

# Modifications to CACFP

## Meal Pattern

PY 2010 Annual Training

(2 CLOCK HOURS)



**Child Food Program of Texas**

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TODD STAPLES, COMMISSIONER

# NOTICE

**Date:** August 14, 2009

**Reference:** # CACFP CCC 2009-09

**To:** Child and Adult Care Food Program-Child Care Centers (CACFP CCC) Contractors

**Subject:** Recommended Modifications to the CACFP Meal Pattern

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## Purpose

Commissioner Staples is committed to the 3E's of Healthy Living – Education, Exercise and Eating Right. As part of that commitment, the CACFP initiative “*Promoting Healthy Eating and Physical Activity for a Healthier Lifestyle*” is the Texas Department of Agriculture (TDA) Food and Nutrition Division (FND) avenue to promote a healthier lifestyle, including healthy eating and physical activity for children ages 2 – 5 years. FND partnered with CACFP contractors from both independent centers and sponsoring organizations to recommend changes to the Child Care Meal Patterns to comply with the 2005 *Dietary Guidelines for Americans*.

The recommended modifications are voluntary, but if independent centers/facilities implement these minor changes to the meal patterns, they will lower total fat, saturated fat, trans fatty acids, added sugars and calories. At the same time, they will increase fruit, vegetable, Vitamins A and C, fiber and whole grain consumption.

The recommended modifications are as follows:

- Serve nonfat or 1% milk for children ages 2 years and older.
  - Serve juice only once daily, for breakfast or snack (juice must not be served from a bottle).
  - Serve one fresh or frozen fruit or vegetable daily for a required Vegetables/Fruits component at any meal service.
  - Serve one good source of Vitamin C daily.
  - Serve one good source of Vitamin A three days per week. (see attached list for examples of vitamin A and C rich foods)
  - Serve one whole grain daily (whole grain must be the first ingredient listed), for a required Grains/Breads component at any meal service.
  - Serve Grains/Breads food items listed in Exhibit A: Group C through Group G of the *Food Buying Guide* no more than twice a week for a snack only.
  - Serve ready-to-eat cereals with no more than 10 grams of sugar per serving.
  - Do not serve vegetable or fruit juice as a Vegetables/Fruits component for lunch or supper.
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## Milk

It is a good source of [calcium](#), vitamin D, and protein. Depending on their age, most children should drink between 2 and 4 glasses of milk each day.

The only problem is that whole milk has a lot of fat in it, especially as compared to lower fat 2%, 1% and skim milk, which the American Academy of Pediatrics recommends that children over age 2 drink. This extra fat is especially concerning considering the [childhood obesity](#) epidemic we are currently trying to deal with.

### Case For Whole Milk

Whole milk is a good option for [toddlers](#) over age 12 months. According to the American Academy of Pediatrics, in their **Guide To Your Child's Nutrition**, these young children need calories from fat for growth and brain development, and this is especially important in the first 2 years of life. The only other real benefit of whole milk over low fat milk is that many people do think it tastes better. Children who don't get used to low fat milk and simply refuse to drink it, whole milk may be the only way that they will drink any milk at all. Whole milk might also be better if you have a very [picky eater](#) who is not overweight and is simply not getting enough fat and calories from the rest of his diet.

### Case For Low Fat Milk

Although the AAP touts the benefits of whole milk for younger toddlers, they do say that after age 2, you can switch your toddler to skim or low-fat milk, like the rest of the family.

Is the difference between whole milk and low fat milk really that much of a difference?

A quick comparison of milk [nutrition labels](#) (per 8 ounce serving) shows that it really does:

- Whole Milk - 150 Calories - 8g Fat
- 2% Milk - 120 Calories - 4.5g Fat
- 1% Milk - 100 Calories - 2.5g Fat
- Skim Milk - 80 Calories - 0g Fat

So if your 5 year old goes from Whole Milk to 1% Milk and typically drinks 3 cups of milk a day, he would save 150 calories a day. Although that doesn't sound like much, since you gain about a pound for every 3500 calories you consume, those extra 150 calories might cost you an extra pound in body weight every 3 weeks.

### Resolution

So what should you do? According to the AAP recommendations, if your toddler isn't going to continue breastfeeding, you should switch her to whole milk once she is 12 months old. Next, switch to skim or 1% milk at age 2 years.

Making the switch at an early age is much easier than doing it when children are older, when they are more likely to notice and be resistant to switching to low fat milk. Still, even with a younger child, you can make a gradual switch, going first to 2% Milk and then later switching again, this time to 1% Milk or Skim Milk.

### **Why switch to low fat milk?**

An early switch to low fat milk also helps ensure healthy habits for the rest of your child's life. He will be more likely to continue to drink low fat milk as a teen and adult, instead of higher fat and calorie whole milk mostly because he will likely be getting plenty of fat from other things that he is eating. Starting early can help to develop preferences for low fat foods that they will hopefully keep for a lifetime of healthy eating.

## **Fruit Juice**

### **How Much Is Too Much?**

Is fruit juice dangerous? According to the American Academy of Pediatrics drinking too much juice can contribute to obesity, the development of cavities (dental caries), diarrhea, and other gastrointestinal problems, such as excessive gas, bloating and abdominal pain.

Among the recommendations of the AAP report are that:

- when you give your child juice, it should be 100% pasteurized fruit juice and not fruit drinks.
- infants under 6 months of age should not be given juice, although many Pediatricians do recommend small amounts of juice for children that are constipated
- younger children aged 1 to 6 years should have only 4 to 6 ounces of juice a day.
- older children should be limited to 8 to 12 ounces of juice a day
- instead of too much juice, children should be encouraged to eat whole fruits

### **Preventing Problems**

How do you prevent problems from drinking too much juice? One easy way is to not introduce juice until children are six months old. And when you do begin to offer your infant juice, give it in a cup and not a bottle.

Older infants and toddlers generally drink too much juice when they always have a sippie cup in their hands, or if they are sucking on the cup like they would a bottle. Although sippie cups are convenient and it is nice to prevent messes, if smaller children always have one in their hands, then they are probably most at risk of getting cavities, since their teeth will always have sugar on them.

### **The Juice Problem**

One of the main problems with drinking too much juice, is that it is filling and will decrease your child's appetite for other more nutritious foods. While your child will still get a lot of calories, they will mostly be from sugars or carbohydrates, and not from fat or protein, which can contribute to a poorly balanced diet. Also, fruit juices generally don't have a lot of vitamins and nutrients, although they do have vitamin C and some are fortified with calcium. Also, if your child is drinking a lot of juice, then he probably isn't drinking much milk, which is a good source of calcium and other vitamins and nutrients

### **Does Your Child Have a Problem With Juice?**

If your child is exceeding the AAP limits and is a picky eater, has a poorly balanced diet, cavities, diarrhea, chronic abdominal pain or if he is overweight, then you should consider taking steps to limit his intake of juice. You should definitely avoid letting your child fall asleep with a bottle or cup of juice, since that is probably the biggest risk factor for getting cavities. Also avoid giving 'fruit' drinks or 'fruit' sodas, since they may actually have very little fruit in them.

### **The Benefits of Juice**

The AAP advises that half of your child's fruit servings from the Food Pyramid Guide can come from 100% fruit juice. It is important to remember that the recommended servings of fruit juice are actually limits. Your child does not need to drink any fruit juice, especially if he is getting the Food Guide Pyramid's recommended servings of fruit by eating whole fruit.

Fruit juice can be helpful for children who are constipated and fruit juice diluted with fluoridated water is a good way to get your child fluoride if he doesn't like to drink plain water.

Children are the largest consumers of fruit juice in the United States. Not surprising given its sweetness, cheapness and ability to travel well via sippy cups. It's the ultimate elixir for keeping kids quiet in the car.

### **Following are a few recommendations for maintaining moderation with juice:**

- Avoid juice with added sugar – real fruit juice is sweet enough!
- Avoid unpasteurized juice like apple cider. Unpasteurized juice can harbor e-coli and other bacteria that can make children sick.

- Avoid giving juice to children under 6 months old.
- Dilute juice with water.
- Use the sippy cups for water. Constant access to juice can create a juice habit.
- Avoid juice at bedtime. Don't allow children to go to bed with a sippy cup full of juice. This will promote tooth decay. Pour juice in a small cup that children must leave in the kitchen.
- Limit juice for children ages 1 to 6 to no more than 4 to 6 ounces per day.
- Limit juice for children ages 7 to 18 to no more than 8 to 12 ounces per day.
- Encourage whole fruit instead of juice. Fruit has less sugar, more fiber and nutrients.
- Ensure that fresh, cold water is available throughout the day. This will make children more apt to eat during mealtimes and less likely to crave sugary drinks.

When used in moderation, fruit juice can be a healthy part of a child's diet.

### **Fresh vs. Frozen vs. Canned: Choosing your Fruits and Vegetables**

Fruits and vegetables are the nutritional powerhouses of your diet. They are brimming with vitamins, minerals, fiber and phytochemicals that may protect against cancer, heart disease, stroke and other health problems. Common sense might lead us to believe that fresh fruits and vegetables would be far more nutritious than their frozen counterparts. Although this is generally accepted, did you know that fresh produce is picked, boxed, often transported over long distances and then left to sit on store shelves for up to several weeks? The time lapse between picking fresh produce and purchasing them at a store can often cause them to lose some of their nutritional value as they are exposed to light and air. Both taste and texture may also be diminished.

Before getting to the freezer, frozen fruits and vegetables are first picked, they are quickly blanched (cooked for a short time in boiling water or steamed) and immediately frozen and packaged, generally when nutrient levels are at their highest. So frozen fruits and vegetables are processed at their peak, in terms of freshness, and nutrition. This means that the vitamins and nutrients are preserved until the next time the package is opened.

The U.S. Food and Drug Administration (FDA) report that nutrients in produce are generally NOT lost during freezing (and canning) and they provide the same essential nutrients and health benefits as fresh. Another bonus of going frozen is that it's often less expensive than their fresh counterparts. Though fresh fruits and veggies may be more visually appealing and taste better, they don't last as long in your fridge and may not be the most nutritious.

At the end of the day, any fruits and vegetables are better than none at all. Just remember:

- Buy fresh produce in season and buy local when possible
- Buy non-seasonal produce frozen (if possible)
- Even using canned fruits and veggies without added salt or sugar is also a good choice

Here are some great ways to include fruits and veggies into your daily routine:

- Buy a variety of fruits and vegetables (choose a wide range of colors!) in the fresh and frozen form
- Serve one fresh or frozen fruit or vegetable daily at a meal time
- Have some cut-up vegetables in the refrigerator at all times
- Add fresh or frozen fruit to your breakfast meal in cereal, or oatmeal
- Choose fruit for snacks (frozen grapes anyone?!)
- Add a mix of frozen vegetables when you prepare soups, sauces and casseroles
- Avoid frozen fruit or vegetables that have sugar or salt added

Most nutritionists and dieticians would agree that fresh fruits and vegetables are nutritionally ideal. But they would also always add that it is better to eat frozen or canned produce than no produce at all. The convenience of canned and frozen fruits and vegetables may encourage people to consume more of these foods and potentially snack less on junk food.

So, are frozen vegetables less nutritious than fresh? The answer seems to be a resounding no. Of course, fresh vegetables usually have much richer flavors, and most people find the texture preferable. But if these things don't bother you, and you prefer the convenience of frozen vegetables, nutritional issues shouldn't be a concern.

## **What Is Meant By A Good Food Source Of Vitamin A And C?**

### **Vitamin A**

Did you know that vitamin A is one of the less well-known vitamins even though it's actually a very important mineral to our overall health and fitness? Everyone seems to know about the benefits of vitamin C, especially in regards to cold and flu prevention and most people know of the benefits of vitamin E and that it can be very good for your hair, skin and eyes. But when you ask what is a good source of vitamin A and what is it used for you tend to get a blank look in reply. But despite this vitamin A is actually a very important vitamin to have and consume in our daily dietary needs in the right quantities

Vitamin A, a fat-soluble vitamin, is involved in the formation and maintenance of healthy skin, hair, and mucous membranes. Vitamin A helps us to see in dim light and is necessary for proper bone growth, tooth development, and reproduction.

### **What events can indicate a need for more high-vitamin A foods?**

- Frequent viral infections
- Night blindness
- Goose bump-like appearance of the skin

Eating a variety of foods that contain vitamin A (and carotenes) is the best way to get an adequate amount. Serve one good source of vitamin A three days per week. Healthy individuals who eat a balanced diet rarely need supplements. In fact, too much vitamin A can be toxic. Usually brightly colored vegetables such as peaches, apricots, pumpkin, organs, mangos and beets have vitamin A.

### **Vitamin C**

Vitamin C serves a predominantly protective role in the body. The protective role of vitamin C goes far beyond our skin and gums. Vitamin C, a water-soluble vitamin, is important in forming collagen, a protein that gives structure to bones, cartilage, muscle, and blood vessels. It also helps to maintain capillaries, bones, and teeth and aids in the absorption of iron. Cardiovascular diseases, cancers, joint diseases and cataracts are all associated with vitamin C deficiency and can be partly prevented by optimal intake of vitamin C. Vitamin C achieves much of its protective effect by functioning as an antioxidant and preventing oxygen-based damage to our cells. Structures that contain fat (like the lipoprotein molecules that carry fat around our body) are particularly dependent on vitamin C for protection.

According to recent USDA surveys, average intake of vitamin C by women 19 to 50 years of age was over the RDA for vitamin C. Women tended to consume less than men of the same age. Most nutrition scientists believe that there are no known advantages in consuming excessive amounts of vitamin C. Serve one good source of Vitamin C daily.

Eating a variety of foods that contain vitamin A and C is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of vitamin A and C as you follow the Dietary Guidelines.

# Vitamin A, Vitamin C, and Iron Sources

## Vegetables and Fruits

**Include a VITAMIN A-rich vegetable or fruit at least 2 or 3 times a week <sup>1</sup>**

1/4-cup serving  
(about 1500 or more International Units of vitamin A)

Beet greens  
Carrots  
Chard, Swiss  
Chili peppers, red <sup>3</sup>  
Collards <sup>3</sup>  
Cress, garden <sup>3</sup>  
Dandelion greens <sup>3</sup>  
Kale <sup>3</sup>  
Mangos <sup>3</sup>  
Mixed vegetables  
Mustard greens <sup>3</sup>  
Peas and carrots (canned or frozen)  
Peppers, sweet red <sup>3</sup>  
Pumpkin  
Spinach <sup>3</sup>  
Squash, winter (acorn, butternut, Hubbard)  
Sweet potatoes <sup>3</sup>  
Turnip greens <sup>3</sup>

1/4-cup serving  
(about 750-1500 International Units of vitamin A)

Apricots  
Broccoli <sup>3</sup>  
Cantaloupe <sup>3</sup>  
Chicory greens  
Papayas <sup>3</sup>  
Purple plums (canned)

1/2-cup serving  
(about 750-1500 International Units of vitamin A)

Asparagus, green <sup>3</sup>  
Cherries, red sour  
Chili peppers, green (fresh) <sup>3</sup>  
Endive, curly  
Escarole  
Nectarines  
Peaches (except canned)  
Prunes  
Tomatoes <sup>3</sup>  
Tomato juice or reconstituted paste or puree <sup>3</sup>

**Include a VITAMIN C-rich vegetable or fruit 3 or 4 times a week, and include them frequently at breakfasts <sup>2</sup>**

1/4-cup serving  
(about 25 milligrams or more of vitamin C)

Acerola  
Broccoli <sup>4</sup>  
Brussels sprouts  
Chili peppers, red <sup>4</sup> and green  
Guavas  
Orange juice  
Oranges  
Papayas <sup>4</sup>  
Peppers, sweet red <sup>4</sup> and green

1/4-cup serving  
(about 15-25 milligrams of vitamin C)

Cauliflower  
Collards <sup>4</sup>  
Cress, garden <sup>4</sup>  
Grapefruit  
Grapefruit juice  
Grapefruit-orange juice  
Kale <sup>4</sup>  
Kohlrabi  
Kumquats  
Mangoes <sup>4</sup>  
Mustard greens <sup>4</sup>  
Pineapple juice (canned -vitamin C restored)  
Strawberries  
Tangerine juice  
Tangerines

1/4-cup serving  
(about 8-15 milligrams of vitamin C)

Asparagus  
Cabbage  
Cantaloupe <sup>4</sup>  
Dandelion greens <sup>4</sup>  
Honeydew melon  
Okra  
Potatoes (baked, boiled, or steamed)  
Potatoes (reconstituted instant mashed-vitamin C restored)  
Raspberries, red  
Rutabagas  
Sauerkraut  
Spinach <sup>4</sup>  
Sweet potatoes <sup>4</sup> (except those canned in syrup)  
Tangelos  
Tomatoes  
Tomato juice or reconstituted paste or puree  
Turnip greens  
Turnips

**Include these vegetables and fruits as needed**

Apples  
Applesauce  
Avocados  
Bananas  
Beans, green or wax  
Beans, lima, green  
Bean sprouts  
Beets  
Berries (black, blue, etc.)  
Celery  
Chinese cabbage  
Corn  
Cranberries  
Cranberry sauce  
Cucumbers  
Dates  
Eggplant  
Figs  
Fruit cocktail  
Fruits for salads  
Grapes  
Lettuce  
Mushrooms  
Olives  
Onions  
Parsley  
Parsnips  
Peaches (canned)  
Pears  
Peas and carrots (canned)  
Cowpeas, immature seed  
Pimientos  
Pineapple  
Plums  
Potatoes (mashed, fried, etc.)  
Radishes  
Raisins  
Rhubarb  
Squash, summer  
Watercress  
Watermelon  
Fruit juices (apple, grape, pineapple, etc.)

## Foods for Iron <sup>5</sup>

**Several sources of IRON should be offered daily**

### Meat and Meat Alternate

Chicken  
Dry beans and peas  
Eggs  
Lean red meats  
Liver, chicken or turkey, but especially pork liver  
Shellfish  
Trout  
Tuna  
Turkey

### Vegetables and fruits

Apricots (canned)  
Asparagus (canned)  
Beans-green, wax, lima, (canned)  
Bean sprouts  
Beets (canned)  
Figs  
Broccoli  
Brussels sprouts  
Cherries (canned)  
Dried fruits-apples, apricots, dates, figs, peaches, prunes, raisins  
Grapes (canned)  
Parsnips  
Peas, green  
Potatoes (canned)  
Sauerkraut (canned)  
Squash (winter)  
Sweet potatoes  
Tomatoes (canned)  
Tomato juice, paste, puree, sauce  
Vegetables: Dark green leafy-beet greens, chard, collards, kale, mustard greens, spinach, turnip greens  
Vegetable juice (canned)

### Grains/Breads

All enriched or whole grain meal or flour, and bran and/or germ

## **What Are Whole Grains?**

Whole grains are cereal grains that consist of the intact, ground, cracked, or flaked kernel, which includes the bran, the germ, and the inner most part of the kernel (the endosperm).

Some examples of whole grains include whole wheat, oatmeal, whole-grain cornmeal, brown rice, whole-grain barley, whole rye, and buckwheat. Spelt, often thought of as a unique whole grain, is actually a member of the wheat family.

When trying to select products that contain whole grains, look for those that show whole grains listed first on the ingredient list. The ingredient list on a food label shows ingredients in the order of the most abundant by weight.

For products such as bread or pasta to be labeled whole grain, the grain can be ground, cracked, or flaked, but it must retain the same proportions of bran, germ, and endosperm.

Foods made from grains (wheat, rice, and oats) help form the foundation of a nutritious diet. They provide vitamins, minerals, carbohydrates (starch and dietary fiber), and other substances that are important for good health. Grain products are low in fat, unless fat is added in processing, in preparation, or at the table. Whole grains differ from refined grains in the amount of fiber and nutrients they provide, and different whole grain foods differ in nutrient content, so choose a variety of whole and enriched grains.

Eating at least three one-ounce equivalents of whole grains per day can reduce the risk of several chronic diseases. Examples of a one-ounce equivalent include:

- 1/2 cup cooked oatmeal
- 1/2 cup cooked 100% whole-grain pasta
- 1/2 cup cooked brown rice or whole-grain barley
- 1 regular slice of 100% whole-grain bread
- 1 cup of whole-grain ready-to-eat cereal (flakes or rounds) or 1¼ cup puffed

Vitamins, minerals, fiber, and other protective substances in whole grain foods contribute to the health benefits of whole grains. Refined grains are low in fiber and in the protective substances that accompany fiber. Eating plenty of fiber-containing foods, such as whole grains (and also many fruits and vegetables) promotes proper bowel function. The high fiber content of many whole grains may also help you to feel full with fewer calories. Fiber is best obtained from foods like whole grains, fruits, and vegetables rather than from fiber supplements for several reasons: there are many types of fiber, the composition of fiber is poorly understood, and other protective substances accompany fiber in foods.

**FCS Instruction 783.1 Rev 2: Exhibit A**  
**GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES**  
**IN THE CHILD NUTRITION PROGRAMS<sup>1, 2</sup>**

<b>Group A</b>	<b>Minimum Serving Size for Group A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
<b>Group B</b>	<b>Minimum Serving Size for Group B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
<b>Group C</b>	<b>Minimum Serving Size for Group C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

<sup>1</sup>The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

<sup>2</sup>Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup>Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

<sup>4</sup>Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

<b>Group D</b>	<b>Minimum Serving Size for Group D</b>
<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars<sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet rolls<sup>4</sup> (unfrosted)</li> <li>• Toaster pastries<sup>4</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
<b>Group E</b>	<b>Minimum Serving Size for Group E</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>4</sup></li> <li>• Granola bars<sup>4</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastries<sup>4</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
<b>Group F</b>	<b>Minimum Serving Size for Group F</b>
<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
<b>Group G</b>	<b>Minimum Serving Size for Group G</b>
<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
<b>Group H</b>	<b>Minimum Serving Size for Group H</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked)<sup>5, 6</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = 1/2 cup cooked (or 25 gm dry)
<b>Group I</b>	<b>Minimum Serving Size for Group I</b>
1 serving = 3/4 cup or 1 oz, whichever is less	<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)<sup>5, 6</sup></li> </ul>

<sup>3</sup> Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

<sup>4</sup> Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals may be whole-grain, enriched, or fortified.



TODD STAPLES, COMMISSIONER

# POLICY ALERT

**Date:** January 8, 2010

**Reference:** # CACFP DCH 2010-03

**To:** Child and Adult Care Food Program-Day Care Homes (CACFP DCH) Contractors

**Subject:** Determining Creditability of Breakfast Cereals

**Effective Date:** Immediately

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## Purpose

**ADD** the following CACFP DCH Handbook Items:

- 4112.6, Creditability of Breakfast Cereals;
- 11534.1, USDA, ARS National Nutrient Database for Standard Reference;
- 11534.2, Manual Conversion for Nutrients per Portion of a Ready-to-Eat Breakfast Cereal; and
- 11534.3, Manual Conversion for Nutrients per Portion of a Ready-to-Cook Breakfast Cereal

Provide sponsors with guidance on determining the creditability of breakfast cereals towards the grains/breads component.

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## Implementation

Immediate Mandatory

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## Procedure

**Add the following to your CACFP DCH Handbook:**

### **4112.6, Creditability of Breakfast Cereals**

A breakfast cereal is creditable if any of the following are true:

1. The cereal is labeled as whole grain (100% of the grain component is whole grain);
2. The cereal is labeled as “enriched”;
3. The cereal is labeled as “fortified”;
4. The ingredient statement shows that the primary grain ingredient is either whole grain, enriched flour or meal, bran or germ; or
5. Manufacturer documentation provides the gram amount of creditable grains per serving.

Refer to the flow chart in Section Three, on Page 3-7 of the *Food Buying Guide for Child Nutrition Programs* (FBG) for information regarding options to determine the creditability of breakfast cereals.

Some cereal manufacturers, however, no longer attach the words “fortified” or “enriched” to the name of the cereal on the label. In addition, some cereal manufacturers add the words “whole grain” or “made with whole grain” to the product label even if the grain component is not 100% whole grain, thus making it difficult to determine if the cereal is creditable.

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continued

This Policy Remains in Effect Until Further Notice

## **How To Pick A Breakfast Cereal**

Breakfast is an important meal to start off your day. Studies showed that athletes who ate breakfast performed better in competition; kids who ate breakfast were able to concentrate more in class; adults who ate breakfast were able to control weight better than those who did not eat breakfast. The recommended intake of fiber is 25 g per day; therefore choose breakfast cereals with at least 5 g of fiber per serving (many cereals with 100% whole grains have much higher amounts of fiber). When reading nutrition labels, also pay attention to the sugar content. Serve ready to eat cereal with no more than 10 grams of sugar per serving. Cereals with fruits usually have higher sugar content as sugar is naturally occurring in fruits. However, it is shocking to find some cereals without added fruits, including those marketed to children, containing up to 12 - 20g of refined sugar per serving.

In food terms, cereal refers to a crop which is grown for its edible grain. Wheat, corn, rice and oats are cereal grains. While many boxed breakfast cereals contain one or more of these ingredients, many contain less than you might think. And what is present is often processed in a way that reduces the nutrient benefits of grains. When picking cold cereal, you need to check the list of ingredients carefully. The ingredient list is where you find out if the cereal has whole grain ingredients, sources of sugar, artificial colors and flavors. The front of the cereal package might make it look like certain ingredients are present (whole grains, fruit or yogurt). The ingredient list is where you need to go to find out if any of these foods are present and at what level.

### **Look for whole-grain ingredients**

It's best to choose cereals with whole grain ingredients. Look for the first one or two ingredients to be a whole grain. Whole wheat, whole wheat flour, oats, oat flour, bulgur, brown rice, and buckwheat are examples of whole grain ingredients.

### **Look for sources of sugar**

Breakfast cereals are often highly sweetened. The ingredient list ranks ingredients from most to least. A cereal with sugar listed as the first ingredient is probably not what you had in mind for a healthy breakfast for your preschooler. Even if sugar isn't the first ingredient, look out for multiple sources of sugar in the list - together, they might become the primary ingredient.

### **Ingredient Terms For Common Sweeteners:**

Sugar, brown sugar, high fructose corn syrup, corn syrup, juice concentrate, fructose, cane sugar, beet sugar, honey, rice syrup.

### **Check the Sugar Content**

Compare the grams in one serving of a food to the grams of sugar in that serving. You'll see what percentage of the product comes from sugar. For instance, if one serving of cereal is 30

grams and the sugar value is 15 grams, the cereal is 50% sugar. That's like adding ¼ cup of sugar to ¼ cup of cereal for breakfast.

**Children love cereal and willingly eat a lot of it. Add to this the nutrition found in cereals and you'll agree that grains are great kid food. One cup of a nutritious cereal can supply as much as half the daily nutritional requirements for fifteen of the top vitamins and minerals. Add milk or yogurt to the cereal, and it boosts the nutritional content even higher. Plain and simple, cereal is a great way to get a lot of nutrition into a child at one sitting. In fact, a nutritious cereal is like a multi-vitamin/multi-mineral supplement in a tasty, attractive package.**

### **Recommended: Cereals Made With All Or Mostly Whole Grains**

*(little or no added sugars; but check the list of ingredients -- recipes can change.)*

Cheerios - General Mills

Chex, Wheat or Multi Grain - General Mills

Cinnamon Toast Crunch - General Mills

Cinnamon Grahams - General Mills

French Toast Crunch - General Mills

Golden Grahams - General Mills

Grape Nuts - Post

Grape Nut Flakes - Post

Great Grains, all varieties - Post

Healthy Choice Mueslix - Kelloggs

Healthy Choice Almond Crunch with Raisins - Kelloggs

Healthy Choice Low Fat Granola - Kelloggs

Healthy Choice Toasted Brown Sugar Squares - Kelloggs

Kashi (all varieties) - Kashi Company

Life - Quaker

Mini-Wheats, all varieties - Kelloggs

Muesli - Familia

Nutri-Grain, all varieties - Kelloggs

Oatmeal Crisp, all varieties - General Mills

Oatmeal Squares - Quaker

Organic Healthy Fiber Multigrain Flakes - Health Valley

Puffed Wheat - Quaker and others

Shredded Wheat, all varieties and sizes - Post and others

Smart Start - Kelloggs

South Beach Diet Toasted Wheats

Total - General Mills

Uncle Sam - U.S. Mills

Weetabix

Wheaties - General Mills

Barbara's, Cascadian Farm, Mother's, Nature's Promise and other smaller brands that specialize in "healthful" cereals (but always check the list of ingredients).

## **Recommended: All Bran or High Bran Cereals**

*(little or no added sugars.)*

100% Bran - Post  
All Bran, all varieties - Kelloggs  
Bran Flakes - Post  
Chex, Multi-Bran - General Mills  
Complete Wheat Bran Flakes - Kelloggs  
Complete Oat Bran Flakes - Kelloggs  
Cracklin' Oat Bran - Kelloggs  
Crunchy Corn Bran - Quaker  
Fiber 7 Flakes - Health Valley  
Fiber One - General Mills  
Fruit & Bran - Post  
Granola, Low Fat - Kelloggs  
Oat Bran - Quaker  
Oat Bran Flakes - Health Valley  
Oat Bran Flakes with Raisins - Health Valley  
Organic Bran with Raisins - Health Valley  
Raisin Bran - Kelloggs  
Raisin Bran Flakes - Health Valley  
Raisin Bran, Whole Grain Wheat - Post  
Raisin Nut Bran - General Mills  
Shredded Wheat 'n' Bran - Post  
Total, Raisin Bran - General Mills  
Weight Watchers Flakes 'n' Fiber  
100% Natural Granola - Quaker

## **Not Recommended**

These cereals also are primarily refined grains and are high in added sugars.

Basic Four - General Mills  
Chocolate Peanut Butter Pops - Kelloggs  
Cocoa Krispies - Kelloggs  
Corn Pops - Kelloggs  
Froot Loops - Kelloggs  
Mini-Swirlz - Kelloggs  
Apple Jacks - Kelloggs  
Smacks - Kelloggs  
Cap'n Crunch, all varieties - Quaker  
Cocoa Frosted Flakes - Kelloggs  
Cocoa Blasts - Quaker  
Cocoa Pebbles - Post  
Cocoa Puffs - General Mills

Cookie Crisp/Chocolate Chip - General Mills

Count Chocula - General Mills

Corn Pops – Kelloggs

Fruity Pebbles - Post

Honey Bunches of Oats - Post

Honey Comb - Post

Lucky Charms - General Mills

Honey Nut Clusters - General Mills

Reese's Peanut Butter Puffs - General Mills