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

<table>
<thead>
<tr>
<th></th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Vegetables, fruit, or both</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ serving</td>
<td>½ oz eq*</td>
<td>½ serving</td>
<td>½ oz eq*</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th></th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Meat and meat alternates</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>1 oz</td>
<td>1 oz</td>
<td>1 ½ oz</td>
<td>1 ½ oz</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruits</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Grains</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ serving</td>
<td>½ oz eq*</td>
<td>½ serving</td>
<td>½ oz eq*</td>
</tr>
</tbody>
</table>

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

### Snack Meal Patterns

<table>
<thead>
<tr>
<th></th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Meat and meat alternates</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ oz</td>
<td>½ oz</td>
<td>½ oz</td>
<td>½ oz</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruit</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Grains</td>
<td>Previous</td>
<td>Updated</td>
<td>Previous</td>
<td>Updated</td>
</tr>
<tr>
<td></td>
<td>½ serving</td>
<td>½ oz eq*</td>
<td>½ serving</td>
<td>½ oz eq*</td>
</tr>
</tbody>
</table>

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.


Questions? Contact your State or Regional Office.

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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
- Pink Salmon
  - 5 oz, 6 oz, or 8.75 oz can
  - Packed in water
  - Plain
- Mackerel
  - 15 oz can
  - Packed in water or tomato sauce
- 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 white fillet
- Specialty salmon, such as smoked, wild sockeye, blue back salmon, and 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
- Fish or salmon in pasta or salmon kits
- Fish packed in pouches or plastic containers
- Canned king mackerel

Helpful Hint: To buy the full 3 oz of fish:

<table>
<thead>
<tr>
<th>15 oz</th>
<th>15 oz</th>
<th>5 oz</th>
<th>5 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz</td>
<td>3 oz</td>
<td>1 oz</td>
<td>1 oz</td>
</tr>
</tbody>
</table>

WHOLE GRAINS

CAN BUY
Whole Wheat Bread | Any brand in 16 oz package:
- Leaves, 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
- Whole Grain Barley
  - Organic is allowed
  - Oatmeal or Oats
    - Old fashioned
    - Rolled, cut, or steel cut
    - Regular, quick, or instant
    - Crystal Wedding
    - 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
- Fresfyllas — 100% Whole Wheat Tortillas
- Guerrero — Tortillas de Harina Integral
- Herdez — Whole Wheat Tortillas Fajita Style
- Kroeger — Soft Taco Sized 100% Whole Wheat Tortillas
- La Bandera — 100% Whole Wheat Flour Tortillas Soft Taco
- La Bandera — 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
- Romero’s — 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 Santerax — 100% Whole Wheat Flour Tortillas
- Vallarta Supermarkets — 100% Whole Wheat Tortillas
- Vallarta Supermarkets — Tortilla de Través/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 Bandera — Corn Tortillas
- La Bandera — Grande Corn Tortillas
- La Burrita — Corn Tortillas
- La Fe Tortilleria — Corn Tortillas King Size
- La Mexicana — Corn Tortillas
- La Peña Mexicana — King Size White Corn Tortillas
- La Peña 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 Maíz
- Northgate Gonzalez Market — Yellow Corn Tortillas de Maíz
- 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 Amarill

**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
  - Whole Grain Spaghetti

- **Bella Terra**
  - Organic Whole Wheat Capellini
  - Organic Whole Wheat Spaghetti

- **Racconto**
  - Whole Wheat Penne Rigate
  - 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

- **Simply Balanced**
  - Organic Whole Wheat Farfalle
  - Organic Whole Wheat Fusilli
  - Organic Whole Wheat Penne Rigate
  - Organic Whole Wheat Spaghetti

- **Western Family**
  - 100% Whole Wheat Penne Rigate
  - 100% Whole Wheat Spaghetti

- **Western Family (organic)**
  - 100% 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

- **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

CANNOT BUY

- 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
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 containers:

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

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

**Lucerne**
- Plain (Fat Free)

**LALA**
- Plain (Lowfat)

**Tillamook**
- Plain & Simple (Lowfat)

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

**Market Pantry**
- Plain (Nonfat)

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

**Sutter Bros.**
- Plain (Fat Free, Low fat)

**Springfield**
- Premium Plain (Lowfat)
- Blended Strawberry (Lowfat)

**Tillamook**
- Plain (Non Fat, Low Fat)

**Western Family**
- Strawberry (Low Fat)

**Helpful Hint:** Must buy yogurt fat level printed on check.
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 folate
- 5 or more grams fiber per serving

WHOLE GRAIN CEREALS – 51% or more whole grain.

General Mills
- Cheerios
- MultiGrain Cheerios
- Honey Nut Cheerios
- Kix
- Total 100% Whole Grain

Kellogg’s
- Frosted Mini Wheats – Original
- Frosted Mini Wheats – Little Bites
- Life – Original
- Oatmeal Squares – Brown Sugar
- Oatmeal Squares – Cinnamon

Quaker
- Post
- B&G Foods
- Mill Select Early On
- Grape-Nuts
- Bran Flakes
- Cream of Wheat – Whole Grain
- Puffed Wheat

OTHER CEREALS – Less than 51% whole grain.

Kellogg’s
- Corn Flakes
- Special K – Original
- Corn Bran Crunch

Quaker
- Post/Malt-O-Meal
- Honey Bran Flakes – Honey Roasted
- Malt-O-Meal Hot Cereal – Original
- oat Blenders with Honey

Crisp(y) Rice:
- Best Yet
- First Street
- Food Club
- Great Value
- Gayness
- Hospitality
- HY-TOP
- Hy-Vee
- JGA
- Kiggins
- Shurfine
- Kroger
- Malt-O-Meal
- Market Pantry
- Mill Select Early On
- Parade
- Ittey’s
- Ittey’s Foods
- Red & White
- Ittey’s Foods
- Sunny Select
- Signature
- Kitchens
- Springfield
- Stater Bros.
- Sunny Select
- Valu Time
- Western Family
- WinCo Foods

CANNOT BUY
- Any other brand, type, size, or flavor of breakfast cereal
- Grills
- 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:

March 28, 2016
**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

<table>
<thead>
<tr>
<th>WHOLE GRAINS</th>
<th>NON-WHOLE GRAINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cracked wheat</td>
<td>Corn</td>
</tr>
<tr>
<td>Crushed wheat</td>
<td>Rye</td>
</tr>
<tr>
<td>Whole-wheat flour</td>
<td>White rice</td>
</tr>
<tr>
<td>Graham flour</td>
<td>White flour</td>
</tr>
<tr>
<td>Entire-wheat flour</td>
<td>Whole wheat</td>
</tr>
<tr>
<td>Bromated whole-wheat flour</td>
<td>Rye flour</td>
</tr>
<tr>
<td>Whole durum wheat flour</td>
<td>White flour</td>
</tr>
<tr>
<td>Wheat berries</td>
<td>All-purpose flour</td>
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<td>Unbleached flour</td>
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<tr>
<td>Dehulled barley</td>
<td>Enriched bread flour</td>
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<tr>
<td>Whole grain barley</td>
<td>Instantized flour</td>
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<td>Oatmeal</td>
<td>Self-rising flour</td>
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<tr>
<td>Amaranth</td>
<td>Bread flour</td>
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<tr>
<td></td>
<td>Durum flour</td>
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<tr>
<td></td>
<td>Corn grits</td>
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<tr>
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<td>Hominy</td>
</tr>
<tr>
<td></td>
<td>Semolina</td>
</tr>
<tr>
<td></td>
<td>Enriched rice</td>
</tr>
<tr>
<td></td>
<td>Couscous</td>
</tr>
<tr>
<td></td>
<td>Scotch barley</td>
</tr>
</tbody>
</table>

ProvidersChoice

Supporting the Child Care Professional

This institution is an equal opportunity provider.
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

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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.

- **Savory Crackers**: saltine & snack crackers
- **Pasta/Noodles**:
- **Cereal**: cereal grains or ready-to-eat
- **Pretzels**:
- **Breakfast Breads**: muffins, pancakes, waffles, French toast, croissants
- **Rice**:
- **Bread**: bread, bagel, roll, pita, tortilla, taco shell, pizza crust, cornbread, quick bread
**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.

<table>
<thead>
<tr>
<th>Serving Size Ounces (oz)</th>
<th>Serving Size Grams (g)</th>
<th>Sugars Grams (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td></td>
<td>Sugars must not be more than:</td>
</tr>
<tr>
<td>2.25 oz</td>
<td>64 g</td>
<td>9 g</td>
</tr>
<tr>
<td>3.5 oz</td>
<td>99 g</td>
<td>13 g</td>
</tr>
<tr>
<td>4 oz</td>
<td>113 g</td>
<td>15 g</td>
</tr>
<tr>
<td>5.3 oz</td>
<td>150 g</td>
<td>20 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>170 g</td>
<td>23 g</td>
</tr>
<tr>
<td>8 oz</td>
<td>227 g</td>
<td>31 g</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 yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

---

**Nutrition Facts**

Serving Size 8 oz (227g)

| Amount Per Serving | Calories 130 | Calories from Fat 20%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 2g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Potassium 400mg</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Sodium 180mg</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 21g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>17%</td>
<td></td>
</tr>
<tr>
<td>Sugars 9g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 10g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A 6%       | Vitamin C 4%  |
| Calcium 35%        | Iron 0%       |
| Vitamin D 6%       |                |

**Test Yourself:**

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

Serving Size:___________

Sugars :___________

☐ Yes ☐ No

*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 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](https://www.fns.usda.gov/cacfp/meals-and-snacks).

More training, menu planning, and nutrition education materials for the CACFP can be found at [https://teamnutrition.usda.gov](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 Grams (g)</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces (oz)</td>
<td>(Use when the serving size is not listed in ounces)</td>
<td>Sugars must not be more than:</td>
</tr>
<tr>
<td>If the serving size is:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz</td>
<td>28 g</td>
<td>4 g</td>
</tr>
<tr>
<td>1.25 oz</td>
<td>35 g</td>
<td>5 g</td>
</tr>
<tr>
<td>1.5 oz</td>
<td>43 g</td>
<td>6 g</td>
</tr>
<tr>
<td>1.75 oz</td>
<td>50 g</td>
<td>7 g</td>
</tr>
<tr>
<td>2 oz</td>
<td>57 g</td>
<td>8 g</td>
</tr>
<tr>
<td>2.25 oz</td>
<td>64 g</td>
<td>9 g</td>
</tr>
<tr>
<td>2.5 oz</td>
<td>71 g</td>
<td>10 g</td>
</tr>
<tr>
<td>2.75 oz</td>
<td>78 g</td>
<td>11 g</td>
</tr>
<tr>
<td>3 oz</td>
<td>85 g</td>
<td>11 g</td>
</tr>
<tr>
<td>3.25 oz</td>
<td>92 g</td>
<td>12 g</td>
</tr>
<tr>
<td>3.5 oz</td>
<td>99 g</td>
<td>13 g</td>
</tr>
<tr>
<td>3.75 oz</td>
<td>106 g</td>
<td>14 g</td>
</tr>
<tr>
<td>4 oz</td>
<td>113 g</td>
<td>15 g</td>
</tr>
<tr>
<td>4.25 oz</td>
<td>120 g</td>
<td>16 g</td>
</tr>
<tr>
<td>4.5 oz</td>
<td>128 g</td>
<td>17 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Serving Size Grams (g)</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces (oz)</td>
<td>(Use when the serving size is not listed in ounces)</td>
<td>Sugars must not be more than:</td>
</tr>
<tr>
<td>If the serving size is:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.75 oz</td>
<td>135 g</td>
<td>18 g</td>
</tr>
<tr>
<td>5 oz</td>
<td>142 g</td>
<td>19 g</td>
</tr>
<tr>
<td>5.25 oz</td>
<td>149 g</td>
<td>20 g</td>
</tr>
<tr>
<td>5.3 oz</td>
<td>150 g</td>
<td>20 g</td>
</tr>
<tr>
<td>5.5 oz</td>
<td>156 g</td>
<td>21 g</td>
</tr>
<tr>
<td>5.75 oz</td>
<td>163 g</td>
<td>22 g</td>
</tr>
<tr>
<td>6 oz</td>
<td>170 g</td>
<td>23 g</td>
</tr>
<tr>
<td>6.25 oz</td>
<td>177 g</td>
<td>24 g</td>
</tr>
<tr>
<td>6.5 oz</td>
<td>184 g</td>
<td>25 g</td>
</tr>
<tr>
<td>6.75 oz</td>
<td>191 g</td>
<td>26 g</td>
</tr>
<tr>
<td>7 oz</td>
<td>198 g</td>
<td>27 g</td>
</tr>
<tr>
<td>7.25 oz</td>
<td>206 g</td>
<td>28 g</td>
</tr>
<tr>
<td>7.5 oz</td>
<td>213 g</td>
<td>29 g</td>
</tr>
<tr>
<td>7.75 oz</td>
<td>220 g</td>
<td>30 g</td>
</tr>
<tr>
<td>8 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 brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

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

FNS-652 April 2017
USDA is an equal opportunity provider, employer, and lender.
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.

<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>12-16 grams</td>
<td>3 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>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>74-77 grams</td>
<td>16 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.

*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

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: ¾ cup (30g)</td>
</tr>
<tr>
<td>Servings Per Container: about 15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Cereal with 1% cup skim milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 100</td>
<td>100</td>
</tr>
<tr>
<td>Calories from Fat 5</td>
<td>5</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>
<tr>
<td>Sugars 5g</td>
<td>5%</td>
</tr>
<tr>
<td>Other Carbohydrate 14g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein 140mg</td>
<td>11%</td>
</tr>
</tbody>
</table>

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” list. 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>59-63 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>64-68 grams</td>
<td>14 grams</td>
</tr>
<tr>
<td>69-73 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>74-77 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.
## 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).

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

   Maya’s Age: 1 year
   Type(s) of Milk: unflavored whole (3.25% fat) milk
   Darrick’s Age: 2 years
   Type(s) of Milk: unflavored fat-free (skim) or low-fat (1%) 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: 5½ years
   Types of Milk: unflavored fat-free (skim) or low-fat (1%) 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?

   Yes, you may serve yogurt at breakfast. You may serve yogurt at the same meal. You may serve yogurt at breakfast. You may serve yogurt at breakfast and lunch. You may serve yogurt at breakfast and lunch.

### Answer Key

FNS-654 April 2017

USDA is an equal opportunity provider, employer, and lender.
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: LET'S COMPARE

<table>
<thead>
<tr>
<th></th>
<th>PREVIOUS 0-3 Months</th>
<th>PREVIOUS 4-7 Months</th>
<th>PREVIOUS 8-11 MONTHS</th>
<th>UPDATED 0-5 MONTHS</th>
<th>UPDATED 6-11 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>4-6 fl oz breastmilk or formula</td>
<td>4-8 fl oz breastmilk or formula</td>
<td>6-8 fl oz breastmilk or formula</td>
<td>2-4 tbsp infant cereal</td>
<td>4-6 fl oz breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td>0-3 tbsp infant cereal</td>
<td>1-4 tbsp vegetable, fruit or both</td>
<td>4-6 fl oz breastmilk or formula</td>
<td>4-6 fl oz breastmilk or formula</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch or Supper</strong></td>
<td>4-6 fl oz breastmilk or formula</td>
<td>4-8 fl oz breastmilk or formula</td>
<td>6-8 fl oz breastmilk or formula</td>
<td>2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2 oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination</td>
<td>6-8 fl oz breast milk or formula</td>
</tr>
<tr>
<td></td>
<td>0-3 tbsp infant cereal</td>
<td>0-3 tbsp vegetable, fruit or both</td>
<td>6-8 fl oz breast milk or formula</td>
<td>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</td>
<td>0-2 tbsp vegetable, fruit or both</td>
</tr>
<tr>
<td></td>
<td>1-4 tbsp vegetable, fruit or both</td>
<td>2-4 fl oz breastmilk, formula, or fruit juice</td>
<td>2-4 fl oz breastmilk, formula, or fruit juice</td>
<td>0-½ bread slice or 0-2 crackers</td>
<td>0-2 tbsp vegetable, fruit or both</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>4-6 fl oz breastmilk or formula</td>
<td>4-6 fl oz breastmilk or formula</td>
<td>4-6 fl oz breastmilk or formula</td>
<td>2-4 fl oz breastmilk or formula</td>
<td>2-4 fl oz breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td>0-1½ bread slice or 0-2 crackers</td>
<td>0-2 bread slice or 0-2 crackers</td>
<td>0-2 tbsp vegetable, fruit or both*</td>
<td>0-2 tbsp vegetable, fruit or both*</td>
<td></td>
</tr>
</tbody>
</table>

*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.
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.

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.

For more information, please visit www.fns.usda.gov/cacfp/child-and-adult-care-food-program.
Questions? Contact your State or Regional Office.
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**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.

<table>
<thead>
<tr>
<th>Dark Green Vegetables</th>
<th>Red and Orange Vegetables</th>
<th>Starchy Vegetables</th>
<th>Dry Beans and Peas (Legumes)</th>
<th>Other Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beet Greens</td>
<td>Acorn squash</td>
<td>Cassava</td>
<td>Black beans</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Butternut squash</td>
<td>Corn</td>
<td>Black-eyed peas</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Hubbard squash</td>
<td>Green peas</td>
<td>Edamame</td>
<td>Avocado</td>
</tr>
<tr>
<td>Collard greens</td>
<td>Pumpkin</td>
<td>Green lima beans</td>
<td>Garbanzo beans (chickpeas)</td>
<td>Bean Sprouts</td>
</tr>
<tr>
<td>Dark-green leafy lettuce</td>
<td>Red/orange peppers</td>
<td>Jicama</td>
<td>Great northern beans</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Kale</td>
<td>Sweet potatoes</td>
<td>Parsnips</td>
<td>Kidney beans</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>Tomatoes</td>
<td>Plantains</td>
<td>Lentils</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Romaine lettuce</td>
<td>Tomato juice (low sodium)</td>
<td>Potatoes</td>
<td>Navy beans</td>
<td>Celery</td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td>Taro</td>
<td>Pinto beans</td>
<td>Crookneck squash</td>
</tr>
<tr>
<td>Swiss chard</td>
<td></td>
<td>Water chestnuts</td>
<td>Soy beans</td>
<td>Cucumbers</td>
</tr>
<tr>
<td>Turnip greens</td>
<td></td>
<td></td>
<td>Split peas</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Watercress</td>
<td></td>
<td></td>
<td>White beans</td>
<td>Green beans</td>
</tr>
</tbody>
</table>

Providers Choice, Inc.  
**Making Changes One Bite At A Time**