bottom boxes, make a list of child friendly ideas for serving vegetables in each category.

DARK GREEN VEGETABLES	RED AND ORANGE VEGETABLES	STARCHY VEGETABLES	DRY BEANS AND PEAS (LEGUMES)	OTHER VEGETABLES
Beet Greens Bok Choy Broccoli Collard greens Dark-green leafy lettuce Kale Mustard greens Romaine lettuce Spinach Swiss chard Turnip greens Watercress 	 Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red/orange peppers Sweet potatoes Tomatoes Tomato juice (low sodium)	Cassava Corn Green peas Green lima beans Jicama Parsnips Plantains Potatoes Taro Water chestnuts 	 Black beans Black-eyed peas Edamame Garbanzo beans (chickpeas) Great northern beans Kidney beans Lentils Navy beans Pinto beans Soy beans Split peas White beans	Artichokes Asparagus Avocado Bean Sprouts Brussel Sprouts Cabbage Cauliflower Celery Crookneck squash Cucumbers Eggplant Green beans Green peppers Iceberg lettuce Mushrooms Okra Onions Radishes Rutabagas Snow Pea Sugar Snap Peas Turnips Wax beans Zucchini