



Healthy Menus Planning Tool for Use in the North Carolina Child and Adult Care Food Program (CACFP)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Everyday Menu Choices for Child Care Centers and Family Child Care Homes</i>				
AM Snack					
Lunch					
PM Snack					
Dinner					

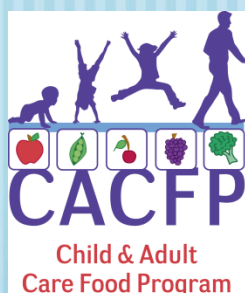
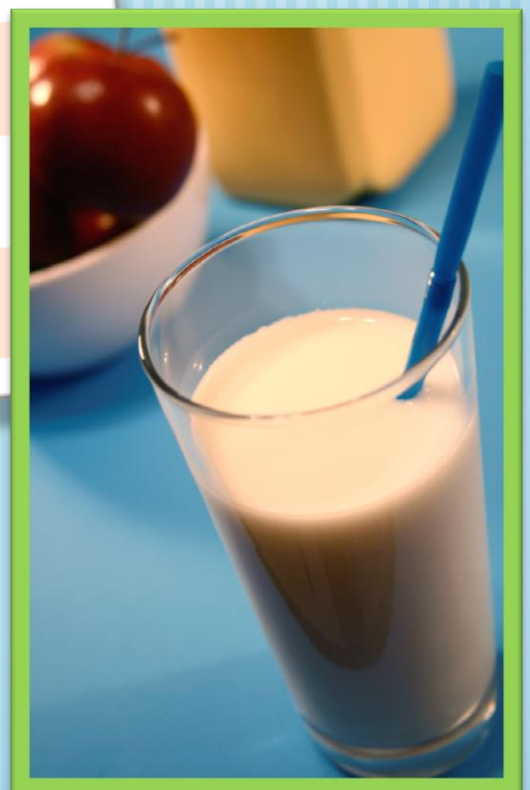


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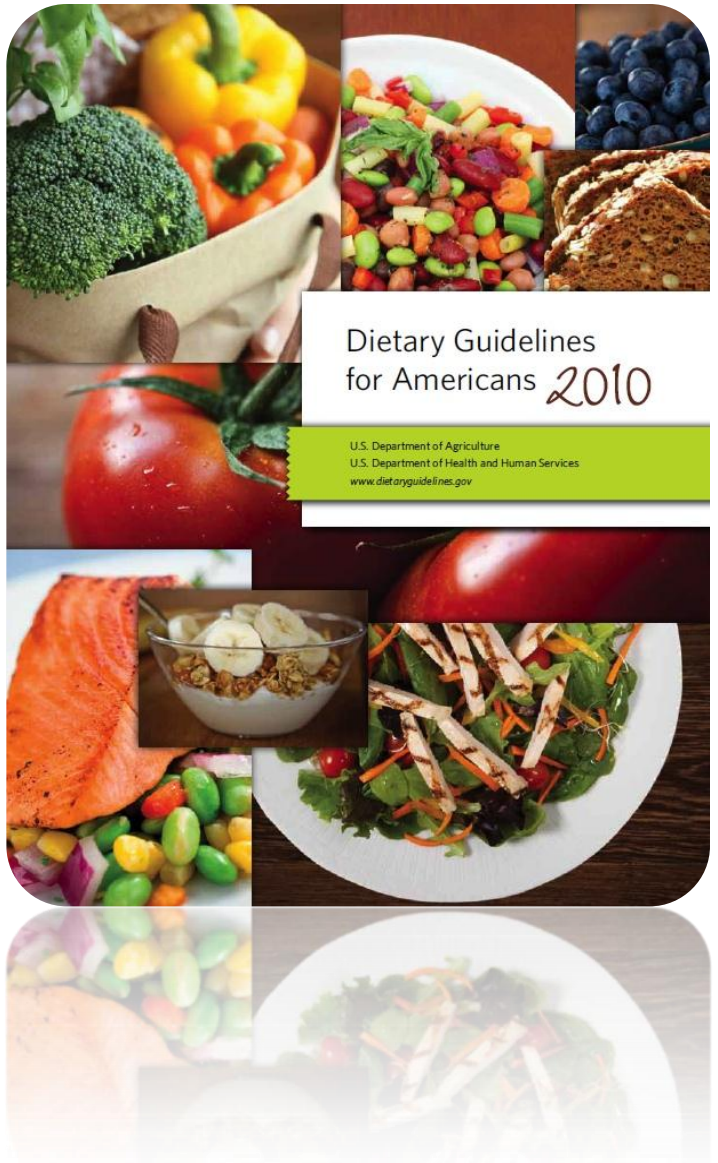
Healthy Menus

Introduction

In North Carolina (NC), more than a third of children – even preschoolers – are overweight or obese. Being overweight or obese increases a child’s risk for developing serious health problems, including Type 2 diabetes and high blood pressure. Overweight and obese children can also suffer from low self-esteem and may do less well in school than their healthy peers. The **GOOD NEWS** is that child care providers like *you* can help prevent overweight and obesity in young children!

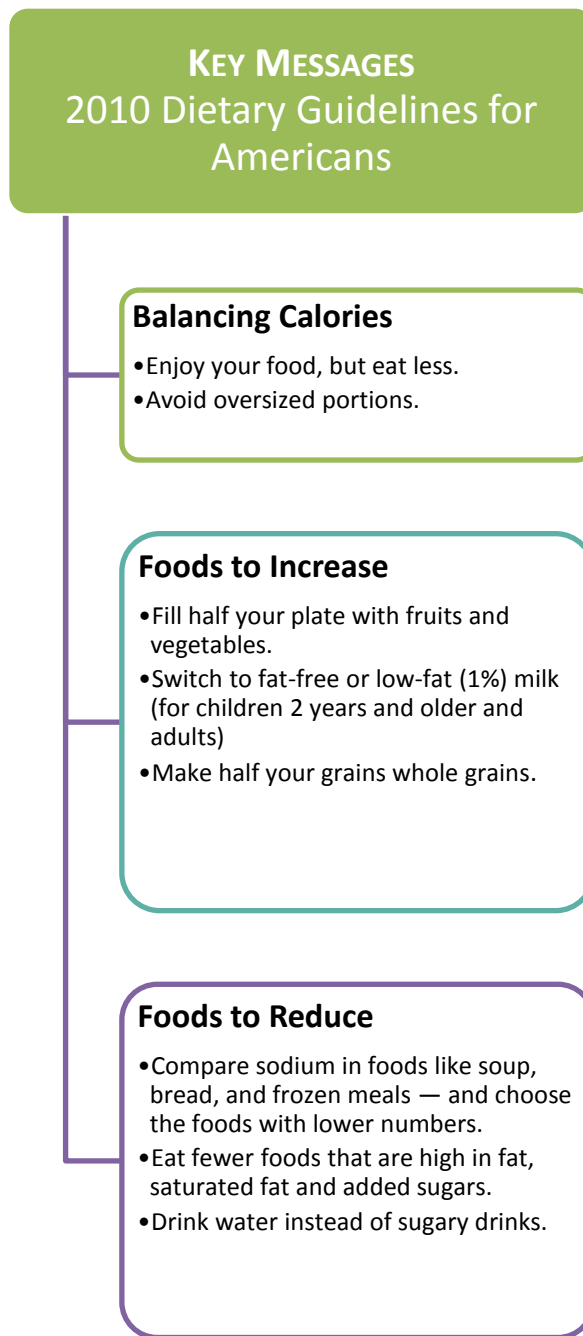
The keys to success are to provide healthy foods and to encourage children to be active. To get you started, the Nutrition Services Branch of the NC Division of Public Health has developed this healthy eating and physical activity guide. The guide is based on the most current science on healthy eating and physical activity, as published in the 2010 Dietary Guidelines for Americans (DGAs).

*The **GOOD NEWS** is that child care providers like you can help prevent overweight and obesity in young children!*



The 2010 DGAs are the federal government’s evidence-based nutritional and physical activity guidance. The DGAs are designed to promote health and to reduce the risk of overweight and obesity and other chronic diseases, such as heart disease, cancer and Type 2 diabetes. The 2010 DGAs contains several key messages around balancing calories, foods to increase, and foods to reduce (see side bar).

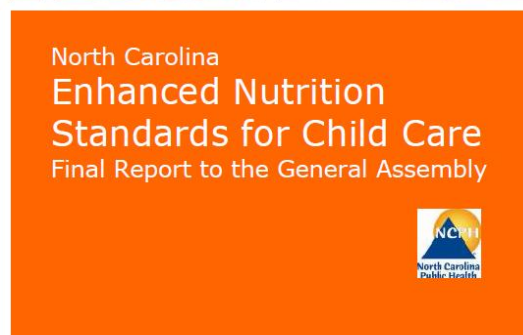
To bring CACFP meals and snacks into alignment with the 2010 DGAs, USDA requested that the Institute of Medicine (IOM) convene a panel of experts to review and recommend revisions to the CACFP Meal Requirements. The final report entitled “Child and Adult Care Food Program: Aligning Dietary Guidance for All” was released in 2011.¹



¹ Access the full report at http://www.nap.edu/openbook.php?record_id=12959

Drawing upon the recommendations from IOM, the North Carolina Division of Public Health and North Carolina Division of Child Development and Early Education developed the following set of proposed enhanced nutrition standards for licensed child care facilities.

- ☆ Prohibit the serving of sweetened beverages, other than 100% fruit juice, to children of any age.
- ☆ Prohibit the serving of more than six ounces of juice per day to children of any age.
- ☆ Prohibit the serving of juice from a bottle.
- ☆ Prohibit the serving of whole milk to children two years of age or older.
- ☆ Prohibit the serving of flavored milk to children of any age.
- ☆ Create an exception from the rules for parents of children who have medical needs, special diets, or food allergies.
- ☆ Limit the number of grains containing added sugars and increase the number of whole grains.
- ☆ Limit foods high in fat and salt.



So, how do your current menus compare to the recommendations?

The best place to start is to assess your current menus. To help you do this, we've included a menu self-assessment "cheat sheet." This will help you determine if your menus meet the best practice standards. The menu self-assessment contains all the best practice standards, organized by meal component: milk, grains and breads, fruits and vegetables, and meats and meat alternates.



Don't get discouraged if you find many areas needing improvement. **We congratulate you on taking the first step!** And we are here to support you in implementing *all* the best practice standards – one step at a time!

MENU ASSESSMENT**DOES YOUR MENU MEET THE 'BEST PRACTICE' STANDARD?**

Milk	YES	NO
For infants (0-11 months), only breast milk or iron-fortified infant formula is served.		
For toddlers (12-23 months), only breast milk or whole cow's milk is served.		
For children 2 years and older, only low-fat (1%) or non-fat (skim) milk is served.		
Flavored milk is not offered.		
Milk is not served with juice as the second component in a snack.		
Grains & Breads	YES	NO
At least half of the grains and breads served are <i>whole</i> grains. Examples include breads, crackers and cereals made from whole wheat flour, brown rice, whole wheat couscous, bulgur, barley, quinoa, and oatmeal.		
Breakfast cereals contain no more than 6 grams of added sugar per dry ounce (see WIC approved cereals list in the Grains & Breads chapter).		
Fatty/sugary grains and breads are limited to 1 time per week or less. Examples include cookies, cakes, pies, waffles, and French toast.		
Fruits & Vegetables	YES	NO
Whole fruit rather than fruit juice is served at most meals and snacks.		
A variety (3 or more different types) of unsweetened fresh, frozen or canned fruits are served each week. Examples include apples, apricots, avocado, bananas, berries, cherries, citrus fruits, grapes, kiwi fruit, mangoes, melons, papaya, peaches, pears, pineapple, plums, prunes, raisins, and watermelon.		
Only canned fruit packed in juice or water is served.		
When juice is served, only 100% juice is offered.		
For children 1 year and older, 100% juice is limited to 1 age-appropriate serving per day: <ul style="list-style-type: none"> • 1-2 years: 2 fl. oz (1/4 cup) • 3-5 years: 4 fl. oz. (1/2 cup) • 6 years and older: 4-6 fl. oz. (1/2–3/4 cup) 		
No juice is served to children less than 1 year of age.		
No juice is served in a bottle.		
Dark green vegetables are served at least 2 times per week. Examples include bok choy, broccoli, collard greens, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.		

Fruits & Vegetables	YES	NO
Orange vegetables are served at least 2 times per week. Examples include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, and sweet potatoes.		
Legumes are served at least 1 time per week. Examples include black beans, black-eyed peas, garbanzo beans (chickpeas), green peas, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, and white beans. <i>Note: May be credited as a vegetable or meat alternate, but not both.</i>		
Other vegetables are served at least 3 times per week. Examples include artichokes, asparagus, beets, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, tomatoes, wax beans, and zucchini.		
Fried or pre-fried vegetables (e.g. French fries, tater tots and hash browns) are not served.		
Meats & Meat Alternates	YES	NO
Dried or canned beans, lentils, or peas are served 1 or more times per week. Examples include black beans, black-eyed peas, kidney beans, garbanzo beans (chickpeas), lima beans, split peas and lentils.		
When canned beans are served, low-sodium varieties are offered and/or beans are rinsed before cooking or serving.		
Only extra-lean ground beef (93% lean or higher) is served.		
Only extra-lean cuts of pork are served. This includes pork tenderloin and extra-lean boneless ham.		
Skin from chicken or turkey is removed before serving.		
Only water-pack canned fish, such as tuna or shrimp, is served.		
As a group, highly processed red meat, poultry, and fish are limited to 1 time per week or less. This includes bologna, hot dogs, sausage, salami, pepperoni, breaded chicken nuggets, patties or tenders, and breaded fish nuggets or sticks.		
Only natural cheeses that are low in fat are offered. Examples include cheddar or Colby-jack made from 2% milk, 50% reduced-fat cheese, and part-skim mozzarella cheese.		
Low-fat (1%) or non-fat yogurt and cottage cheese are served. Yogurt contains no more than 40 grams of total carbohydrate per 8 oz. serving.		

Implementing Best Practice Standards

AT-A-GLANCE FOOD CHART

	Recommended	Limited	Not Recommended
Beverages	<p>Water</p> <p>Fat-free and 1% milk*</p> <p><i>*For children 2 years and older and adults. Infants ages birth through 11 months should receive breast milk or iron-fortified formula. Toddlers ages 12 through 23 months should receive whole milk.</i></p>	100% fruit juice	<p>Whole milk</p> <p>Regular or diet sodas</p> <p>Sweetened iced teas, fruit drinks with less than 100% juice</p>
Vegetables	<p>Fresh and frozen non-starchy vegetables without added fat or salt, such as butter or sauces</p> <p>Canned non-starchy, low-sodium vegetables (ex: green beans)</p>	<p>All vegetables with added fat or salt</p> <p>Starchy vegetables (ex: white potatoes, corn)</p>	Any vegetable fried in oil, such as French fries, tater tots, or hash browns
Fruits	<p>All fresh and frozen fruits</p> <p>Canned fruits packed in water or juice</p> <p>Dried fruit (for children over 4)</p>	<p>100% fruit juice</p> <p>Canned fruits packed in light syrup</p>	Fruits canned in heavy syrup
Milk	<p>Fat-free and 1% milk*</p> <p><i>(see note in Beverage section)</i></p>		<p>2% milk</p> <p>Whole milk</p>
Grains & Breads	<p>Whole-grain breads, crackers, pitas, and tortillas</p> <p>Whole-grain pasta</p> <p>Brown rice</p> <p>Hot and cold whole-grain breakfast cereals that are low in sugar (6 grams or less per ounce)</p>	<p>White bread and pasta</p> <p>White rice</p> <p>French toast, waffles, and pancakes</p> <p>Granola</p>	<p>Sweetened breakfast cereals</p> <p>Biscuits or croissants</p> <p>Doughnuts, muffins, French toast sticks, toaster pastries</p> <p>Cookies, brownies, cakes</p> <p>Hard (fried) taco shells</p> <p>Crackers made with hydrogenated oils (trans fats)</p>

	Recommended	Limited	Not Recommended
Meats & Meat Alternates	<ul style="list-style-type: none"> Beans, split peas, and lentils Low-sodium turkey or chicken breast luncheon meat Chicken and turkey without skin Tuna canned in water Fish and shellfish that's been baked, broiled, steamed, or grilled Nuts (for children over 4) Peanut or other nut butter Low-fat or fat-free yogurt that is low in sugar (40 grams or less of total sugars per 8 ounce serving) 	<ul style="list-style-type: none"> Extra-lean ground beef ($\geq 93\%$ lean) Ham, Canadian bacon Eggs 	<ul style="list-style-type: none"> Ground beef that is not extra-lean ($< 93\%$ lean) Fried or pre-fried meat and fish (chicken nuggets, fried chicken, fish sticks) Hot dogs, bologna, pepperoni, sausage Potted meat (Vienna sausages, Treet) Beef or pork that hasn't been trimmed of fat Yogurt with more than 1% milk fat or 40 grams of sugar per 8 ounce serving
Condiments	<ul style="list-style-type: none"> Ketchup Mustard Fat-free or low-fat mayonnaise Fat-free or low-fat salad dressings Fat-free or low-fat sour cream Vinegar 	<ul style="list-style-type: none"> Olive oil, vegetable oil Trans-fat free margarine 	<ul style="list-style-type: none"> Butter, lard and margarine with trans-fats Salt Full-fat salad dressings Full-fat mayonnaise Full-fat sour cream Cheese sauce Cream sauce

The purpose of this toolkit...

We realize that some of these best practices will be easier to implement than others, such as not serving juice in a bottle. However, others require a bit more thought and practice, such as limiting the number of grains with added sugars, increasing whole grains and limiting foods high in fat and salt. What are added sugars and how much is too much? How do you know which grains are whole grains? How do you prepare certain whole grains, such as brown rice and whole grain couscous? What foods are high in fat and salt?

This is the exact purpose of this toolkit! — To help providers like you implement all the best practice recommendations, including those that may, *at first*, seem a bit more challenging. Included in this toolkit are chapters specific to each CACFP food group/component. In these chapters, you will find detailed guidance on which foods and beverages are recommended, limited, not recommended, or not even creditable in CACFP. You will also find links to recipes, budget tips, age-appropriate portion sizes and much, much more. We hope you visit this toolkit often and begin the journey toward implementing *all* the best practice recommendations.





Meal Patterns & *Menu Templates*

Why CACFP Meal Patterns Are Important

One goal of the CACFP is to serve attractive, tasty meals that meet a child's nutritional needs. Using the CACFP meal pattern, you can offer appealing meals that are consistent with the Dietary Guidelines for Americans. Careful planning is necessary to meet these goals.

What is a meal pattern?

A meal pattern is the set of food components, food items, and minimum quantities required for a breakfast, supplement (snack), or lunch or supper for a specific age group of children. The CACFP meal pattern for infants is shown on page 12. The CACFP meal pattern for children is shown on pages 16 and 17.



What does the CACFP meal pattern help you do?

It helps you plan well-balanced, nutritious meals and snacks. Meals and snacks planned with the CACFP meal pattern supply the kinds and amounts of foods that children require to help meet their nutrient and energy needs.

Tools you can use...

- ☆ Background information on CACFP meal patterns (p. 10-11)
- ☆ CACFP meal patterns for infants, ages birth through 11 months (p. 12)
- ☆ Menu planning templates for infants, ages birth through 11 months (p. 13-15)
- ☆ CACFP meal patterns for young children, ages 1 through 12 years (p. 16-17)
- ☆ Menu planning template for young children, ages 1 through 12 years (p. 18)

What are the age groups for CACFP meal patterns?

An important step in planning and preparing meals through the CACFP is determining the age group (or groups) you will be serving and selecting the correct meal pattern for these children. The age groups are designed to reflect the differing nutritional needs of children.



The CACFP meal pattern for infants is divided into the following age groups:

- ☆ Birth through 3 months
- ☆ Ages 4 months through 7 months
- ☆ Ages 8 months through 11 months

The CACFP meal pattern for young children is divided into these age groups:

- ☆ Ages 1 through 2 years
- ☆ Ages 3 through 5 years
- ☆ Ages 6 through 12 years



Do the meal patterns show minimum requirements?

The meal patterns specify minimum portion sizes for each meal component. You may serve more of each meal component, but to meet CACFP requirements, you must serve at least the minimum.

Meal Pattern Charts and Templates

Use the meal pattern charts and templates on the following pages to plan and record meals and snacks that include the right food components. Keep these charts in a convenient location and refer to them each time you plan a new menu.

CACFP Meal Patterns

INFANTS BIRTH TO 11 MONTHS

Meal Component	Birth to 3 Months	4 to 7 Months	8 to 11 Months
BREAKFAST — Serve the following 3 components:			
1. Breast Milk or Formula	4-6 fl oz	4-8 fl oz	6-8 fl oz
2. Infant Cereal	None	0-3 Tbsp	2-4 Tbsp
3. Fruit or Vegetable	None	None	1-4 Tbsp
LUNCH — Serve the following 4 components:			
1. Breast Milk or Formula	4-6 fl oz	4-8 fl oz	6-8 fl oz
2. Infant Cereal	None	0-3 Tbsp	2-4 Tbsp
3. Fruit or Vegetable	None	0-3 Tbsp	1-4 Tbsp
4. Meat or Meat Alternate			
Lean meat, poultry, fish, egg yolk, cooked beans or peas	None	None	1-4 Tbsp
Cheese	None	None	1/2-2 oz
Cottage cheese	None	None	1-4 oz
SNACK — Serve the following 2 components:			
1. Breast Milk or Formula	4-6 fl oz	4-6 fl oz	2-4 fl oz
2. Grain or Bread			
Bread	None	None	0-1/2 slice
Crackers	None	None	0-2 crackers

Menu Planning Template — Infants Birth to 3 Months

Must be completed for each infant

Center Name: _____ Infant Name: _____ DOB: ___/___/___

Month of: _____ If fed formula, type given: _____

	Monday ___/___/___	Tuesday ___/___/___	Wednesday ___/___/___	Thursday ___/___/___	Friday ___/___/___
BREAKFAST					
Breast Milk or Formula					
AM SNACK					
Breast Milk or Formula					
LUNCH					
Breast Milk or Formula					
PM SNACK					
Breast Milk or Formula					
SUPPER					
Breast Milk or Formula					

* Infant formula must be iron-fortified, unless medical note available.

Menu Planning Template — Infants 4 to 7 Months

Must be completed for each infant

Center Name: _____		Infant Name: _____		DOB: ____/____/____	
Month of: _____		If fed formula, type given: _____			
	Monday ____/____/____	Tuesday ____/____/____	Wednesday ____/____/____	Thursday ____/____/____	Friday ____/____/____
BREAKFAST					
Breast Milk or Formula Infant Cereal (optional)					
AM SNACK					
Breast Milk or Formula					
LUNCH					
Breast Milk or Formula Infant Cereal (optional) Vegetable and/or Fruit (optional)					
PM SNACK					
Breast Milk or Formula					
SUPPER					
Breast Milk or Formula Infant Cereal (optional) Vegetable and/or Fruit (optional)					
* Infant formula and infant cereal must be iron-fortified, unless medical note available.					

Menu Planning Template — Infants 8 to 11 Months

Must be completed for each infant

Center Name: _____ Infant Name: _____ DOB: ____/____/____				
Month of: _____ If fed formula, type given: _____				
	Monday ____/____/____	Tuesday ____/____/____	Wednesday ____/____/____	Thursday ____/____/____
	Friday ____/____/____			
BREAKFAST				
Breast Milk or Formula* Infant Cereal* Fruit and/or Vegetable				
AM SNACK				
Breast Milk or Formula* Bread or Cracker (optional)				
LUNCH				
Breast Milk or Formula* Vegetable and/or Fruit Infant cereal* and/or Meat or Meat Alternate				
PM SNACK				
Breast Milk or Formula* Bread or Cracker (optional)				
SUPPER				
Breast Milk or Formula* Vegetable and/or Fruit Infant cereal* and/or Meat or Meat Alternate				
* Infant formula and infant cereal must be iron-fortified, unless medical note available.				

CACFP Meal Patterns

CHILDREN 1 TO 12 YEARS

Meal Component	1 to 2 Years	3 to 5 Years	6 to 12 Years
BREAKFAST — Serve all 3 components (meat/meat alternate is optional).			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Cereal, cold	1/4 cup	1/3 cup	3/4 cup
Cereal, hot	1/4 cup	1/4 cup	1/2 cup
4. Meat/Meat Alternate (optional)			
Lean meat, poultry or fish	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Cottage cheese	2 Tbsp	2 Tbsp	2 Tbsp
Large egg	1/2 egg	1/2 egg	1/2 egg
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds	1/2 oz	1/2 oz	1 oz
Yogurt, plain or flavored	1/4 cup	1/4 cup	1/2 cup
LUNCH or SUPPER — Serve all 5 components.			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Vegetable or Fruit #1	1/4 cup total	1/2 cup total	3/4 cup total
3. Vegetable or Fruit #2			
4. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Grain or Pasta	1/4 cup	1/4 cup	1/2 cup
Cereal, cold	1/4 cup	1/3 cup	3/4 cup
Cereal, hot	1/4 cup	1/4 cup	1/2 cup
5. Meat/Meat Alternate			
Lean meat, poultry or fish	1 oz	1-1/2 oz	2 oz
Cheese	1 oz	1-1/2 oz	2 oz
Cottage cheese	1/4 cup	3/8 cup	1/2 cup
Large egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut/seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Nuts or seeds	1/2 oz	3/4 oz	1 oz
Yogurt, plain or flavored	1/2 cup	3/4 cup	1 cup

Meal Component	1 to 2 Years	3 to 5 Years	6 to 12 Years
SNACK — Select 2 of the 4 components.			
1. Milk, fluid	1/2 cup	1/2 cup	1 cup
2. Vegetable or Fruit	1/2 cup	1/2 cup	3/4 cup
3. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Grain or Pasta	1/4 cup	1/4 cup	1/2 cup
Cereal, cold	1/4 cup	1/3 cup	3/4 cup
Cereal, hot	1/4 cup	1/4 cup	1/2 cup
4. Meat/Meat Alternate			
Lean meat, poultry or fish	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Cottage cheese	2 Tbsp	2 Tbsp	2 Tbsp
Large egg	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans/peas	2 Tbsp	2 Tbsp	1/4 cup
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds	1/2 oz	1/2 oz	1 oz
Yogurt, plain or flavored	1/4 cup	1/4 cup	1/2 cup



Menu Planning Template — Children 1 to 12 Years

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST — Must serve milk, fruit/vegetable and grain/bread. Serving a meat/meat alternate is optional.					
1. Milk	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*
2. Fruit/Vegetable					
3. Grain/Bread					
4. Meat/Meat Alternate					
AM SNACK — Serve 2 of the 4 components. Items must be from two different food categories. If not serving milk, water is the recommended beverage.					
1. Milk**					
2. Fruit/Vegetable					
3. Grain/Bread					
4. Meat/Meat Alternate Beverage***	Water	Water	Water	Water	Water
LUNCH — Must serve all components.					
1. Milk	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*
2. Fruit/Vegetable #1					
3. Fruit/Vegetable #2					
4. Grain/Bread					
5. Meat/Meat Alternate					
PM SNACK — Serve 2 of the 4 components. Items must be from two different food categories. If not serving milk, water is the recommended beverage.					
1. Milk**					
2. Fruit/Vegetable					
3. Grain/Bread					
4. Meat/Meat Alternate Beverage***	Water	Water	Water	Water	Water
SUPPER — Must serve all components.					
1. Milk	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*	1% or fat-free milk*
2. Fruit/Vegetable #1					
3. Fruit/Vegetable #2					
4. Grain/Bread					
5. Meat/Meat Alternate					
*Milk should be whole for children 12 through 23 months and 1% or fat-free (skim) for children 2 years of age and older. **If milk is served as a snack component, no juice is allowed. ***Water is a healthy drink for quenching thirst and should be available at all times. Encourage children to drink water at snack, after meals and during play.					

Understanding *CN Labels*

What is the Child Nutrition Labeling Program?

Child Nutrition (CN) Labeling Program is a voluntary Federal labeling program for the Child Nutrition Programs. It is run by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) in cooperation with the Food Safety and Inspection Service (FSIS), Agriculture Marketing Service (AMS), and National Marine Fisheries Service (NMFS). The program is operated by FNS. Commercial food processing firms submit CN label applications to FNS for approval.



Important to know!

CN labels do NOT indicate that a product is healthy. They are used predominately on processed meat and meat alternate products. Indeed, CN labeled products are often high in sodium, fat and calories. Healthier options are becoming available, which may be due to child care facilities and schools demanding healthier foods. If using CN labeled foods, always read the Nutrition Facts panel to choose healthier options.

What are the advantages of using CN labeled products?

- A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, and it protects you from exaggerated claims about a product.
- A CN label provides a warranty against audit claims if the CN labeled product is used according to the manufacturer's directions.

What products are eligible for CN labels?

- Main dish products which contribute to the Meat and Meat Alternates component of the meal pattern requirements. Examples include beef patties, cheese or meat pizzas, and bean burritos.
- Juice and juice drink products containing at least 50 percent full-strength juice by volume.

How does the program work?

The program requires an evaluation of a product’s formulation by FNS to determine its contribution toward meal pattern requirements. Once approved, it allows manufacturers to state this contribution on their labels. The program provides Child Nutrition program operators a warranty against audit claims for CN labeled products if the product is used according to the manufacturers directions as printed on the approved CN label.

Are manufacturers required to CN label products?

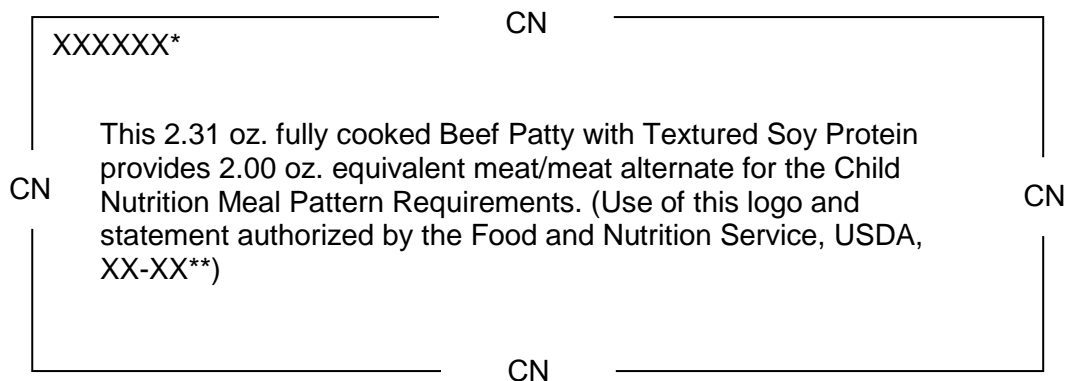
No. There is no Federal requirement that anyone manufacture or purchase CN labeled products.

How do I identify a CN labeled product?

A CN labeled product will always contain the following:

- the CN logo, which is a distinct border;
- the meal pattern contribution statement;
- a unique 6-digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo;
- the USDA/FNS authorization statement;
- the month and year of final FNS approval appearing at the end of the authorization statement;
- plus the remaining required label features: product name, inspection legend, ingredient statement, signature/address line, and net weight.

A sample CN logo





Choosing Healthy *Milk*

This chapter contains guidance specific to milk products that will help you meet the following North Carolina enhanced nutrition standards:

- ☆ *Prohibit the serving of 2% and whole milk to children two years of age and older*
- ☆ *Prohibit the serving of flavored milk to children of any age*
- ☆ *Limit foods high in fat and salt*



This chapter will also help you limit the amount of added sugar in children's diets.

When planning meals and snacks, providers should:

- ☆ For infants 0-11 months, offer only breast milk or iron-fortified infant formula.
- ☆ For toddlers 12-23 months, offer breast milk or whole cow's milk.
- ☆ For children 2 years and older, offer low-fat (1%) or non-fat/skim milk. *Note: Whole milk and 2% milk are no longer reimbursable for children 2 years and older.*
- ☆ Not offer flavored milk to children of any age.

Tools you can use...

- ☆ Things you should know about the milk food component (p. 22-25)
- ☆ Additional technical notes about crediting milk in the CACFP (p. 26-27)
- ☆ Frequently asked questions about crediting milk in CACFP (p. 28-29)



THINGS YOU SHOULD KNOW ABOUT...

THE MILK FOOD COMPONENT

The milk food component includes breast milk, iron-fortified infant formula and various forms of pasteurized fluid milks that meet State and local standards. Milk is an excellent source of protein, calcium, phosphorus, riboflavin, and vitamins A and D.

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296 changed the requirements for fluid milk and fluid milk substitutions in the Child and Adult Care Food Program (CACFP). Fluid milks served in the CACFP must now be consistent with the most recent version of the Dietary Guidelines for Americans. This means that for participants two years of age and older, the only types of fluid milks that are reimbursable are:



- ☆ Fat-free/skim or low-fat (1%) milk
- ☆ Fat-free/skim or low-fat (1%) lactose reduced milk
- ☆ Fat-free/skim or low-fat (1%) lactose free milk
- ☆ Fat-free/skim or low-fat (1%) buttermilk
- ☆ Fat-free/skim or low-fat (1%) acidified milk/kefir milk
- ☆ Non-dairy beverages, such as soy or rice milk, for children with medical or other special dietary needs (see additional guidance in this section p. 26)

Whole milk and reduced-fat (2%) milk are no longer allowed for children two years of age and older.

The regulations for infants and toddlers (0-23 months) remain unchanged and are as follows:



- ☆ For infants 0-11 months, only breast milk or iron-fortified infant formula is reimbursable.
- ☆ For toddlers 12-23 months, breast milk is reimbursable. Skim or 1% milk are also reimbursable, although whole milk is recommended.

Forms of milk that are reimbursable for children...

At breakfast or snacks

Use milk as a beverage, on cereal, or as a beverage and on cereal.



At lunch or supper

Milk *must* be served as a beverage.



Cooking with milk

You can use additional milk (fluid, evaporated, or nonfat dry milk) to prepare soups, casseroles, puddings, bakery items, or other baked or cooked products. However, this additional milk does *not* contribute to the required quantity at the meal and is not reimbursable.

Why only fat-free/skim or low-fat (1%) milk for children 2+ years?

Choosing fat-free or low-fat milk and milk products provides the same nutrients with less total and saturated/solid fat. Because these milks have less fat, they also have fewer calories. While they are lower in fat and calories, they contain the same amount of important nutrients like protein, calcium and vitamin D. Compare the nutrition in 1 cup of various forms of cow's milk:



Whole milk

- 149 calories
- 8 g protein
- 8 g total fat
- 5 g saturated fat
- 276 mg calcium
- 395 IU vitamin A
- 124 IU vitamin D



2% reduced-fat milk

- 122 calories
- 8 g protein
- 5 g total fat
- 3 g saturated fat
- 293 mg calcium
- 464 IU vitamin A
- 120 IU vitamin D



1% low-fat milk

- 102 calories
- 8 g protein
- 2 g total fat
- 2 g saturated fat
- 305 mg calcium
- 478 IU vitamin A
- 117 IU vitamin D



Fat-free (skim) milk

- 83 calories
- 8 g protein
- 0 g total fat
- 0 g saturated fat
- 299 mg calcium
- 500 IU vitamin A
- 115 IU vitamin D

Why is flavored milk discouraged?

Flavored milk contains added sugars and therefore more calories than plain, unflavored milk. Compare the amount of sugar and calories in 1 cup of flavored versus plain low-fat milk:



Plain low-fat milk

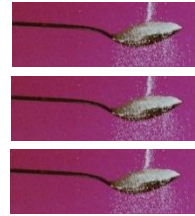
- 102 calories
- 13 g total sugar



Chocolate low-fat milk

- 158 calories
- 25 g total sugar
- **12 g added sugar!**

12 grams of added sugar is the equivalent of pouring three teaspoons of sugar in each 8 oz. glass!



A note about the importance of breastfeeding...

Leading health authorities, like the World Health Organization (WHO) and the American Academy of Pediatrics (AAP), all agree that breastfeeding is better than feeding infant formula. This is because breastfeeding has so many benefits — to infants, to mothers and to families and society. The many health benefits to infants are listed in the box to the right. For mothers, breastfeeding helps increase healing after delivery and decreases the risk of future breast or ovarian cancer. Breastfeeding also helps families save money (as much as \$1,500 in the first year) and helps society by reducing health care costs and having fewer harmful effects on the environment — breastfeeding requires no containers, no paper, no fuel to prepare, and no transport to deliver.

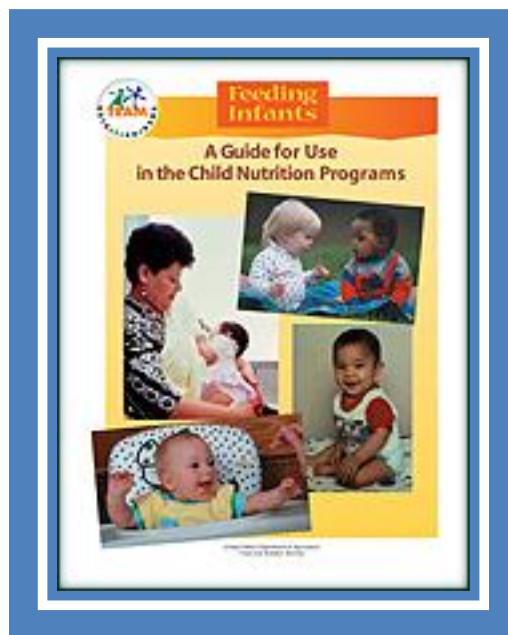


For infants, breastfeeding decreases the risk of:

- ☆ Ear infections
- ☆ Eczema
- ☆ Diarrhea and vomiting
- ☆ Hospitalization for lower respiratory tract diseases
- ☆ Asthma
- ☆ Childhood obesity
- ☆ Type 2 diabetes
- ☆ Leukemia
- ☆ Sudden Infant Death Syndrome (SIDS)

For all these reasons, WHO, AAP and other health authorities recommend infants are exclusively breastfed, with no other fluids or foods given, for the first six months of life. Thereafter, infants should be gradually introduced to healthy, age-appropriate foods while mothers continue to breastfeed for 12 months or longer. The service of breast milk and iron fortified infant formula is covered in detail in the **Feeding Infants: A Guide for Use in the Child Nutrition Programs**.

Download this document for free at <http://www.nutrition.gov/life-stages/infants>



Additional Technical Notes

ABOUT CREDITING MILK IN CACFP

- CACFP regulations require that in order to be eligible for cash reimbursement, each child's breakfast, lunch, or supper must include fluid milk. Milk means pasteurized fluid types of unflavored whole milk, low fat milk, skim milk, or cultured buttermilk, which meet State and local standards for such milk.
- Breast milk or iron fortified infant formula must be used for the first year. Between the child's first and second birthday whole milk should be served. Lower fat milk (1% or less) should then be introduced.
- For children, the breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CACFP meal pattern for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for each purpose. Milk may not be credited for snacks when juice is served as the other component.
- For adult care participants only, program regulations allow yogurt or cheese to be substituted to meet the milk requirement of the adult meal pattern at any meal or snack, except one, each day. One meal or snack each day must contain fluid milk. It is not necessary that the fluid milk be served at a CACFP reimbursed meal as long as the center can document that the milk was served. Please also note that yogurt also may be substituted as a meat/meat alternate in the adult meal pattern. Yogurt may not substitute for both components in the same meal.
- For children and adults, milk is not creditable when used in cooking for such foods as cooked cereals, custards, puddings, or other foods.
- The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, also allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk in cases of special dietary needs. Parents or guardians may now request in writing non-dairy milk substitutions, as described above, without providing a medical statement. However, non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. See Frequently Asked Question #1 to learn how to determine if a non-dairy beverage is the equivalent to milk.

As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. Such substitutions are at the option and the expense of the facility.

NC child care law [SECTION 10.1.(c1) G.S. 110-91(2) (h1)] states that parents may provide food and beverages that do not meet the nutrition standards and may opt out of any supplemental food program provided by the child care facility.


- The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remain unchanged. The statement also must specify substitute food(s).

Frequently Asked Questions

ABOUT CREDITING MILK IN CACFP

1. How do I determine if a non-dairy beverage is nutritionally equivalent to milk?

A. One cup (8 fl. oz.) of the beverage must meet the following criteria:



Nondairy Beverage Allowed Equivalent [7 CFR 210.10 (m) (3)]

- Calcium 276 mg
- Protein 8 g
- Vitamin A 500 IU
- Vitamin D 100 IU
- Magnesium 24 mg
- Phosphorus 222 mg
- Potassium 349 mg
- Riboflavin 0.44 mg
- Vitamin B-12 1.1 mcg

You must check the Nutrition Facts label or contact the manufacturer to get this information. As of this printing, there are two available products: 8th Continent and Great Value.

2. Why is reconstituted dry milk not creditable as fluid milk?

A. Reconstituted milk is not included in the definition of milk in the Program Regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Reconstituted milk may be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in 7 CFR Section 226.20 (e). In addition, 7 CFR Section 226.20 (f) of the Regulations permits dry milk to be used on an ongoing basis but only when the center is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Consultant, State agency or the sponsoring agency as applicable, for guidance prior to taking action.

3. Can milk be purchased directly from a farm?

A. Yes, as long as it is pasteurized, fluid milk that meets State and local health standards. Also, it must include Vitamins A and D at levels consistent with State and local standards.

4. Why does the chart indicate that whole milk is not permitted for children less than one year of age and skim/low fat milk is not recommended for children under two years of age?

A. Our regulations no longer permit the use of whole cows' milk before age 12 months. This change reflects the results of recent pediatric nutritional research. If whole milk is served to a child prior to his/her first birthday, there must be a doctor's note on file. In addition, evaporated milk no longer meets the definition of milk (previously evaporated milk in formula was permitted for infants between eight months and one year). Regulations reflect the position of the American Academy of Pediatrics that it is recommended that breast milk or iron fortified formula be used for the entire first year.

Recent publicity of the relationship between high fat diets and heart disease has led some caregivers to believe that they should feed their infants skim or low fat milk to prevent obesity or atherosclerosis later in life. However, based upon current scientific research, the feeding of skim or low fat milk to infants and children up to age two is not considered appropriate.

Pediatric nutrition authorities agree that skim milk (fresh liquid, reconstituted, nonfat dry milk powder or evaporated, skimmed milk) or low fat milk (1/2%, 1 or 2% low fat milk) should not be fed to children younger than age two. These milks contain insufficient quantities of fat (including linoleic acid) iron, Vitamins E and C. They also contain excessive amounts of protein, sodium, potassium and chloride for infants. The amount of proteins and minerals in low fat and skim milk is even higher than in whole cows' milk; these milks put a strain on an infant's kidneys as does whole cows' and goats' milk.



Choosing Healthy *Meats/Alternates*

This chapter contains guidance specific to meat and meat alternates that will help you meet the following North Carolina enhanced nutrition standard:

Limit foods high in fat and salt

When planning meals and snacks, providers should:

- ☆ Serve dried or canned beans, lentils or peas as a meat alternate one or more times per week.
- ☆ Choose canned beans that are low in sodium and/or rinse beans before serving.
- ☆ Remove the skin from chicken and turkey before serving.
- ☆ Only serve extra-lean ground beef (93% lean or higher).
- ☆ Only serve canned tuna that is packed in water.
- ☆ Limit highly processed meat, poultry, and fish to one time per week across all eating occasions. This includes highly salted and breaded fried products such as bologna, hot dogs, corn dogs, sausage, salami, pepperoni, chicken nuggets or tenders, and fish nuggets or sticks.
- ☆ Offer natural cheeses that are low in fat (e.g. cheddar or Colby-jack made from 2% milk, 50% reduced-fat cheese).
- ☆ Serve low-fat (1%) or non-fat yogurt and cottage cheese. Yogurt should contain no more than 40 grams of total carbohydrate per 8 ounce serving.



Tools you can use...

- ☆ Things you should know about the meat and meat alternates component (p. 31-32)
- ☆ Tips for buying healthy meats and meat alternates on a budget (p. 33)
- ☆ Quick guide to healthy meat and meat alternates: recommended, limited or not recommended? (p. 34-45)
- ☆ Links to healthy meats and meat alternates recipes (p. 34-45)
- ☆ Additional technical information about meats and meat alternates (p. 46-47)
- ☆ Frequently asked questions (p. 48-50)

THINGS YOU SHOULD KNOW ABOUT...

THE MEAT & MEAT ALTERNATES FOOD COMPONENT

Meat and meat alternates are an excellent source of high quality protein, iron and zinc. Proteins are part of every cell, tissue, and organ in our bodies. These body proteins are constantly being broken down and replaced. The protein in the foods we eat is used to replace these proteins in our bodies. Iron is an important part of many proteins and enzymes that maintain good health. A deficiency of iron limits the delivery of oxygen to cells, resulting in fatigue, poor work performance, and decreased immunity.

Why serve meat and meat alternates that are low in fat, saturated fat and sodium?

The *Dietary Guidelines for Americans 2010* recommend that Americans keep their total fat and saturated fat intakes within certain limits:

Age Group	Total Fat (% of total calories)	Saturated Fat (% of total calories)
Children 1 to 3	30% to 40%	Less than 10%
Children 4 to 18	25% to 35%	Less than 10%
Adults 19+	20% to 35%	Less than 10%

The types of meat and meat alternates you serve make a big difference!

Compare the nutrition in different forms of meat and meat alternates. The lean ground beef and beans offer the same (or more) nutrition for fewer calories and fat. Amounts are per one serving for a 3-5 year-old child.



**Ground Beef
(80% Lean)**

- 116 calories
- 11 g protein
- 7.4 g total fat
- 1.2 mg iron
- 0 g fiber

**Ground Beef
(93% Lean)**

- 89 calories
- 12 g protein
- 4.0 g total fat
- 1.3 mg iron
- 0 g fiber

**Chicken
Nuggets**

- 195 calories
- 11 g protein
- 12 g total fat
- 0.8 mg iron
- 0.3 g fiber

**Cooked Dried
Black Beans**

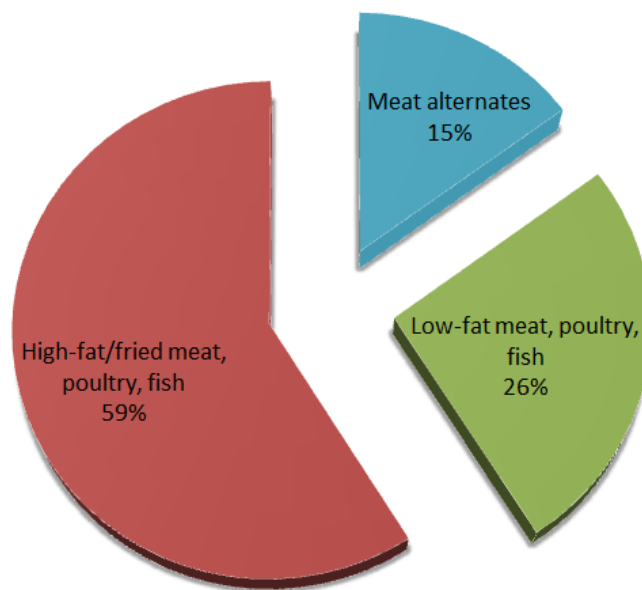
- 85 calories
- 6 g protein
- 0 g total fat
- 1.4 mg iron
- 6 g fiber

Child care centers and homes can do more to help young children meet the Dietary Guidelines for Americans.

Unfortunately, studies² show that many children are served meat and meat alternates that are high in fat and saturated fat (Figure). Many of these high-fat/fried items are convenience foods, such as chicken nuggets and fish sticks. These convenience foods are often high in sodium too.

Many children in North Carolina eat half or more of their daily meals in child care versus home. It is clear that child care providers have an important role in helping young children meet the Dietary Guidelines for Americans. Start serving meat and meat alternates that are low in fat, saturated fat and sodium today!

High-fat/fried items are the most frequently served meats and meat alternates in NC child care centers²



² Ball SC, Benjamin SE, Ward DS. Dietary intakes in North Carolina child-care centers: are children meeting current recommendations? *J Am Diet Assoc.* 2008;108:718-721; Dietary intakes at child-care centers in central Texas fail to meet food guide pyramid recommendations. *J Am Diet Assoc.* 2005;105:790-793.

Buying Healthy

MEAT & MEAT ALTERNATES ON A BUDGET

1. USE BEANS MORE OFTEN.

Beans are a super healthy food. They are high in fiber and iron, and low in fat and cholesterol. They are also easy on your food budget, since beans are far less expensive than animal-source proteins (meat, poultry, fish, and dairy).

Meat & Meat Alternates Item	Purchase Price	Per serving (3-5y)
Ground chicken breast (98% lean, 2% fat)	\$4.99 per 16 oz.	\$0.67
Reduced fat provolone cheese slices	\$2.79 per 6.67 oz.	\$0.56
Lean ground beef (93% lean, 7% fat)	\$8.99 per 32 oz.	\$0.37
Tuna, canned in water	\$2.39 per 12 oz.	\$0.34
Kidney beans, from can	\$0.57 per 15.25 oz.	\$0.15
\$\$\$ Best Buy \$\$\$		
Kidney beans, from dry	\$1.49 per 16 oz.	\$0.09

2. BUY STORE-BRAND/GENERIC.

Meat & Meat Alternates Item	Purchase Price	Per serving (3-5y)
Tuna, canned in water, name brand	\$4.19 per 12 oz.	\$0.60
Fat-free cottage cheese, name brand	\$3.69 per 24 oz.	\$0.46
Tuna, canned in water, store brand	\$2.39 per 12 oz.	\$0.34
Fat-free cottage cheese, store brand	\$2.50 per 24 oz.	\$0.31
Kidney beans, from dry, name brand	\$2.15 per 16 oz.	\$0.13
\$\$\$ Best Buy \$\$\$		
Kidney beans, from dry, store brand	\$1.49 per 16 oz.	\$0.09

3. PURCHASE LARGER PACKAGE SIZES, BUYING IN BULK WHERE POSSIBLE.

Meat & Meat Alternates Item	Purchase Price	Per serving (3-5y)
Non-fat vanilla yogurt	\$0.45 per 6 oz.	\$0.45
Non-fat vanilla yogurt	\$2.29 per 32 oz.	\$0.43
Fat-free cottage cheese	\$2.25 per 16 oz.	\$0.42
Fat-free cottage cheese	\$2.50 per 24 oz.	\$0.31
Creamy peanut butter	\$2.19 per 18 oz.	\$0.20
\$\$\$ Best Buy \$\$\$		
Creamy peanut butter	\$4.39 per 40 oz.	\$0.18

Quick Guide to Healthy Meat & Meat Alternates

RECOMMENDED, LIMITED OR NOT RECOMMENDED?

The table on the following pages contains a list of possible meat and meat alternate choices. Each of these choices has been ranked as recommended, limited or not recommended.

Those that are **Recommended** are:

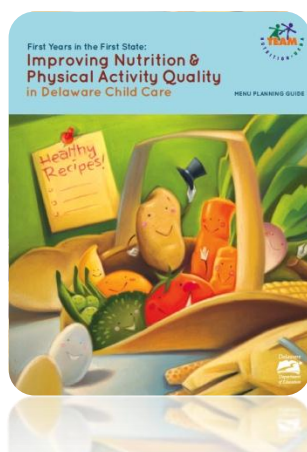
- ☆ Low in total fat (less than 35% of total calories from fat)
- ☆ Low in saturated fat (less than 10% of total calories from saturated fat)
- ☆ Low in sodium (less than 240 mg of sodium per serving³)

Those that are **Limited** are high in one to two categories, such as total fat and sodium, but not all. Meat and meat alternates that are **Not Recommended** are high in all three categories (total fat, saturated fat and sodium).

Some meat and meat alternates are both **Not Recommended** and **Not Creditable** in the CACFP. These items have a NC listed in the **Not Recommended** column.



Finally, there are several excellent resources for healthy, standardized, child care recipes. If the recipe box icon is next to a meat or meat alternate, there are one or more recipe/(s) in the resources pictured here. The recipe source and page are included in the comments column.



<http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf>



<http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>

³ Serving is based on 3-5 years


Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
Bacon and Imitation Bacon Products			NC	✓	✓	✓	Not creditable due to low protein content.
Bacon/Pork Rinds			NC	✓	✓	✓	Not creditable due to low protein content.
Bacon, Turkey			X	✓	✓	✓	
 Beans (dried or canned)	X						Drain canned beans to reduce sodium. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Cheesy Spaghetti Bake, p. 17 - Cowboy Quinoa (“keen-wah”), p.26 - Pizza Party Pita, p.42 - Rainbow Bake, p. 49 - Poppin’ Pasta, p. 51 - Mario’s Meal, p. 60 - Party Pasta, p. 67 - Luigi’s Lasagna, p. 79 - Sandy Snack, p.80 - Pete’s Pizza, p.82 - Molten Lava, p.83 - “Use Your Noodle” Bake, p. 89 - Rainbow Wrap, p.93
Beans, Refried (canned)		X			✓		
Beef, 93% or 96% Lean		X		✓		✓	Even lean cuts of beef are still higher in total fat and saturated fat. Only serve lean beef and limit it to once or twice in a two-week cycle.
Beef, 90% Lean or Below (e.g. 80%)			X	✓		✓	




Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
Beef-based Pasta Dishes (canned or frozen), such as Beef-a-Roni and Beef Ravioli			X	✓	✓	✓	Requires a Child Nutrition (CN) label.
Beef Jerky		X			✓		
Beef Stew, Commercially Prepared (canned or frozen)			X	✓	✓	✓	
 Beef Stew (from suggested recipes)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Wild Cowboy Stew, p. 42 - Wizard's Stew, p. 62
Bologna			X	✓	✓	✓	
Canadian Bacon		X			✓		
Canned, Pressed Luncheon Meat (potted/deviled) (e.g. Spam)			NC	✓	✓	✓	
Cheese, American or Natural, Reduced Fat		X			✓		Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Pete's Pizza, p.82
Cheese, American or Natural, Regular			X	✓	✓	✓	
Cheese, imitation or products (e.g. Cheez Whiz)			NC	✓	✓	✓	Any cheese item labeled with the wording "imitation" or "product" is not creditable. There is no Standard of Identity for imitation cheeses.


Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
 Cheese, Cottage (1% fat/low-fat or fat-free)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Fruity Toast, p. 14
Cheese, Cottage (4% fat)			X	✓	✓	✓	
Cheese, Ricotta (including part-skim)			X	✓	✓	✓	
 Chicken, white or dark meat, <u>skin removed</u>	X						Remove skin before cooking or serving. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Tasty Taquitos, p. 18 - Jammin' Jambalaya, p. 24 - Tasty Tenders, p.36 - Zesty Nuggets, p.59 - Summer Sizzler, p. 78 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Chicken Caesar-Style Salad, p.14 - Chicken Ratatouille, p. 49
Chicken, white or dark meat, with skin			X				
Chicken Nuggets (commercially prepared)			X	✓	✓	✓	Only the edible chicken portion is creditable as a meat. For breading/batter crediting, see the grain/ bread section.



Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
 Chicken Nuggets (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Tasty Tenders, p.36 - Zesty Nuggets, p.59
Chili (canned with meat)			X	✓	✓	✓	
Chili (canned without meat)		X			✓		
 Chili (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Farmer's Harvest Chili, p. 25
Chitterlings			NC	✓		✓	Not creditable due to low protein content.
Coconuts			NC	✓		✓	Not creditable as a meat alternate due to low protein content. Coconut 'meat' is also high in fat.
Corn Dogs, Corn Dog Nuggets			X	✓	✓	✓	
Crab, Imitation			NC		✓		Not creditable because the processing washes away vitamins.
Cream Cheese			NC	✓	✓	✓	Not creditable due to low protein content.

Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
Deviled Eggs			X	✓		✓	
Eggs, Whites Only or Liquid Substitute			NC				Only the <i>whole</i> egg portion is creditable. Liquid <i>substitutes</i> are made from egg whites.
 Eggs, Whole Fresh, Frozen, Dried, or Liquid		X		✓		✓	Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Spanish Broccoli Frittata, p.33
 Fish, Fresh or Frozen (e.g. salmon, trout)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Fishin' Poles, p.40
Fish Sticks (commercially prepared)			X	✓	✓	✓	
 Fish Sticks (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Fishin' Poles, p.40
Frankfurters or Hot Dogs			X	✓	✓	✓	
Frankfurters, Imitation (vegetarian)		X			✓		
Game, i.e. Squirrel, Venison			NC	✓		✓	
Hamburgers, Beef (commercially prepared, frozen)			X	✓		✓	


Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
 Hamburgers (from suggested recipe)		X			✓		Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - “Gobble” Up Burgers, p.60
 Jambalaya (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Jammin’ Jambalaya, p. 24
Kidney, Liver, Gizzards		X					These organ meats are high in cholesterol.
Liverwurst			X	✓	✓	✓	
Nuts		X		✓			See meal patterns for crediting. Nuts may be a choking hazard for some populations. While healthy, providers should be aware that peanuts are a major allergen among young children.
Peanut Butter, regular or reduced-fat, trans-fat free		X		✓	✓		Choose trans-fat free peanut butters. Peanut butter is limited rather than not recommended since the fats are mostly unsaturated and more heart healthy. It is suggested that peanut butter be served in combination with another meat/meat alternate since the required portion sizes for peanut butter may be too large for pre-school children. While healthy, providers should be aware that peanuts are a major allergen among young children.
Peanut Butter Spreads			NC				Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.

Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
 Peas or Lentils, Dried	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Going Green, p. 12 - Monster Mash Soup, p. 95
Pepperoni			X	✓	✓	✓	
Pig's Feet, Neck Bones, or Tails (parts)			NC				These products contain small amounts of meat and are high fat products.
Pimento Cheese			X	✓	✓	✓	
 Pizza (from recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Pizza Party Pita, p.42 - Pete's Pizza, p.82
Pizza, Commercial			X	✓	✓	✓	
Polish Sausage			X	✓	✓	✓	
Pot Pies, Commercial			X	✓	✓	✓	
 Pot Pies (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Shipwreck Pie, p. 73

Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
Powdered Cheese in Boxed Macaroni and Cheese			NC		✓		The powdered cheese mix is not credited toward any of the components. The macaroni, if enriched, may be credited toward the bread grain requirement.
Queso Blanco or Fresca, Homemade			NC	✓	✓	✓	See home canned goods. There are potential food safety concerns with this product
Salami			X	✓	✓	✓	
Salt Pork			NC	✓	✓	✓	This product is extremely high in fat.
Sausage			X	✓	✓	✓	
Scrapple			NC	✓	✓	✓	Scrapple has insufficient meat content.
Seeds		X		✓			Seeds are limited rather than not recommended since the fats are mostly unsaturated and more heart healthy. See meal pattern requirements for crediting. Be careful of the use of seeds with preschoolers to avoid choking hazards. Some adults may also have medical restrictions.
Shellfish, steamed	X						Shellfish must be fully cooked; only the edible fish portion is creditable. See page 1-39 of the Food Buying Guide
Shellfish, Imitation			NC		✓		
 Sloppy Joes (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Sloppy Sammies, p. 80

Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
Soups, Bean or Pea (Commercially Prepared)		X					½ cup soup = ¼ cup or 1 oz meat alternate. May be credited either as a vegetable or meat alternate but not both in the same meal. See page 2-74 of the Food Buying Guide.
 Soups, Bean or Pea (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Under the Sea Chowder, p.28 - Big Bad Wolf Soup, p.37 - Homemade Chicken Soup, p.50 - Swamp Soup, p. 78
Soy Butter		X		✓			Soy butter is limited rather than not recommended since the fats are mostly unsaturated and more heart healthy. Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter.
Soy Nuts		X		✓			1oz. of soy nuts credits as 1 oz meat alternate or as ¼ cup vegetable fruit. May be credited either as a vegetable or meat alternate but not both in the same meal. See also fruits and vegetables
Spare Ribs			X	✓		✓	
 Stir Fry Chicken (from recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Summer Sizzler, p. 78
Sushi			NC				Fish products must be fully cooked. Raw fish are a potential health hazard for vulnerable populations.

Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
 Tacos (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Dragon Treats, p. 69
Tahini Sesame seed butter		X		✓	✓		Tahini is limited rather than not recommended since the fats are mostly unsaturated and more heart healthy. Credited as a seed nut butter. See page 1-40 of the Food Buying Guide
Tempeh or tofu			NC	✓		✓	Tempeh and tofu are processed from soybeans. They are not creditable since USDA has no Standard of Identity for either product.
Tripe			X	✓	✓		
 Turkey, Lean, Ground	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Magic Meat, p. 18 - Wild Cowboy Stew, p. 42 - "Gobble" Up Burgers, p.60 - Shipwreck Pie, p. 73 - Pita Pockets, p. 96
Tuna, Canned, Packed in Oil			X	✓			
Tuna, Canned, Packed in Water	X						
Vienna Sausage			X	✓	✓	✓	This product is high in fat and sodium. All meat or poultry products that do not contain bi- products cereal or extenders. See the entry for Bologna and page 1-36 of the Food Buying Guide

Food	Recommended	Limited	Not Recommended	High in Total Fat	High in Sodium	High in Saturated Fat	Comments
 Yogurt, Commercial, Low-fat (1%) or Non-fat	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Berry Banana Split, p. 19 - Super Drink, p. 58 - Sailboats, p. 79 - And more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Fruity Breakfast Parfait, p.29 - Strawberry Yogurt Breakfast Split, p. 35
Yogurt, Commercial, Full-fat (2% or whole)			X	✓		✓	
Yogurt in a tube		X					These products often contain added sugars.
Yogurt, Homemade			NC				There are potential food safety concerns with this product.
Yogurt Products Frozen Yogurt, Bars, Covering on Fruit or Nuts			NC				These are considered “other” foods and are usually high in sugar. There is insufficient yogurt in the coating mixtures.

Additional Technical Notes

ABOUT CREDITING MEAT & MEAT ALTERNATES IN CACFP

- A menu item must provide a minimum of ¼ ounce of cooked, lean meat or its equivalent to be counted toward meeting any part of the meat or meat alternate requirement.
- Meat and meat alternates include lean meat, poultry, fish, cheese, eggs, yogurt, cooked dried beans or peas, textured vegetable protein (e.g. soy) products, nuts and seeds (and their butters – except for acorn, chestnut and coconut), or an equivalent quantity of any *combination* of these foods. When cooked, dried beans or peas are counted as a meat alternate, they may not also be credited as a vegetable in the same meal.
- Textured vegetable protein products (or Alternative Protein Products, APP) are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They also may be in a formed meat patty or chopped meat shape, resembling a meat product. The product may be colored or uncolored, seasoned or unseasoned. Up to 100% of APP may meet the meat or meat alternate component.
- Nuts and seeds may fulfill no more than one-half of the meat or meat alternate requirement for lunch/supper. You also should be aware of potential food intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement.
- There is no requirement that a meat or meat alternate be served as part of a breakfast, but it may be served as an optional component.
- CACFP regulations require that a lunch or supper must contain the required serving amount of meat or meat alternate specified in the meal pattern.
- A serving of meat or meat alternate may be used as one of the two components of a snack. When a meat or meat alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served.

CAUTION: Children under 4 years old are at the highest risk of choking.

As a result...

- When you are serving children under 4 years of age, USDA recommends nuts and/or seeds be served ground or finely chopped in a prepared food.
- Be aware that meat products, such as meat sticks and hot dogs, can also be choking hazards – these foods are also Not Recommended to be served since they are high in fat and sodium.
- Be careful about children choking on bones, especially in chicken and fish.

FREQUENTLY ASKED QUESTIONS ABOUT CREDITING MEATS & MEAT ALTERNATES IN CACFP

1. Why are nuts, seeds and nut/seed butters allowed as meat alternates?

- A. Peanut butter has always been included as a meat alternate in the Child Nutrition Programs because of its high protein content. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious and environmental factors. The use of these products as a meat alternate reflects current food consumption habits and nutrition information. **Nuts are not recommended for children under three years of age because choking may occur.** Adult day care providers should also consider their elderly participants carefully to determine if choking is a potential concern. Please also be aware that some individuals may have food intolerances or allergies to these foods.

2. Are grated Romano and parmesan cheeses creditable?

- A. Yes, however small amounts of these cheeses, when used as a garnish or seasoning, should not be counted toward meeting the meat or meat alternate requirement of a meal. For both Romano and parmesan cheeses, a 3/8 cup serving provides 1 ounce of meat alternate. When using cheese as a meat alternate, choose reduced-fat cheeses, such as those made with 2% milk.

3. Can pizza be credited as a meat and meat alternate?

- A. Yes. This pizza should be either a homemade pizza with a standardized recipe on file, a CN labeled pizza, or a cheese or meat pizza with a manufacturer's statement. Links to healthy pizza recipes are provided in the table on p. 39.

4. Can vegetarian meals be served in the CACFP?

- A. Yes. Dry and canned beans and peas are very healthy and economical. It is recommended that providers serve beans or peas one or more times per week. Other examples of acceptable vegetarian meat alternates that are creditable in the CACFP include reduced-fat natural and processed cheese, non-fat or low-fat (1%) cottage cheese, eggs, non-fat or low-fat yogurt, nut and seed butters or any combination of the above. **Please be aware that such meat alternatives as tofu, seitan and tempeh are not creditable meat alternatives, because they do not have a standard of identity.**

5. We have several participants that attend our day care who cannot eat certain foods because of religious reasons. Can we claim these participants on the food program?

A. Yes. In many cases substitutions to accommodate religious dietary restrictions can be made within existing meal pattern requirements. In those cases, the center or provider may make such adjustments as are needed. If a desired substitution change causes the center or provider to not meet the meal pattern requirements, there are two existing policies that allude to this subject. Please refer to FNS Instructions 783-13, Rev 2 Variations in Meal Pattern Requirements: Jewish Schools, Child Care Institutions and Service Institutions (December 3, 1992) and 783-14, Rev 1 Variations in Meal Pattern Requirements: Seventh Day Adventist Schools, Child Care Institutions and Service Institutions (April 29, 1992). These policies specify that all approved alternate meal patterns must apply to the entire facility, not just to a single participant.

6. Must yogurt be offered in four ounce portions in order to be credited?

A. Although yogurt is credited at a ratio of four ounces of yogurt to one ounce of meat, this does not mean that programs are limited to offering yogurt in four ounce or eight ounce servings.

7. What is the smallest amount of yogurt that may be credited toward the meat or meat alternate requirement?

A. Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 2 ounces (credited as ½ ounce of the meat and meat alternate) to 8 ounces (credited as fulfilling the total two ounce meat and meat alternate requirement).

8. How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

A. Commercially prepared fruit and non-fruit yogurt products both receive full crediting toward the meat and meat alternate requirement, based on the portion size by weight/volume in the carton; i.e., four ounces of either fruited or non-fruit yogurt fulfill the equivalent of one ounce of meat and meat alternate. It should be noted that the fruit in commercial fruited yogurts cannot be credited toward the fruit/vegetable component. Fruit may be credited only when the provider adds sufficient quantities of fresh, frozen or canned fruit to commercial yogurt. Also, fruited yogurts tend to be high in added sugars. When shopping, choose yogurt that contains no more than 40 grams of total carbohydrate per 8 oz serving.

- 9. We would like to use Alternate Protein Products (APP) for our children who do not choose to eat meat. We want to use products that meet regulatory requirements and to provide the documentation needed to support our production records. Do you have guidance for us in this area?**
- A.** Manufacturers have begun to submit products for CN labeling. Products that are CN labeled should be documented in the same way as any other CN labeled product. If the product does not have a CN label you will need to provide a Product Formulation Statement for each APP product you use. Although some manufacturers have put manufacturer's statements on their websites or have the more general manufacturers' statements, not all of these meet Program requirements. Product formulation statements for meat/meat alternate products must contain the information contained in the sample form (p 51-52). This product formulation statement is for meat/meat alternate products. Additional formulation statement forms are in development at National Headquarters and will be added to the crediting handbook as each is finalized. A copy of each meat/meat alternate product used must be maintained on file in the event of review. You should supply the form and worksheet to the manufacturer. You should review the forms when received to assure that the forms were completed accurately and maintain on file. The sample form is formatted so that it can be photocopied and reused.

Attachment:

Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Provide a copy of the label in addition to the following information on company letterhead with signature of a legally authorized representative of the company.

Product Name: _____ Code No.: _____

Manufacturer: _____ Case/Pack/Count/Portion/Size: _____

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount*
		X		
		X		
		X		

A. Total Creditable Amount¹

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)

If the product contains APP please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, Manufacturer's Name and Code Number	Ounces Dry APP per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		÷ 18	
		X		÷ 18	
		X		÷ 18	

B. Total Creditable Amount¹

C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ ounce)

*Percent of Protein As-Is is provided the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein asis divided by 18.

¹Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

Total weight (per portion) of product as purchased _____

Total creditable amount of product (per portion) _____

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I certify that the above information is true and correct and that a _____ ounce serving of the above product (ready for serving) contains _____ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature Title

Printed Name Date Phone Number



Choosing Healthy *Grains/Breads*

This chapter contains guidance specific to grains and breads that will help you meet the following North Carolina enhanced nutrition standards:

☆ *Increase whole grains and limit the number of grains containing added sugars*

☆ *Limit foods high in fat and salt*



When planning meals and snacks, providers should:

- ☆ Make at least half of the grains and breads served whole grains.
- ☆ Offer breakfast cereals containing no more than 6 grams of added sugar per dry ounce (see WIC approved cereals list).
- ☆ Limit fatty/sugary grains and breads to once or less per week. This includes foods such as doughnuts, cookies, danishes, and French toast sticks.

Tools you can use...

- ☆ Things you should know about the grains/breads food component (p. 54-57)
- ☆ Quick guide to healthy grains/breads: recommended, limited or not recommended? (p. 58-70)
- ☆ Links to healthy grains/breads recipes (p. 58-70)
- ☆ Tips for cooking whole grains (p. 74-75)
- ☆ Purchasing chart for healthy grains (p. 76-78)
- ☆ WIC approved cereals list (p. 79-80)
- ☆ Serving sizes by age for healthy grains/breads (p. 81-82)
- ☆ Additional technical notes about crediting grains/breads in the CACFP (p. 83-84)

THINGS YOU SHOULD KNOW ABOUT...

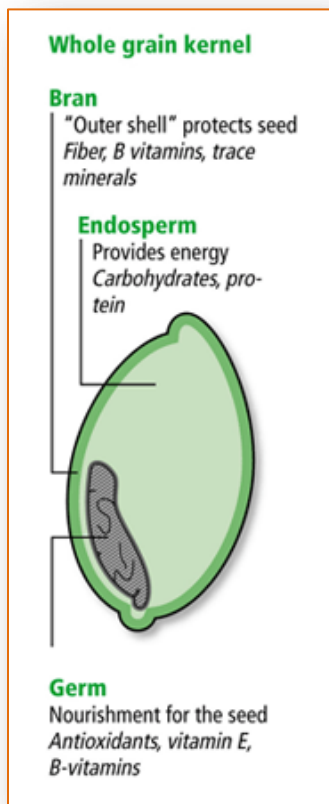
THE GRAINS/BREADS FOOD COMPONENT

Grains/breads include any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. The grains/breads group is important because grains/breads provide complex carbohydrates, some B vitamins (thiamin, riboflavin, niacin), iron, and fiber (if whole grain).

The CACFP meal patterns for breakfast, lunch, or supper each contain a grains/bread requirement in the amount specified for each age group. A grain/bread may also be served as one of the two components of a snack. To be creditable, CACFP requires that grains/breads served are either whole-grain or enriched.

In general, grains can be divided into two categories, whole grains and refined grains, which includes enriched grains (described below). **A key message from the Dietary Guidelines for Americans is to make at least half your grains whole grains.**

Why whole grains?



Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products include white flour, degermed cornmeal, white bread, and white rice.

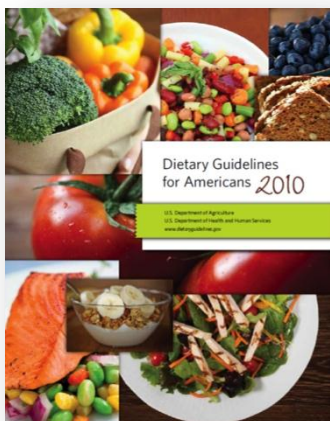
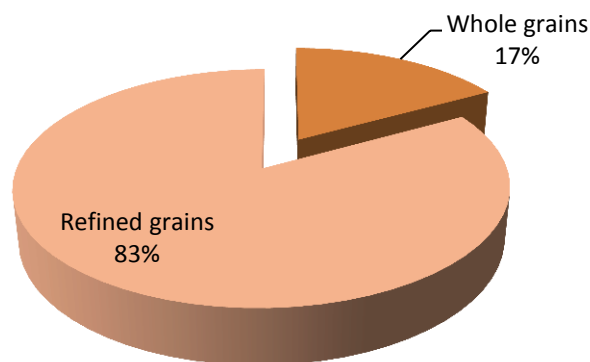
Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. However, dietary fiber and other vitamins and minerals are not routinely added back to refined grains.

Child care centers and homes can do more to help young children meet the Dietary Guidelines for Americans.

Unfortunately, a study of NC child care centers showed that most grains/breads served to 3 to 5 year old children were not whole grain.⁴

Since many children in North Carolina eat half or more of their daily meals in child care versus home, child care providers play an important role in their nutrition. Start serving whole grains/breads that are low in added sugars and fat today!

Most grains/breads served in NC child care centers are NOT whole grains



How to get more whole grains—Tips from the Dietary Guidelines for Americans

☆ Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. For example, choose 100% whole-grain breads; whole-grain cereals such as oatmeal; whole-grain crackers and pasta; and brown rice.

☆ Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient’s name. Note that foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may

not contain any whole grains.

- ☆ Use the Nutrition Facts label and the ingredients list to choose whole grains that are a good or excellent source of dietary fiber. Good sources of fiber contain 10 to 19 percent of the Daily Value per serving, and excellent sources of dietary fiber contain 20 percent or more.

Nutrition Facts	
Serving Size 1/2 cup (54 grams) (makes about 1 cup prepared)	
Servings per Container about 12 about 2 servings (cups) per bag 6 bags per container	
Amount Per Serving	As Package
Calories	19
Calories from Fat	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

⁴ Ball SC, Benjamin SE, Ward DS. Dietary Intakes in North Carolina Child-Care Centers: Are Children Meeting Current Recommendations? *J Am Diet Assoc.* 2008;108(4):718-721.

FDA-authorized health claim

Another tip for finding whole grain products is to look for the FDA-authorized whole grain health claim. Foods that bear the whole grain health claim must:

- ☆ Contain 51% or more whole grains by weight
- ☆ Be low in fat

FDA-authorized whole grain health claim

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

However, not all manufacturers use the health claim, so some qualified products may not carry the claim.

A note about the grains/breads group and added sugars and solid fats

Grain-based desserts, such as cookies, brownies, and doughnuts, are a major source of both added sugar and solid fats (i.e. saturated fat and *trans* fat) in the diets of U.S. children and adults. Too much added sugar can lead to poor diets and tooth decay. Foods high in added sugar tend to be low in important nutrients, such as fiber, as well as vitamins and minerals. Sugar also promotes tooth decay by allowing bacteria to grow. The more often and longer children snack on foods and beverages with added sugar, the more likely they are to develop cavities. And too much saturated fat in the diet puts children at risk for future heart disease.

Checking for added sugars

All ingredients are listed in descending order by weight. So the relative position of sugar in an ingredients list can give you an idea of whether the food contains a lot of sugar or just a smidge. Added sugars go by many different names, yet they are all a source of extra calories. A good rule of thumb is to skip products that have added sugar at or near the top of the list—or have several sources of added sugar sprinkled throughout the list.

Here are a few of the names for added sugar that show up on food labels (list adapted from the *Dietary Guidelines for Americans*):

Agave nectar	Crystalline fructose	High-fructose corn	Molasses
Brown sugar	Dextrose	syrup	Raw sugar
Cane crystals	Evaporated cane juice	Honey	Sucrose
Cane sugar	Fructose	Invert sugar	Sugar
Corn sweetener	Fruit juice concentrates	Lactose	Syrup
Corn syrup	Glucose	Maltose	
		Malt syrup	

Checking for solid fats

For saturated fat, check the Nutrition Facts panel. A good rule of thumb is to purchase products that provide 5% or less of the Daily Value for saturated fat. In the Macaroni & Cheese example, one serving (1 cup) will provide 15% of the Daily Value for saturated fat. This product should be avoided. For more on label reading, see the chapter beginning on p. 150.

For *trans* fat, reading the Nutrition Facts panel is often not enough. Partially hydrogenated oils are the primary source of *trans* fats. Foods can call themselves "trans-fat free" even if they contain up to 0.5 grams of *trans* fats per serving. Check the ingredients list and avoid any products that contain partially hydrogenated oils.

Sample label for
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to Healthy Grains/Breads

RECOMMENDED, LIMITED OR NOT RECOMMENDED?

The table on the following pages contains a list of possible grain/bread choices. Each of these choices has been ranked as recommended, limited or not recommended.

Those that are **Recommended** are:

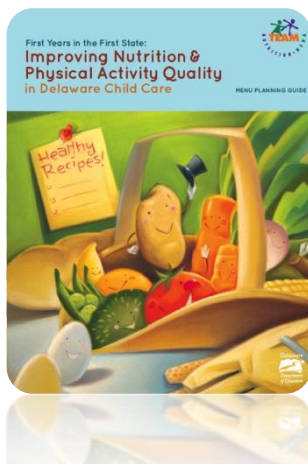
- ☆ Made predominantly from whole grains
- ☆ Low in added sugars (less than 25% of total calories from added sugars)
- ☆ Low in total and saturated fat. For total fat, must be less than 35% of total calories. For saturated fat, must be less than 10% of total calories.

Those that are **Limited** are not made from whole grains. Grains/breads that are **Not Recommended** are not made from whole grains and are high in either added sugars *or* fat.

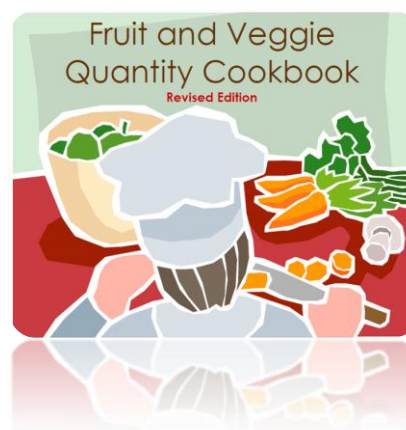
Some grains/breads are both **Not Recommended** and **Not Creditable (NC)** in the CACFP. These items have a NC listed in the **Not Recommended** column.



Finally, there are several excellent resources for healthy, standardized, child care recipes. If the recipe icon is next to a grain or bread, there are one or more recipe/(s) in the resources pictured here. The recipe source and page are included in the comments column.



<http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf>




<http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>


Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Amaranth	X						A type of ancient grain. See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Bagel, whole wheat	X						
Bagel, made with refined (enriched) grains (e.g. plain, raisin)		X		✓			
Bagel Chips			X	✓		✓	
Banana bread or muffins, commercial			X	✓	✓	✓	
 Banana bread, (from suggested recipe)	X						Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : – Go Bananas! Bread, p.70
Barley, hulled	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Barley, Scotch or pearl		X		✓			
Bean noodles, cellophane noodles			NC	✓			This product does not meet the definition of a grain/bread product.
Biscuits, commercial or from traditional recipe using shortening or butter			X	✓		✓	



Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
 Biscuits (from suggested recipe)		X		✓			Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Basketball Biscuits, p.23
Bread, white, potato or other refined grain		X		✓			
 Bread, whole grain	X						Try this recipe from <i>Fruit and Veggie Quantity Cookbook</i> : - Vegetable Sage Stuffing, p.47
Bread Pudding, commercial or homemade			X	✓	✓	✓	
Breading/batter, made from refined (enriched) flour and then fried			X	✓		✓	
Breading/batter, made from whole grain flour and then baked	X						
Brownies			X	✓	✓	✓	
Buckwheat	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Bulgur	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Cakes, commercial or homemade			X	✓	✓	✓	


Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Caramel corn			NC		✓	✓	This product does not meet the definition of a grain/bread product.
Carrot bread or muffins			X	✓	✓	✓	
Chow Mein Noodles			X	✓		✓	Chow Mein noodles are also high in sodium.
Cinnamon or Danish Rolls			X	✓	✓	✓	
Coffee Cake, commercial or homemade			X	✓	✓	✓	
Cookies			X	✓	✓	✓	
Corn chips			X			✓	Corn chips are also high in sodium.
Cornbread or cornpone, made with whole cornmeal	X			✓			
Cornbread or cornpone, made with refined (enriched) cornmeal		X					
Cornmeal, whole grain	X						.See the Cooking & Eating Whole Grains section for definitions and preparation ideas.

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Cornmeal, refined (enriched)		X		✓			
 Couscous, whole wheat	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas. Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Superstar Breakfast, p.41 Try this recipe from <i>Fruit and Veggie Quantity Cookbook</i> : - Orange Couscous Salad, p.15
Couscous, refined (enriched)		X		✓			
Crackers, round, butter-style (e.g. Ritz)			X	✓		✓	Most are also high in sodium.
Crackers, saltines		X		✓			Choose low-sodium options.
Crackers, whole wheat wafer-style (e.g. Triscuits)	X						
Crepes			X	✓		✓	
Croissants			X	✓		✓	
Croutons, made with whole grain		X				✓	
Croutons, made with refined (enriched) flour			X	✓		✓	
Cupcakes, commercial or homemade			X	✓	✓	✓	



Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Danish pastries			X	✓	✓	✓	
Doughnuts			X	✓	✓	✓	
Dumplings			X	✓		✓	
Egg noodles		X		✓			
Egg roll or wonton wrappers			X	✓		✓	These wrappers themselves are not high in fat, but they are typically fried in preparation.
 English muffins, whole wheat	X						Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Pete's Pizza, p.82 - Banana-Rama Breakfast, p.87
English muffins, made with refined (enriched) flour (e.g. plain, cinnamon raisin)		X		✓			
Fig bar			X	✓	✓		
 French Bread (e.g. baguette)		X		✓			Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Toasty Treats, p.70
French toast (commercial, including "stix")			X	✓	✓	✓	

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
 French toast (from suggested recipe)	X						Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Strawberry Jumpin' French Toast, p.47
Gingerbread, cookies or muffins, commercial or homemade			X	✓	✓	✓	
Granola Bars, plain, fruit and nut, or chocolate chip			X	✓	✓		
Grits		X		✓			
Hominy			NC				Hominy is not made from the whole kernel of corn.
Hushpuppies			X	✓		✓	
Ice cream cones			NC	✓			There is insufficient flour to meet requirements.
Ice cream sandwich wafers			X	✓	✓		
Italian bread		X		✓			
Johnny cake		X		✓			
Kamut	X						A type of ancient grain. See the Cooking & Eating Whole Grains section for definitions and preparation ideas.



Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Kasha	X						
Millet	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Muffins, commercial (e.g. blueberry, banana, apple cinnamon)			X	✓	✓	✓	
 Muffins (from suggested recipe)	X						Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Mega Muffins, p.82
Noodles in canned soup		X		✓			The noodles may be low in fat, but the other soup ingredients may not be. Many soups are high in sodium too. Read the label carefully when shopping for soups (see p. 148 for help reading food labels).
 Oats	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas. Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Golden Porridge, p.35 Try this recipe from <i>Fruit and Veggie Quantity Cookbook</i> : - Golden Apple Oatmeal, p.31

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
 Pasta, made with whole grains	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas. Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Wizard's Stew, p.62 Try this recipe from <i>Fruit and Veggie Quantity Cookbook</i> : - Bean and Macaroni Soup, p.3 - Pesto Minestrone, p.7 - Tomatoes with Garbanzos and Rosemary over Rotini Pasta, p.53
Pasta, made with refined (enriched) flour		X		✓			
Pie Crust, meat/ meat alternate or with vegetables (e.g. quiche)			X	✓	✓	✓	
Pie Crust, dessert			X	✓	✓	✓	If served, only creditable as a snack.
 Pita, whole grain	X						Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Molten Lava, p.83 - Hip-Hop Pita Pocket, p.90 - Pita Pockets, p.96
Pita, made with refined (enriched) flour		X		✓			
Pizza dough, made with whole grain flour	X						

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Pizza dough, made with refined (enriched) flour		X		✓			
Pop tarts			X	✓	✓	✓	
Popcorn			NC				Popcorn provides fiber but little nutritional value. It is also a potential choking hazard for children under the age of four.
Popover		X		✓			
Potato chips			NC	✓		✓	Also high in sodium.
Potatoes			NC	✓			Potatoes are not a grain/bread. They are creditable as a vegetable.
Potato pancakes			NC				Potatoes are not a grain/bread and potato pancakes contain a minimal amount of flour.
Pretzels, soft		X		✓			
Pretzels, hard		X		✓			
Puff pastry			X	✓		✓	Only creditable with a meat/meat alternate or vegetable filling.
Pumpernickel bread		X		✓			
Pumpkin bread or muffins, commercial			X	✓	✓	✓	

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
 Quinoa	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas. Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Cowboy Quinoa (“keen-wah”), p.26
Raisin bread		X		✓			
Rice, white (enriched)		X		✓			
 Rice, brown	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas. Try this recipe from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - From the Garden Rice, p.67 - Shipwreck Pie, p.73
Rice, wild	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Rice cakes	X			✓			
Rice flour		X		✓			
Rice pudding			X	✓	✓	✓	
Rye berries	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Sopapillas			X	✓		✓	
Sorghum	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Soy flour			NC				Soy flour is credited as a meat/meat alternate.

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
Spelt berries	X						A type of ancient grain. See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Spoon bread			X	✓		✓	
Squash/zucchini bread or muffins			X	✓	✓	✓	
Stuffing, bread, dry		X		✓			
Sweet rolls/buns			X	✓	✓	✓	
Tapioca			NC	✓	✓		
Taco shells, hard, made from corn			X				The shells must be enriched, fortified, or whole grain.
Tortilla, soft, made with white (enriched) flour		X		✓			
 Tortilla, soft, whole wheat flour	X			✓			Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Underwater Wheels, p.69 - Sunshine Roll-Ups, p.83 - Rainbow Wrap, p.93 Try this recipe from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Tomato and Bean Burritos, p.51
Tortilla chips		X				✓	Also high in sodium. Choose lower fat options.
Trail mix, commercial			X	✓	✓	✓	Commercial trail mixes require a CN label. They are not recommended since many are high in added sugars and fat and are not made from whole grains.

Food	Recommended	Limited	Not Recommended	Not Whole Grain	High in Added Sugars	High in Total or Saturated Fat	Comments
 Trail mix (from suggested recipe)	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Muscle Mix, p.13
Triticale	X						A type of ancient grain. See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Turnover crust			X	✓		✓	
Vanilla wafers			X	✓	✓		
Waffles, frozen, plain		X		✓		✓	
 Waffles, frozen, whole grain	X						Try this recipe from <i>Fruit and Veggie Quantity Cookbook</i> : - Fruit on a Raft, p.27
Wheat berries	X						See the Cooking & Eating Whole Grains section for definitions and preparation ideas.
Wheat germ/bran	X						

COOKING & EATING

WHOLE GRAINS

Sources: Whole Grains Council (<http://www.wholegrainscouncil.org/recipes/cooking-whole-grains>) and Margen S and the editors of the UC Berkeley Wellness Letter. *Wellness Foods A to Z: An Indispensable Guide for Health-Conscious Food Lovers*. New York: Rebus, Inc.; 2002.

You can add whole grains to your meals without cooking, simply by choosing breads, breakfast cereals, and other prepared whole grain foods. But there are many whole grains you can also serve as a side dish. This section contains historical background on these ancient grains and some tips to get you started, including a handy table detailing cooking times for various grains.

Ancient grains A to Z

Amaranth

Amaranth seeds are nutty, almost malt-like, but mild and sweet. They were a staple crop of the Aztecs in the 13th century. The seeds were valued as a dietary necessity by the Aztecs, offered as a tribute to royalty and used in religious rituals. Today, amaranth crops are mostly cultivated in Mexico and Central. Amaranth is also cultivated in the wheat-growing regions of the United States, but on a modest scale.

Barley

Barley is more flavorful and chewy than white rice, but not quite as strongly flavored as brown rice. Barley was one of the first crops cultivated by man, and has been used as a food, a medicine, and as a form of currency since biblical times. Today, barley is a major food staple in many parts of the world—it grows well in a variety of climates, from the cold of Scotland to the heat of Ethiopia.

Buckwheat

Buckwheat was one of the earliest crops to be domesticated, and is thought to have originated in China 5,000 to 6,000 years ago, where it is still used today for making bread. Buckwheat made its way to the United States in the 17th century, brought over by Dutch and German immigrants. Today, demand for buckwheat as a food source in the United States is relatively small, but it is growing in popularity due to its desirable nutritional value.

Bulgur

Bulgur is processed from wheat berries using a method similar to that used for converted rice: whole-wheat kernels are steam-cooked and dried, and then the grain is cracked into three different granulations. The coarsest grain has traditionally been used for pilaf, the medium grain for cereal, and the finest grain for tabbouleh. A major advantage of bulgur is that it requires less cooking time than wheat berries and can be quickly “cooked” by simply soaking in hot water.

Couscous

Couscous is similar to pasta, being made from semolina that has been precooked and then dried. However, it is different from both Western and Asian pastas—the grains are very tiny and resemble rice or grits more so than noodles. Couscous is a popular staple in North Africa and many other Mediterranean countries.

Millet

Because it is naturally gluten-free, millet cannot be used for raised breads. Millet was a major grain used in Europe during the Middle Ages, but it was eventually replaced by other grains, such as barley. It remains a staple in North Africa, where it is thought to have originated. It is also widely consumed in India, where it is finely ground and made into a flatbread called roti. In the United States, millet is mostly used as feed for animals.

Oats

Oats are believed to have been cultivated as early as the 1st century A.D. Oats have long been a staple in the diets of the Scottish, but elsewhere around the world, oats have primarily been used as feed for animals. Oats were first planted in the United States by English colonists during the 17th century, but weren’t packaged for wide distribution until 1852. Worldwide, the grain has grown little in popularity, with only about 5 percent of the world’s oat crop used as food for humans.

Quinoa

Quinoa has been cultivated continuously for over 5,000 years and was a major staple of the Incas, just as amaranth was a staple of the Aztecs. It has a fresh, grassy flavor and a fluffy texture, similar to couscous. Quinoa works well in salads, such as tabbouleh, and also as a replacement for rice in pilafs.

Rice, brown

Brown rice has had only its husk removed during milling. It has a richer flavor and chewier texture than white rice. While it does take longer to cook than white rice, quick-cooking and instant forms are available. Astonishingly, rice is a staple food for more than half the world’s people. It is grown on every continent except Antarctica, with China producing the bulk (more than 90 percent) of the world’s rice crop. Rice was first grown in the American colonies during the late 17th century and is still grown today in Arkansas, Louisiana, Mississippi, Texas, and California.

Rye berries

Rye berries are bluish-gray in color, but otherwise very similar in appearance to wheat. They are believed to have originated in Asia and to have spread westward as a weed, infesting fields of wheat and barley. It was recognized as a food plant in Eastern Europe during the 4th century B.C. and is still popular in Scandinavia, Eastern Europe, and Russia. Rye berries were brought to the United States by the British and Dutch settlers, where they were eaten as a cereal grain, like rice or barley.

Sorghum

Sorghum dates back to 8,000 B.C., where it was found at an archeological dig in Northeastern Africa, near the Egyptian-Sudanese border. The first known record of sorghum in the United States comes from Ben Franklin in 1757, who wrote about its application in producing brooms.

Wheat berries

Wheat is one of the oldest harvested grains. It is thought to have descended from a wild grass that was harvested as early as 10,000 B.C., with the domestic variety first cultivated in western Asia 6,000 years ago. Wheat was milled into flour for bread in ancient Egypt and was the grain of choice during the Roman Empire. Wheat was first brought to the United States by European settlers during the 1700s, and quickly became popular, with the “wheat belt” having been established by the mid-19th century.

New products from ancient wheat strains

Over 30,000 varieties of wheat have been developed from one common ancestor called wild einkorn. While the types of wheat most commonly grown today are genetically different from this original wheat, two ancient strains (kamut and spelt/faro) are now being marketed. These wheat strains were among the wheats found growing when humans first walked the earth and are nutritionally similar to modern varieties.

Cooking tips

Plain grains, general directions

Cooking most grains is very similar to cooking rice. You put the dry grain in a pan with water or low-sodium broth, bring it to a boil, and then simmer until the liquid is absorbed. See next page for a quick guide to cooking times for various grains. Pasta is generally cooked in a larger amount of water, and the excess is drained away after cooking. Don't be intimidated!

Grain pilaf, general directions

In a saucepan, brown small bits of onion, mushroom and garlic in 1-2 teaspoons oil. Add grain and cook briefly, coating the grains in oil. Then add low-sodium broth in the amount specified in the table (next page), and cook until the liquid is absorbed.



Important: Time varies

Grains can vary in cooking time depending on the age of the grain, the variety, and the pans you are using to cook. When you decide they're tender and tasty, they're done! If the grain is not as tender as you like when "time is up," simply add more water and continue cooking. Or, if everything seems fine before the liquid is all absorbed, simply drain off the excess.

Shortcut

If you want to cook grains more quickly, let them sit in the allotted amount of water for a few hours before cooking. Just before lunch or dinner, add extra water if necessary, then cook. You'll find that cooking time is much shorter with a little pre-soaking.

QUICK GUIDE TO COOKING WHOLE GRAINS

To 1 cup of this grain:	Add this much water or low-sodium broth:	Bring to a boil, then simmer for:	Amount after cooking:
Amaranth	2 cups	20-25 minutes	3 ½ cups
Barley, hulled	3 cups	45-60 minutes	3 ½ cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 ½ cups
Couscous, whole wheat	2 cups	10 minutes (heat off)	3 cups
Kamut grain	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Millet, hulled	2 ½ cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	Varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 ½ cups	25-45 minutes (varies by variety)	3-4 cups
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 ½ cups

PURCHASING CHART FOR CEREAL GRAINS, PASTA & RICE

Explanation of the Columns

Food as Purchased (AP)

The purchase unit is given in pounds and cups. You can use data for one purchase unit to determine how much of the item you need for the number of people you serve.

Edible Portion (EP)

This column shows the number of ¼-cup servings obtained after preparation from each purchase unit. Numbers in this column are often rounded down in order to help ensure enough food for the number of servings.

Food item	Food As Purchased (AP) Purchase unit	Edible Portion (EP) Number of ¼ cup servings per purchase unit
<i>Cereal Grains</i>		
Amaranth	1 pound, dry (about 2 1/3 cups)	19.6
Barley	1 pound, dry (about 2 1/3 cups)	42.0
Buckwheat	1 pound, dry (about 2 1/3 cups)	22.8
Cornmeal <i>Stone ground</i>	1 pound, dry (about 3 3/8 cups)	57.4
Corn Grits <i>Regular</i>	1 pound, dry (about 2 ¾ cups)	50.3
Kasha	1 pound (about 2 3/8 cups)	21.1
Millet	1 pound (2 1/8 cups)	22.9
Oats <i>Rolled Instant Enriched</i>	1 pound (about 5 2/3 cups)	46.9
Oats <i>Rolled Quick</i>	1 pound (about 6 ¼ cups)	47.6
Oats <i>Rolled Regular</i>	1 pound (about 6 cups)	45.4
Quinoa	1 pound (about 2 ½ cups)	26.4
Wheat Berries	1 pound (about 2 ¼ cups)	24.0
Wheat, Rolled	1 pound (about 2 3/8 cups)	38.0

Food item	Food As Purchased (AP) Purchase unit	Edible Portion (EP) Number of ¼ cup servings per purchase unit
Pasta		
Pasta <i>Bowties</i> <i>Large size</i>	1 pound (about 7 ½ cups)	25.1
Pasta <i>Elbow Macaroni</i> <i>Regular</i>	1 pound (about 3 ½ cups)	39.0
Pasta <i>Noodles</i> <i>Egg</i> <i>Medium</i>	1 pound (about 11 7/8 cups)	40.3
Pasta <i>Noodles</i> <i>Lasagna</i>	1 pound (about 21 pieces)	28.3
Pasta <i>Noodles</i> <i>Lasagna sheets</i> <i>Frozen</i>	1 pound (about 3 ¾ sheets)	13.9
Pasta <i>Orzo</i>	1 pound (about 2 3/8 cups)	25.5
Pasta <i>Penne</i>	1 pound (about 5 1/8 cups)	31.2
Pasta <i>Shells</i> <i>Large size (for stuffing)</i>	1 pound (about 10 7/8 cups)	25.3
Pasta <i>Shells</i> <i>Medium</i>	1 pound (about 6 cups)	26.7
Pasta <i>Spaghetti</i> <i>Regular</i>	1 pound (about 3 ¼ cups)	21.2
Pasta <i>Spiral (Rotini)</i>	1 pound (about 5 3/8 cups)	33.8
Pasta <i>Wagon Wheels</i> <i>Medium size</i>	1 pound (about 5 cups)	31.1

Food item	Food As Purchased (AP) Purchase unit	Edible Portion (EP) Number of ¼ cup servings per purchase unit
<i>Rice</i>		
Rice <i>Brown Instant</i>	1 pound (about 4 3/8 cups)	32.0
Rice <i>Brown Long grain</i>	1 pound (about 2 ½ cups)	17.5
Rice <i>White Long grain Parboiled (Converted)</i>	1 pound (about 2 ½ cups)	28.0
Rice <i>White Long grain</i>	1 pound (about 4 ½ cups)	28.0
Rice <i>White Long grain</i>	1 pound (about 2 1/3 cups)	30.0
Rice <i>White Medium grain</i>	1 pound (about 2 ¼ cups)	27.0
Rice <i>White Short grain</i>	1 pound (about 2 ¼ cups)	27.0
Wild Rice	1 pound (about 2 2/3 cups)	34.8
Wild Rice and Enriched White Rice Mix	1 pound (about 2 3/8 cups)	28.7

NORTH CAROLINA WIC PROGRAM APPROVED BREAKFAST CEREALS

WIC approved cereals are healthy choices. The cereals on this list meet the following criteria:

- ☆ At least 28 mg iron per 100 g dry cereal
- ☆ Includes whole grain as the primary ingredient by weight AND meets labeling requirements for making a health claim as a “whole-grain food with moderate fat content”
- ☆ Less than or equal to 6 gm. sugar per dry oz. cereal

Cereals marked with an asterisk () are gluten-free options.*

Best Choice Enriched Bran Flakes	Great Value Bran Flakes
Best Choice Nutty Nuggets	Great Value Crunchy Nuggets
Best Choice Wheat Crisps	Great Value Frosted Shredded Wheat
Better Valu Toasted Oats	Great Value Toasted Wheat
Cream of Wheat Whole Grain	Great Value Toasted Whole Grain Oat
Flavorite Crunchy Wheat & Barley	Hannaford Bite Size Frosted Shredded Wheat
Flavorite Enriched Bran Flakes	Hannaford Bran Flakes
Flavorite Toasted Oats	Hannaford Tasteos
Food Club Bit Size Frosted Shredded Wheat	Harris Teeter Frosted Bite Size Shredded Wheat
Food Club Essential Choice Bran Flakes	Harris Teeter Toasted O's
Food Club Toasted Oats	Hospitality 40% Bran Flakes
Food Lion Bite-Sized Frosted Shredded Wheat	
Food Lion Enriched Bran Flakes	
Food Lion Tasteos	
General Mills Cheerios	
General Mills Corn Chex*	
General Mills Fiber One Frosted Shredded Wheat	
General Mills Honey Kix	
General Mills Kix	
General Mills MultGrain Cheerios	
General Mills Rice Chex*	
General Mills Total Cinnamon Crunch	
General Mills Total Whole Grain	
General Mills Wheat Chex	
General Mills Wheaties	



Hospitality Bite Size Frosted Shredded Wheat
 Hospitality Toasted Oats
 Hospitality Whole Wheat Flakes
 HY·TOP Bite Size Frosted Shredded Wheat
 HY·TOP Bran Flakes
 HY·TOP Multigrain Flakes
 HY·TOP Old Fashion Oats
 HY·TOP Quick Oats
 HY·TOP Toasted Oats
 IGA 40% Bran Flakes
 IGA Bite Size Frosted Shredded Wheat
 IGA Enriched Bran Flakes
 IGA Nutty Nuggets
 IGA Old Fashioned Oats
 IGA Quick Oats
 IGA Tosteeos
 IGA Toasted Oats
 Kellogg's All-Bran Complete Wheat Flakes
 Kellogg's Bite Size Mini-Wheats Unfrosted
 Kellogg's Frosted Mini-Wheats Big Bite
 Kellogg's Frosted Mini-Wheats Bite Size
 Kroger Bite Size Frosted Shredded Wheat
 Kroger Bran Flakes
 Kroger Nutty Nuggets
 Kroger Toasted Oats
 Laura Lynn Enriched Bran Flakes
 Laura Lynn Frosted Wheatfuls
 Laura Lynn Nutty Nuggets
 Laura Lynn Shredded Wheat Bite Size
 Laura Lynn Tosteeos
 Lowes Bran Flakes
 Lowes Frosted Shredded Wheat
 Lowes Nutty Nuggets
 Lowes Tosteeos
 Malt-O-Meal Chocolatey Frosted Mini Spooners
 Malt-O-Meal Frosted Mini Spooners
 Malt-O-Meal Strawberry Cream Mini Spooners
 Market Pantry Frosted Bite-Size Shredded Wheat
 Strawberry
 Market Pantry Frosted Bite-Sized Shredded Wheat
 Market Pantry Toasted Oats
 Nature's Crunch Enriched Bran Flakes
 Nature's Crunch Frosted Shredded Wheat
 Our Family Bran Flakes
 Our Family Frosted Bit Size Shredded Wheat
 Our Family Nutty Nuggets
 Our Family Toasted Oats
 Our Family Wheat Biscuits
 Piggly Wiggly Toasted Oats
 Post Banana Nut Crunch
 Post Bran Flakes
 Post Grape-Nuts
 Post Grape-Nuts Flakes
 Post Honey Bunches of Oats—Vanilla Bunches
 Post Shredded Wheat Vanilla Almond
 Quaker Life
 Quaker Oatmeal Squares—Brown Sugar
 Quaker Oatmeal Squares—Cinnamon
 Ralston Foods Enriched Bran Flakes
 Ralston Foods Frosted Shredded Wheat
 Ralston Foods Oat Wise
 Ralston Foods Tosteeos
 Richfood Bite Size Frosted Shredded Wheat
 Richfood Bran Flakes
 Richfood Crunchy Oat Squares
 Richfood Crunchy Wheat & Barley
 Richfood Honey Oats and Flakes with Almonds
 Richfood Toasted Oats
 Rollin' Oats Toasted Rollin' Oats
 Shurfine Crunchy Wheat Cereal
 Shurfine Enriched Bran Flakes
 Shurfine Frosted Bite Size Shredded Wheat
 Shurfine Nutty Nuggets
 Shurfine Toasted Oats
 Southern Home Bran Flakes
 Southern Home Toasted Oats

The Crediting Foods Guide

SERVING SIZES FOR HEALTHY GRAINS & BREADS

Several products are known by different names in different parts of the country. We have included each name, when known, to aid you in determining your product. **Double check your portion size by weighing samples of your portion, comparing them against the appropriate group and desired serving size in Exhibit A and documenting to your file. Remember always round up the portion size to ensure that children receive the minimum requirement.**

NAME OF ITEM	1-2 YEARS	3-5 YEARS	6-12 YEARS & ADULTS
Bagel (whole wheat) Small or mini 3" diameter <i>Group B Exhibit A*</i>	½ ¼	½ ¼	1 ½
Cornbread (made with whole cornmeal) By cubic inches <i>Group C Exhibit A*</i>	3"x3" square	3"x3" square	5"x5" square
Crisp Bread, Rye 3 ½" x 1 7/8" x ¼" Thin wafer Flat bread <i>Group A Exhibit A*</i>	2 5 2	2 5 2	3 10 4
English Muffin (whole wheat) <i>Group B Exhibit A*</i>	¼ muffin	¼ muffin	½ muffin
Melba Toast Rectangles Rounds <i>Group A Exhibit A*</i>	2 4	2 4	4 7
Oat Bran Crackers Thins Cup <i>Group A Exhibit A*</i>	5 ¼	5 ¼	10 1/3
Pita (whole grain) Small 4" diameter <i>Group B Exhibit A*</i>	½	½	1

*FCS Instruction 783.1 Rev.2 Exhibit A (page 85)

NAME OF ITEM	1-2 YEARS	3-5 YEARS	6-12 YEARS & ADULTS
Pretzels (hard)			
1 ring	5	5	10
3 ring	4	4	7
Thin (3 ¼ "x2 ¾" x1/4")	2	2	4
Rod (7 ½ "x ½" x ¼")	1	1	2
Dutch pretzel (2 ¾" X 2 5/8" x 5/8")	1	1	2
Log 3" x ½"	2	2	4
Sticks 2 ½ "1/8" diameter	20	20	40
Thin sticks, rings, bite size by cup	¼ cup	¼ cup	½ cup
<i>Group B Exhibit A*</i>			
Rice or Rye Cakes			
Regular size	2	2	3
Mini-cakes	5	5	10
<i>Group B Exhibit A*</i>			
Tortilla (corn)			
5" diameter	1	1	2
7" Diameter	1/2	1/2	1
<i>Group B Exhibit A*</i>			
Tortilla (whole wheat flour)			
4" diameter	1	1	2
6" Diameter	1/2	1/2	1
<i>Group B Exhibit A*</i>			
Whole Wheat Crackers (includes toasted wheat, cracked wheat and stoned wheat types)			
cracker	3	3	5
whole wheat wafer	3	3	5
<i>Group A Exhibit A*</i>			

*FCS Instruction 783.1 Rev.2 Exhibit A (page 87)

Additional Technical Notes

ABOUT CREDITING GRAINS/BREADS IN CACFP

Grains/breads served in the CACFP must meet the following criteria to be creditable:

- The grain/bread must be whole grain or enriched or made from whole-grain or enriched meal or flour. If it is a cereal, the product must be whole grain, enriched, or fortified. Bran, cornmeal and germ are credited in the same way as are enriched or whole grain meals or flours. Corn grain products must be labeled as whole corn (or other “whole corn” designations such as whole grain corn, whole ground corn or whole corn flour) or enriched corn (or other “enriched corn” designations such as enriched yellow cornmeal, enriched corn flour, enriched corn grits).
- The grain/bread must serve the customary function of bread in a meal, for lunch or supper. That is, it must be served as an accompaniment to, or as a recognizable and integral part of, the main dish and not merely as an ingredient. (Please see page 117 of the Food Buying Guide).
- The crediting of a food item as a grains/bread serving is determined either using the weights provided in Exhibit A (p. 85-86) or by dividing the total amount of enriched or whole grain flour and/or meal, bran or germ in the recipe by the number of servings the recipe yields (see p. 83 for an example calculation).
- The weights listed in each group of Exhibit A (p. 85-86) reflect the total weight of the product to serve. Using FDA Standards of Identity, these total weights were calculated by determining the smallest portion size needed to meet the minimum required amount of enriched or whole grain flour and/or meal, bran or germ per serving (i.e. 14.75 grams). For example, 20 grams of a bread type coating (Group A) could be credited as one serving of grains/bread – the 20 grams accounts for the minimum required amount of whole grain flour and/or meal, bran or germ per serving (i.e. 14.75 grams) *plus* any other non-creditable ingredients in the product. For commercial products, the information on the package food label as to **weight per serving size** compared against the applicable group in Exhibit A (p. 85-86) serves as documentation of the serving size. A sample label should be maintained on file. Do not use the serving size on the FDA label since this serving size is for adult portion sizes.
- The grain/bread must be provided in the quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount to be credited to the minimum quantities of grains/breads specified in program regulations.

- French, Vienna, Italian and Syrian breads are commercially prepared products that are often prepared with un-enriched flour. Check the label or with the manufacturer to be sure that the product is made with whole grain or enriched flour.
- There is a religious exemption granted under FNS instruction 783-13 Rev 2. from the enrichment portion requirements of the Child Nutrition Programs during the religious observance of Passover. Unenriched matzo may be substituted, with proper approval, during that period of time only. Enriched or whole grain matzo used as a grain must be served at all other times of the year. Contact your regional CACFP consultant to learn more about the approval process.

Sample Worksheet for Calculating the Grain Contribution for a Homemade Product

Here are the steps needed to determine the number of creditable servings in a homemade product. Please note that in determining the contribution, decimals are always rounded down. This policy determination was made to preclude the possibility that servings would be short on weight to meet portion sizes due to rounding.

Sample: Spiced Pancakes - provides 56 pancakes (1 pancake is the suggested serving size)

Ingredients:

4 cups flour, all-purpose enriched	8 egg whites
8 cups flour, whole wheat	½ cup molasses
6 tsp baking soda	12 Tbsp vegetable oil
½ cup cinnamon	4 cups 1% (low-fat) or fat-free milk
8 eggs, whole	

Step One: Convert grains to grams, in this case cups of flours. See *Weights of Commonly Used Grains*, p. 86.

$$4 \text{ cups all-purpose flour} \times 125 \text{ grams (125 grams per cup)} = 500 \text{ g}$$

$$8 \text{ cups whole wheat flour} \times 120 \text{ grams (120 grams per cup)} = 960 \text{ g}$$

Step Two: Add the total grams of each grain together.

$$500 \text{ grams of all-purpose flour} + 960 \text{ grams of whole wheat flour} = 1460 \text{ total grams}$$

Step Three: Divide total grams by the proposed number of servings in the recipe.

$$1460 \div 56 = 26.07 \text{ grams of grain per serving.}$$

Step Four: Divide the actual grams by the required grams per serving.

$$26.07 \div 14.75 = 1.77 \text{ servings of grain}$$

Step Five: Round down to the nearest ¼ serving.

$$1.77 \text{ becomes } 1.75 \text{ or } 1 \frac{3}{4} \text{ bread servings}$$

One pancake would meet the minimum grains requirement for *three* participants, ages 1-5 years, and *one* participant, age 6 or older. Always remember these are minimum requirements. Since it would be awkward to serve 1/3 of a pancake, you would probably want to serve ½ a pancake to children ages 1-5 years.

Weights of Commonly Used Grains

When using a recipe with smaller yields for a grain/bread, ingredients are listed in cups or portions thereof. This list provides the number of grams per cup. Use of this chart should save smaller programs from the additional mathematical step of converting recipes from cups to pounds to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups or portions of cups required in your recipe.

Food item	Description	Weight of one cup in grams
Cereals	All Bran	30
	Bran Buds	30
	Cheerios	30
	Wheaties	30
Flour, all-purpose	Un-sifted, spooned	125
Flour, bread	Un-sifted, spooned	137
Flour, whole-wheat	Un-sifted, spooned	120
Oats	Uncooked	80
Wheat germ	Spooned	100



FCS INSTRUCTION 783.1 REV. 2 EXHIBIT A

GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS

The following Chart titled “Exhibit A - Grains/Breads for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs” provides a general guideline for crediting pre pared grains/breads items. The chart is taken from the FCS Grains/Breads Instruction 783-1, Revision 2. Once you have determined that a food product qualifies as a grains/breads component, find the Group on the chart containing the name of the food product. Read the minimum serving size for that group on the right-hand side of the chart.

Group	Minimum Serving Sizes for Group	Comments
Group A Bread Type Coating Bread sticks (hard) Croutons Pretzels (hard) Stuffing (dry), note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz. ¾ serving = 15 gm or 0.5 oz. ½ serving = 10 gm or 0.4 oz. ¼ serving = 5 gm or 0.2 oz.	Whole grain options are available for most foods in this category. Try to purchase and serve whole grain options most of the time.
Group B Bagels Breads Crackers English muffins Pita bread Pizza crust Rolls Tortillas, whole grain flour or corn	1 serving = 25 gm or 0.9 oz. ¾ serving = 19 gm or 0.7 oz. ½ serving = 13 gm or 0.5 oz. ¼ serving = 6 gm or 0.2 oz.	Whole grain options are available for most foods in this category. Try to purchase and serve whole grain options most of the time.
Group C Cookies ¹ (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies, ¹ fruit turnovers ² , and meat and meat alternate pies) Waffles	1 serving = 31 gm or 1.1 oz. ¾ serving = 23 gm or 0.8 oz. ½ serving = 16 gm or 0.6 oz. ¼ serving = 8 gm or 0.3 oz.	Most foods in this category are not recommended because they are high in fat and/or added sugars. As a whole, you should limit the foods in Groups C-G to once or less per week.
Group D Doughnuts ² (cake and yeast raised, unfrosted) Granola bars ² (plain) Muffins/Quick breads (all except corn) Sweet roll (unfrosted) Toaster pastry ² (unfrosted)	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or 0.9 oz. ¼ serving = 13 gm or 0.5 oz.	Most foods in this category are not recommended because they are high in fat and/or added sugars. As a whole, you should limit the foods in Groups C-G to once or less per week.

FCS INSTRUCTION 783.1 REV. 2 EXHIBIT A, CONTINUED...

Group	Minimum Serving Sizes for Group	Comments
Group E Cookies ¹ (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts ² (cake and yeast raised, frosted, or glazed) French toast Grain fruit bars ² (with nuts, raisins, chocolate pieces, and/or fruit) Sweet rolls ² Toaster pastry	1 serving = 63 gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz.	Most foods in this category are not recommended because they are high in fat and/or added sugars. As a whole, you should limit the foods in Groups C-G to once or less per week.
Group F Cake ¹ (plain, unfrosted) Coffee cake ²	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2.0 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz.	Most foods in this category are not recommended because they are high in fat and/or added sugars. As a whole, you should limit the foods in Groups C-G to once or less per week.
Group G Brownies ¹ (plain) Cake ¹ (all varieties, frosted)	1 serving = 115 gm or 4.0 oz. ¾ serving = 86 gm or 3.0 oz. ½ serving = 58 gm or 2.0 oz. ¼ serving = 29 gm or 1.0 oz.	Most foods in this category are not recommended because they are high in fat and/or added sugars. As a whole, you should limit the foods in Groups C-G to once or less per week.
Group H Barley Breakfast cereals ³ (cooked) Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (brown or enriched white)	1 serving = ½ cup cooked (or 25 gm dry)	Whole grain options are available for most foods in this category. Try to purchase and serve whole grain options most of the time.
Group I Ready-to-eat breakfast cereal ³ (cold, dry)	1 serving = ¾ cup or 1 oz, whichever is less	Choose whole grain, low-sugar cereals. See the NC WIC-approved cereals list (p. 77-78).
¹ Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under CACFP). ² Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks and breakfasts served under the CACFP). ³ Refer to program regulations for the appropriate serving size for meals to children ages 1 through 5 and adult participants in the CACFP.		

Frequently Asked Questions

ABOUT CREDITING GRAINS/BREADS IN CACFP

1. Can nut or seed meal or flour be used to meet the grain/bread requirement for a meal?

A. No. Nuts and seeds are not grains and there are no standards of enrichment for these products.

2. Are granola bars acceptable grain/bread equivalents?

A. Yes, however, they may be credited for breakfast and supplements only. If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found in Group E. Those programs that wish to serve homemade granola bars should use a USDA standardized recipe that is kept on file.

3. Is granola cereal an acceptable grain/bread equivalent?

A. Yes, commercial and homemade granola cereals are acceptable. In determining the serving size, only the grain portion of the cereal is creditable as a grain/bread. In other words, any nuts, seeds, coconut, or dried fruit, are not to be included when determining the serving size. However, since each commercial granola is based upon its own formulation, the sponsor should request manufacturer documentation which states the number of grams of enriched flour, whole grain bran or germ per serving. One serving should have a minimum of 14.75 grams of enriched flour, whole grain bran or germ per serving. This information should be maintained on file. Similarly, those programs that wish to serve homemade granola should use a USDA standardized recipe that is kept on file.

4. Can crackers be served as a grain/bread equivalent?

A. Yes. Offer whole grain varieties most of the time. Children who are in the one to two and in the three to five age range require ½ serving for any of these meals. Children six through twelve years old and adult participants require one serving.

Whole grain crackers are listed under Group A. One serving of Group A equals 20 grams or 0.7 ounce.
½ Serving of Group A equals 10 grams or 0.4 ounce.

5. Bagels are all listed under Group B, but there is a wide variety of sizes. How do we calculate appropriate serving sizes?

- A. You need to weigh the brand of bagels you purchase to determine the average weight per bagel. Then use the weights provided in Exhibit A, Group B to determine how many servings are in one bagel. If you purchase different brands, you will need to determine the average weight for each brand. This is required because the actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. To determine the portion size for the age group being served you will need to know the meal pattern requirements for that age group, the weight of one bagel and the amount needed for one bread serving. For example, a half of one brand of bagel may meet requirements while a half of another type of bagel may provide too large a serving size for a three to five year child.

As a general reference, one small (mini), commercial bagel will usually meet meal pattern requirements for three to five year old children. One half of a 3” diameter commercial bagel meets requirements for one grain/bread serving and $\frac{1}{4}$ of a 3” diameter bagel meets the $\frac{1}{2}$ serving size for three to five year olds. Documentation supporting the weight and serving size of each different bagel product should be maintained on file for review purposes, whenever the product differs from the standardized size in Exhibit A.

6. Rather than use the gram weight listed on the commercial packaging for a comparison to the gram weight portion sizes listed in Exhibit A for determining serving size, can't I just use the FDA Food Label Serving Size as a basis for calculation?

- A. No, The FDA calculates serving sizes differently than the USDA meal pattern requirements. The serving size for the FDA label is calculated on the nutritional needs of the **general adult** population. CACFP serving sizes are calculated with consideration to the specific nutritional needs of our target populations: children and the elderly. Therefore the grams per serving on the FDA label differ from the allowable number of grams in the Exhibit A serving size groups.

7. How can I figure out what serving size I need?

- A. The majority of products are listed by serving size in the meal pattern chart. For example, $\frac{1}{2}$ or 1 slice of bread or $\frac{3}{4}$ cup of cold, dry cereal.

Most of the remaining grain/breads are listed in Exhibit A by serving size group. When using a commercial product listed in Exhibit A, check to see what the serving size of the product is required and then check the **total weight per serving** of the product. In some cases if the serving is prepackaged the weight is listed on the package or on the individual packet. The weight per serving should be at least the

minimum serving listed for the applicable group in the Exhibit A list. As an example, a provider wishes to use a grain fruit bar (granola bar) for a snack. She serves three to five year olds. In this case, the bar size as listed on either the box or the wrapper must weigh either 31 grams or 1.1 oz to meet the required ½ serving size. If the serving size requirement differs from the actual product serving size, adjustments should be made to the serving size by either adding additional product or by cutting the bar. This is done to meet requirements but, at the same time, while not serving excessive amounts of food for the target age group.

Some grain/bread products are made on premises or at a central kitchen. If you plan to make your own rolls, muffins, or breads you can determine portion sizes in one of two methods. If you use standardized recipes developed by USDA or your State agency you need only document which recipe is used, the crediting and portion size indicated on the recipe and the portion size actually used. USDA recipes have been tested and verified as to portion size and crediting equivalencies. If you use your own recipe or a commercial recipe, you will need to calculate out the number of allowable servings. You should take the total amount of flour and/or grains used in the recipe and divide by the allowable contribution by portion size (see sample worksheet on p. 85).



Choosing Healthy *Fruits & Vegetables*

This chapter contains guidance specific to fruits and vegetables that will help you meet the following enhanced nutrition standard:

☆ *Limit foods high in fat and salt*

This chapter will also help you limit the amount of added sugar in children's diets.

When planning meals and snacks, providers should:

☆ Serve whole fruits and vegetables more often than juice.

☆ Offer a variety of unsweetened fresh or frozen fruit.

☆ Serve canned fruit that is packed in water or juice rather than syrup.

- Do not serve fruit canned in light or heavy syrup.



Tools you can use...

- ☆ Things you should know about the fruits and vegetables food component (p. 94-96)
- ☆ Quick guide to healthy fruits and vegetables: recommended, limited or not recommended? (p. 97-121)
- ☆ Links to healthy fruits and vegetables recipes (p. 97-121)
- ☆ Purchasing chart for fresh fruits and vegetables (p. 122-133)
- ☆ North Carolina guide to seasonal fruits and vegetables (p. 134)
- ☆ Additional technical information about crediting fruits and vegetables in CACFP (p. 135-136)

☆ If juice is served:

- It is only served to children 1 year of age and older (no juice before 12 months of age).
- It is only 100% fruit juice with no added sugars.
- It is limited to one serving per day.
- It is never served in a bottle.
- Only age-appropriate serving sizes are given:

1-2 years	2 fl. oz.
3-5 years	4 fl. oz.
6+ years	4-6 fl. oz.

☆ Offer a variety of vegetables during the week:

- Include dark green vegetables at least twice per week.
- Include orange vegetables at least twice per week.
- Limit starchy vegetables to no more than two times per week. This includes white potatoes, corn and green peas.



☆ Do not serve fried or pre-fried vegetables (e.g. French fries, tater tots, hash browns).



THINGS YOU SHOULD KNOW ABOUT...

THE FRUITS & VEGETABLES FOOD COMPONENT

The fruits and vegetables food component includes a variety of whole fruits and vegetables, such as those that are fresh, frozen or canned. It also includes 100% juice, although it is highly recommended to limit the amount of juice served to young children.

Why limit fruit juice?

Too much fruit juice can limit other important food groups and nutrients in a child's diet, and is a common cause of diarrhea among young children. It can also lead to tooth decay (e.g. cavities), especially if served frequently throughout the day and if served in a bottle or sippy cup. Finally, too much fruit juice may also put young children at risk of being overweight, because juice contains a lot of calories in an easily consumable form.

As an example, compare the calories and fiber in different forms of the apple:



Whole apple, slices

- Small, with skin
- 77 calories
- 3.6 grams fiber



Applesauce, unsweetened

- 1 cup
- 102 calories
- 2.7 grams fiber



Applesauce, sweetened

- 1 cup
- 194 calories
- 2.7 grams fiber



Apple juice

- 1 cup
- 112 calories
- 0.2 grams fiber

Expert recommendations

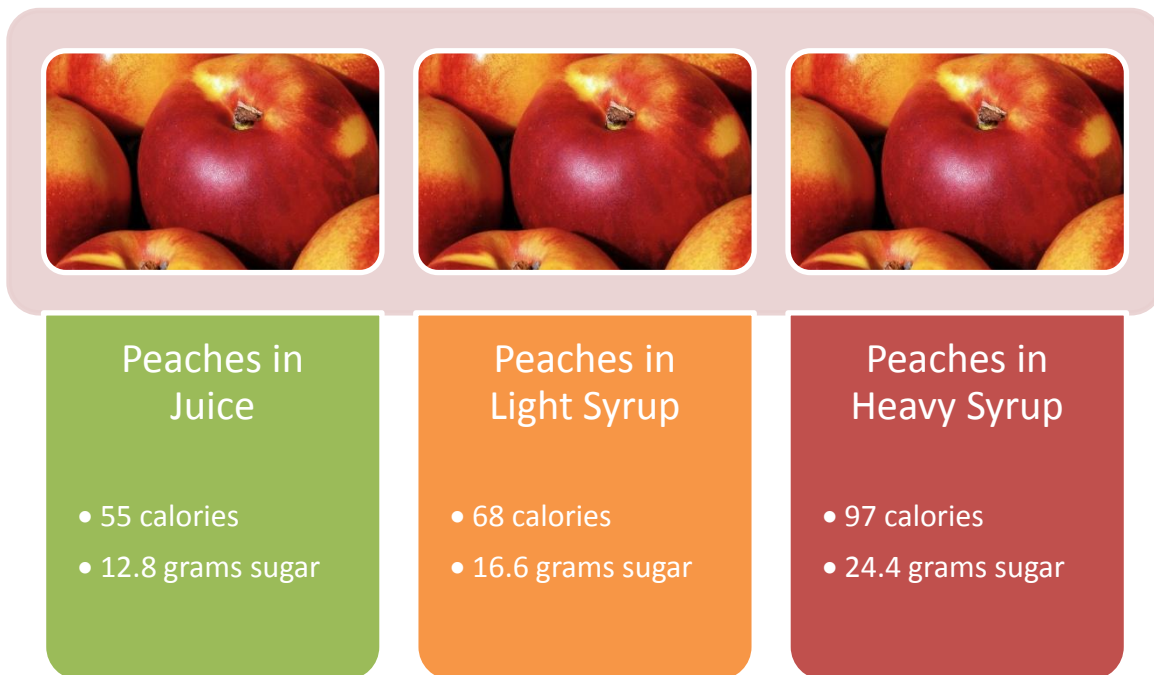
The fruit juice recommendations in this chapter are based on the expert advice by the American Academy of Pediatrics (AAP). This advice has been endorsed by many other health expert associations including the American Dental Association and the Academy of Nutrition and Dietetics. The AAP recommendations are as follows:



- Juice should not be introduced into the diet of infants before 12 months of age.
- Infants should not be given juice from bottles or easily transportable covered cups that allow them to consume juice easily throughout the day. Infants should not be given juice at bedtime.
- Intake of fruit juice should be limited to 4 to 6 per day for children 1 to 6 years old. For children 7 to 18 years old, juice intake should be limited to 8 to 12 oz or 2 servings per day.
- Children should be encouraged to eat whole fruits to meet their recommended daily fruit intake.
- Infants, children, and adolescents should not consume unpasteurized juice.
- In the evaluation of children with malnutrition (overnutrition and undernutrition), the health care provider should determine the amount of juice being consumed.
- In the evaluation of children with chronic diarrhea, excessive flatulence, abdominal pain, and bloating, the health care provider should determine the amount of juice being consumed.
- In the evaluation of dental caries, the amount and means of juice consumption should be determined.

Why serve canned fruit packed in water or juice?

Peaches canned in heavy syrup have nearly twice the amount of calories and added sugars than the same amount of peaches packed in juice!



Quick Guide to Healthy Fruits & Vegetables

RECOMMENDED, LIMITED OR NOT RECOMMENDED?

The table on the following pages contains a list of possible fruit and vegetable choices. Each of these choices has been ranked as recommended, limited or not recommended.

Those that are **Recommended** are:

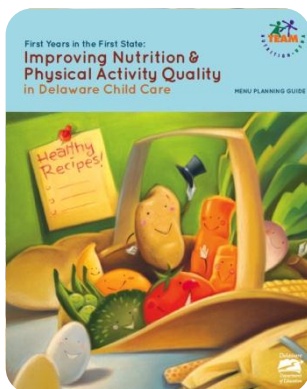
- ☆ Whole fruits or vegetables
- ☆ Low in added sugars (less than 25% of total calories from added sugars)
- ☆ Low in total and saturated fat. For total fat, must be less than 35% of total calories. For saturated fat must be less than 10% of total calories.

Those that are **Limited** are not a *whole* fruit or vegetable. Fruits and vegetables that are **Not Recommended** are not *whole* fruits and vegetables and are high in either added sugars *or* fat.

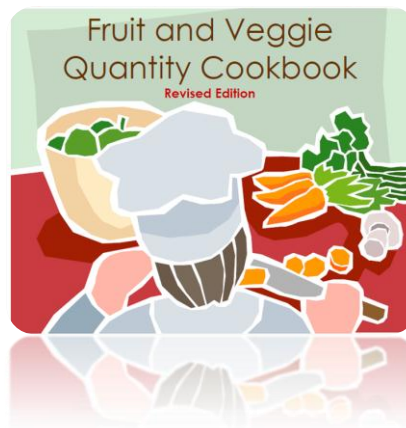
Some fruits and vegetables are both **Not Recommended** and **Not Creditable (NC)** in the CACFP. These items have a NC listed in the **Not Recommended** column.




Finally, there are several excellent resources for healthy, standardized, child care recipes. If the recipe box icon is next to a grain or bread, there are one or more recipe/(s) in the resources below. The recipe source and page are included in the comments column.






<http://healthymeals.nal.usda.gov/hsmrs/Delaware/nhpsmenuplanning.pdf>






<http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Ade Drinks			NC	✓	✓		These drinks do not contain at least full strength juice.
 Apples, fresh, served whole, sliced or diced	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Green Giant Salad p. 17 - Tootie Fruity Chip Dip, p. 24 - Cowboy Quinoa, p. 26 - All-Star Snack, p. 30 - Very Merry Berries, p. 39 - Superstar Breakfast, p. 41 - Fruit Towers, p. 72 - Sweet Summer Salad, p. 88 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Treasure Salad, p. 23 - Fruit on a Raft (Waffles with Apples), p. 27 - Golden Apple Oatmeal, p. 31
Applesauce		X		✓			
Apple Juice		X		✓			Must be 100% juice.
Apple Butter			NC	✓	✓		
Apple Cider		X		✓			Cider must be pasteurized.
Apple Fritters			X	✓	✓	✓	
Apricots, fresh	X						
Artichokes, fresh	X						



Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Asparagus, fresh	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Mario's Meal, p. 60 - From the Garden Rice, p. 67 - Swimmy Salmon Steaks, p. 94
 Avocados, fresh	X					✓	Avocados are recommended even though they are high in fat, because the type of fat is heart healthy (not a solid fat) and they are an excellent source of vitamin E. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Roly Poly Roll-Up, p. 29 - Rock-n-Roll Ups, p. 59 - Squirrel Snacks, p. 63 - Rainbow Wrap, p. 93
 Bananas	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Berry Banana Split, p. 19 - Wintery Mix, p. 34 - Monkey Snacks, p. 48 - Super Drink, p. 58 - Banana-Rama Breakfast, p. 87 - Sunshine Smoothie, p. 95 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Pineapple Poppy Seed Salad, p. 17 - Rainbow Fruit Salad, p. 19 - Fruity Breakfast Parfait, p. 29 - Go Bananas Orange Dip, p. 57 - And more!
Banana Bread, commercially prepared			NC	✓	✓	✓	It has less than 1/8 cup fruit per serving and may not be counted toward meeting requirements.
Barbecue Sauce			NC	✓			This is a condiment and is high in sodium.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Bean Sprouts, Cooked	X						For safety reasons do not serve raw sprouts. Do not use raw sprouts with younger children and elderly populations.
 Beans or Peas (Black/Turtle, Black-eyed peas, Garbanzo, Kidney, Lima, Navy, Pinto), dry or canned	X						<p>Purchase low-sodium canned varieties and/or rinse before cooking to reduce sodium content. Count beans as a vegetable or meat, but not both.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Chix Mix, p. 13 - Tasty Taquitos, p. 18 - Farmer's Harvest Chili, p. 25 - Prince and Princess Salad, p. 40 - Wild Cowboy Stew, p. 42 - Pizza Party Pita, p. 42 - Rainbow Bake, p. 49 - And many more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Bean and Barley Soup, p. 1 - Bean and Macaroni Soup, p. 3 - Pesto Minestrone, p. 7 - Orange Couscous Salad, p. 15 - Tomato and Bean Burritos, p. 51 - And many more!
 Beans, Green, fresh, frozen or canned	X						<p>Rinse canned beans before cooking to reduce sodium content.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Veggie Sketti, p. 72

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Beans, refried	X						Choose low-fat/vegetarian and low-sodium. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Cheesy Chicken Quesadilla, p. 38
Beans, Wax, fresh, frozen or canned	X						Purchase low-sodium canned varieties and /or rinse canned beans to reduce sodium content.
Beets, fresh, frozen or canned	X						Purchase low-sodium canned varieties and /or rinse canned beets to reduce sodium content.
 Bell Pepper, Green, Red or Yellow	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Tasty Taquitos, p. 18 - Farmer's Harvest Chili, p. 25 - Big Bad Wolf Soup, p. 37 - Colorful Crisp Salad, p. 38 - Prince and Princess Salad, p. 40 - Party Pasta, p. 67 - "Use Your Noodle" Bake, p. 89 - And many more! Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Tomato Vegetable Soup, p. 9
 Blackberries, fresh or frozen	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Berry Banana Split, p. 19

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Blueberries, fresh or frozen	X						Purchase frozen varieties that are plain -- avoid added sugars or syrups. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Very Merry Berries, p. 39 - Smoothilicious, p. 91 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Rainbow Fruit Salad, p. 19
Bokchoy, fresh	X						
 Broccoli, fresh or frozen	X						Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Spunky Spud Salad, p. 35 - Polka Dot Pasta, p. 43 - Luigi's Lasagna, p. 79 - And many more! Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Pesto Minestrone, p. 7 - Spanish Broccoli Frittata, p. 34 - And more!
Brussels Sprouts, fresh or frozen	X						
 Cabbage, green or red, fresh	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Island Fun Pasta, p. 61 - Sweet Summer Salad, p. 88

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Cantaloupe, fresh	X						See "Melons" for recipes
Cake Containing Fruit			NC	✓	✓	✓	There is not enough fruit present.
 Carrots, fresh, frozen or canned	X						<p>Purchase low-sodium canned varieties and/or rinse to reduce sodium. Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Going Green, p. 12 - Veggie Tuna Melts, p. 34 - Squirrel Snacks, p. 63 - And many, many more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Bean and Barley Soup, p. 1 - Orange-Sauced Vegetables, p. 39 - And many more!
Carrot Bread or Muffin, commercially prepared			NC	✓	✓	✓	The bread contains less than 1/8 cup of carrot per serving and may not be counted to meet the vegetable/fruit requirement.
Catsup (ketchup) or Chili Sauce			NC	✓			These products are condiments and are high in sodium.
Cauliflower, fresh or frozen	X						<p>Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Speckled Salad, p. 51

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Celery, fresh	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Jammin' Jambalaya, p. 24 - Under the Sea Chowder, p. 28 - Veggie Tuna Melts, p. 34 - Spunky Spud Salad, p. 35 - Wild Cowboy Stew, p. 42 - Twisted Tuna, p. 49 - Toasty Treats, p. 70 - Way Cool Pasta Salad, p. 73 - Swamp Soup, p. 78 - And many more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Bean and Barley Soup, p. 1 - Bean and Macaroni Soup, p. 3 - And many more!
Cherries, fresh, frozen or canned	X						Purchase frozen and canned varieties that are plain, with no added sugars or syrups.
 Clementines, fresh	X						<p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Cool Clementines, p. 55
Collard Greens, fresh, frozen or canned	X						Purchase low-sodium canned varieties and /or rinse canned collards to reduce sodium content. Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Corn, fresh, frozen or canned	X						Purchase low-sodium canned varieties and/or rinse canned corn to reduce sodium content. Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Chix Mix, p. 13 - Tasty Taquitos, p. 18 - Farmer’s Harvest Chili, p. 25 - Under the Sea Chowder, p. 28 - Spunky Spud Salad, p. 35 - Big Bad Wolf Soup, p. 37 - Bowties, p. 47 - And many more! Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Corn Chowder, p. 5 - And more!
Corn Chips			NC	✓		✓	These are not classified as a fruit/vegetable.
Corn Syrup			NC	✓	✓		Corn syrup is a sugar, not a vegetable.
Cranberries (plain), fresh, frozen or canned	X						Purchase frozen and canned varieties that are plain, with no added sugars or syrups.
Cranberry Juice Blend		X		✓			100% Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice.
Cranberry Juice Cocktail			NC	✓	✓		Juice cocktails contain less than 50% full strength juice.
Cranberry Sauce			X	✓	✓		



Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Cucumbers, fresh	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Roly Poly Roll-Up, p. 29 - Colorful Crisp Salad, p. 38 - Speckled Salad, p. 51 - Underwater Wheels, p. 69 - Karate Chopped Salad, p. 74 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Chicken Caesar-Style Salad, p. 13
Drinks, Fruit			NC	✓	✓		Fruit drinks contain less than 50% full strength juice.
Dehydrated Vegetables	X						
Dried Fruit i.e. Raisins, Apricots, Prunes, Cranberries	X						
 Eggplant, fresh	X						Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Chicken Ratatouille, p. 49
Endive or Escarole, fresh	X						
Figs, fresh	X						
Fig Bar Cookies			NC	✓	✓		The amount of figs per serving is insufficient to count toward the fruit/vegetable component.
Frozen Fruit-flavored Bars			NC	✓	✓		These bars do not contain enough, if any, fruit juice.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Frozen Fruit / Fruit Juice Bars			X	✓	✓		Fruit juice bars must contain a minimum of 50% full strength juice. Only the fruit or fruit juice portion may be counted to meet the fruit/vegetable requirement. Obtain a Product Formulation Statement
Fruit Cobblers/ Crisps			X	✓	✓	✓	These must contain at least 1/8 cup of fruit per serving.
Fruit Juice Concentrates		X		✓			
Fruit Juice Bases			NC	✓	✓		Juice bases do not contain sufficient fruit per serving.
Fruit Drinks			NC	✓	✓		Drinks contain less than 50% full strength juice.
Fruit-Flavored Canned Punch			NC	✓	✓		This product contains less than 50% full strength juice.
Fruit-Flavored Powders ("kool-aid")			NC	✓	✓		Fruit-flavored powders do not meet the definition of fruit.
Fruit Flavored Waters			NC	✓			
Fruit Pies			X	✓	✓	✓	
Fruit Pie Filling			X		✓		Not recommended since they are very high in added sugars.
Fruit Sauces (Homemade)			X	✓	✓		The sauce must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving.
Fruit Snacks, i.e. bars, roll ups, gummies			X	✓	✓		Many of these products do not contain sufficient amounts of fruit per serving. Labels must document at least 1/8 cup of fruit per serving.
Gelatin Desserts with Fruit and/or Vegetables			X	✓	✓	✓	These desserts must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. "Fruit flavored" gelatins are not creditable.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Grapefruit, fresh or canned	X						Purchase canned fruit packed in juice – avoid added sugars and syrups.
 Grapes, fresh	X						Caution: Whole grapes are a major choking hazard for young children. Cut in quarters or slices for children younger than four years. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Wintery Mix, p. 34 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Rainbow Fruit Salad, p. 19 - Raspberry Grape Salad, p. 21 - Treasure Salad, p. 23 - Polar Berries, p. 59
Gravy Base			NC	✓			This is not a vegetable and is high in sodium.
 Green Beans	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Going Green, p. 12 - Veggie Sketti, p. 72
Hominy			NC	✓			Hominy is considered a grain/bread and is creditable in that category. It is not creditable as a vegetable.
Honey			NC	✓	✓		Honey is a sugar, not a fruit. This product is not recommended for children under one year of age.
Honeydew Melon, fresh	X						
Ice Cream, fruit flavors			NC	✓	✓		Fruit flavoring is not creditable.
Jam			NC	✓	✓		Jam has insufficient fruit content per serving.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Jelly			NC	✓	✓		Jelly has insufficient fruit content per serving.
Jicama or Yam Bean, fresh	X						
Juice Bars			X	✓	✓		With 100% juice only (see frozen fruit juice bars).
Juice Blends- <u>All Fruit</u>		X		✓	✓		These are combinations of full-strength juices.
Kale, fresh, frozen or canned	X						Purchase low-sodium canned varieties and /or rinse canned kale to reduce sodium content. Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.
Ketchup (Catsup)			NC	✓			This is a condiment.
 Kiwi Fruit	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Melon Chiller, p. 68 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Pineapple Poppy Seed Salad, p. 17 - Rainbow Fruit Salad, p. 19 - Tropical Fruit Salad, p. 25
Kohlrabi, fresh	X						
Lemons, fresh	X						
Lemon Pie Filling			NC	✓	✓		
Lemonade			NC	✓	✓		Lemonade does not contain sufficient lemon juice.




Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Lentils	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Going Green, p. 12
 Lettuce, Green Leaf, Iceberg, Red Leaf, Romaine, fresh	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Green Giant Salad, p. 17 - Fish in Blankets, p. 27 - Colorful Crisp Salad, p. 38 - Submarine Sandwich, p. 48 - Island Fun Pasta Salad, p. 61 - Green Monster Salad, p. 62 - Squirrel Snacks, p. 63 - Dragon Treats, p. 69 - And many more! Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Chicken Caesar-Style Salad, p. 13 - And more!
Macaroni Salad; Pasta Salad			NC	✓			Macaroni is not a vegetable. Only the documented amount of vegetables in the salad may be credited if at least 1/8 cup per serving is prepared. The macaroni or pasta may be credited toward the grain bread requirement



Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 <p>Mangoes, fresh or canned</p>	X						<p>Purchase frozen fruit that is plain and canned fruit packed in juice – avoid added sugars and syrups.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Island Fun Pasta Salad, p. 61 - Stoplight Chicken, p. 71 - Fruit-astic Salsa, p. 89 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Rainbow Fruit Salad, p. 19
Maple Syrup			NC	✓	✓		Maple syrup is a sugar not a fruit. See the entry for corn syrup.
Mayonnaise, Salad Dressing, Margarine, Salad Oil and Butter			NC	✓		✓	Mayonnaise, margarine, butter, salad oils and salad dressings are fats, not fruits or vegetables.
 <p>Melon, Cantaloupe, Honeydew, or Watermelon</p>	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Melon Chiller, p. 68 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Pineapple Poppy Seed Salad, p. 17

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Mixed Vegetables, frozen	X						<p>Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Rainbow Bake, p. 49 - Homemade Chicken Soup, p. 50 - Wizard's Stew, p. 62 - And more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Tomato Vegetable Soup, p. 9
 Mushrooms, fresh, frozen or canned	X						<p>Purchase low-sodium canned varieties and /or rinse canned mushrooms to reduce sodium content. Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Cheesy Chicken Quesadilla, p. 38 - Old McDonald Chicken, p. 71 - Luigi's Lasagna, p. 79 - And more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Tomato Vegetable Soup, p. 9 - And more!
Mustard Greens, fresh, frozen or canned	X						<p>Purchase low-sodium canned varieties and /or rinse canned mustard greens to reduce sodium content. Purchase frozen varieties that are plain – avoid sauces that are high in fat and sodium.</p>

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Nectarines, fresh, frozen or canned	X						Purchase frozen fruit that is plain and canned fruit packed in juice – avoid added sugars and syrups. Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : - Rainbow Fruit Salad, p. 19
Okra (plain), fresh, frozen or canned	X						
Olives			X			✓	Olives are not recommended since they are very high in salt.
 Onions (plain), fresh or frozen	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : - Going Green, p. 12 - Macaroni Mess, p. 14 - Jammin' Jambalaya, p. 24 - Farmer's Harvest Chili, p. 25 - Kickin' Chicken, p. 27 - Finger Food, p. 29 - Jack O'Lantern Soup, p. 30 - Veggie Tuna Melts, p. 34 - Snowy Day Sandwiches, p. 36 - Big Bad Wolf Soup, p. 37 - And many more!
Onion Rings			X			✓	They may be credited if they are homemade, or if a product specification sheet is available. They must have at least 1/8 cup of cooked onion per serving.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 <p>Oranges, fresh or canned</p>	X						<p>Purchase canned fruit packed in juice – avoid added sugars and syrups.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Sunny Salsa, p. 61 - Island Fun Pasta, p. 61 - Fruit Towers, p. 72 - Orangutan Salad, p. 80 - Sunshine Roll-Ups, p. 83 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Orange Couscous Salad, p. 15 - Go Bananas Orange Dip, p. 57
<p>Papaya, fresh, frozen or canned</p>	X						<p>Purchase frozen fruit that is plain and canned fruit packed in juice – avoid added sugars and syrups.</p>
 <p>Peaches, fresh, frozen or canned</p>	X						<p>Purchase frozen fruit that is plain and canned fruit packed in juice – avoid added sugars and syrups.</p> <p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Tootie Fruity Chip Dip, p. 24 - Wintery Mix, p. 34 - Super Drink, p. 58 - Fruit-astic Salsa, p. 89 - And more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Tropical Fruit Salad, p. 25 - And more!

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Pears, fresh or canned	X						Purchase canned fruit packed in juice – avoid added sugars and syrups. Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Fruity Toast, p. 14 - Lucky Leprechaun Greens, p. 53 - Fruit Towers, p. 72
 Peas, Green, fresh, frozen or canned	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Macaroni Mess, p. 14 - Spunky Spud Salad, p. 35 - Bowties, p. 47 - Twisted Tuna, p. 49 - Speckled Salad, p. 51 - And more!
Pickles			X				Pickles are not recommended since they are very high salt.
 Pineapple, fresh, frozen or canned	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Wintery Mix, p. 34 - Sunny Salsa, p. 61 - Swimmy Salmon Steaks, p. 94 - Sunshine Smoothie, p. 95 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Pineapple Poppy Seed Salad, p. 17 - Fruity Breakfast Parfait, p. 29
Pizza Sauce		X		✓			Pizza sauce may be credited as tomato sauce if at least 1/8 cup (2 TBSP) per serving is provided.
Pop Tart Filling			NC	✓	✓		There is not enough fruit present.
Popsicles			NC	✓	✓		These are not 100% juice.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Posole			NC	✓			Posole is not made from the whole kernel corn.
Potato Chips			NC			✓	These are “other foods”. Fruit/vegetable chips are not creditable.
 Potatoes, white	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Stuffed Spud, p. 12 - Pop’s Potatoes, p. 23 - Under the Sea Chowder, p. 28 - Spunky Spud Salad, p. 35 - Sunshine Soup, p. 53 - Vegin’ Out Stew, p. 90 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Red Potatoes with Herbs, p. 41
 Potatoes, sweet	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Bunny Sticks, p. 16 - All-Star Snack, p. 30 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Apple Glazed Sweet Potatoes, p. 37
Preserves			NC	✓	✓		See jams and jellies.
Puddings with Fruit, Commercial			NC	✓	✓		Puddings have less than 1/8 cup of fruit per serving and may not be counted to meet the vegetable/fruit requirement.
Pumpkin in Bread			NC	✓	✓	✓	This product has less than 1/8 cup of fruit per serving, and may not be counted to meet the vegetable/fruit requirement.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Raspberries, fresh or frozen	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Berry Banana Split, p. 19 Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Raspberry Grape Salad, p. 21
 Raisins	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Green Giant Salad, p. 17 - Cowboy Quinoa, p. 26 - Very Merry Berries, p. 39 - Sweet Summer Salad, p. 88
Rice, Whole Grain or Enriched			NC	✓			Rice is a grain and is creditable in that category. It is not a vegetable.
Salsa, both homemade and commercial	X						Salsa may be credited if the recipe documents that 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis. See pages 2-72- 2-73 of the Food Buying Guide
Sherbet or Sorbets			X	✓	✓		Only Sherbets/Sorbets with CN labels may be credited.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
Soup, Canned, Condensed, All vegetable and vegetable with basic components such as meat and poultry, (one part soup to one part water)		X					1 cup of reconstituted soup will yield ¼ cup of vegetable. See pages 2-73-74 of the Food Buying Guide. Soups are often high in salt. Choose varieties that are lower in sodium.
Soup, Canned or Frozen, Ready-to-Serve		X					1 cup serving will yield ¼ cup of vegetable. See pages 2-73-74 of the Food Buying Guide. Soups are often high in salt.
Soup Mixes, Dehydrated			X				Dehydrated soups are not recommended since they are very high in salt. To credit vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer's instructions. Heat, then isolate the vegetable pieces and measure the volume. Separate the vegetable pieces from noodles rice, etc. Volume measurements must be recorded for each brand and type of soup. They must have at least 1/8 cup vegetable per serving.
Soy Nuts	X						¼ cup credits as ¼ cup vegetable. May be credited either as a vegetable or meat alternate but not both in the same meal.
Spaghetti Sauce (Tomato Sauce)		X		✓			Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 <p>Spinach, fresh or frozen</p>	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Going Green, p. 12 - Chix Mix, p. 13 - Pizza Party Pita, p. 42 - Polka Dot Pasta, p. 43 - Speckled Salad, p. 51 - Lucky Leprechaun Greens, p. 53 - Green Monster Salad, p. 62 - Underwater Wheels, p. 69 - And more! <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Touchdown Tomato Basil Soup, p. 11
 <p>Strawberries, fresh or frozen</p>	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Berry Banana Split p. 19 - Strawberry Jumpin' French Toast, p. 47 - Super Drink, p. 58 - Fruit-astic Salsa, p. 89 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Pineapple Poppy Seed Salad, p. 17 - Tropical Fruit Salad, p. 25 - Fruity Breakfast Parfait, p. 29 - Strawberry Yogurt Breakfast Split, p. 35 - Strawberry Shake, p. 61

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Summer Squash, Yellow or Zucchini	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - From the Garden Rice, p. 67 - “Use Your Noodle” Bake, p. 89 - Veggin’ Out Stew, p. 90 - And more!
Syrup (Fruit Flavored)			NC	✓	✓		
Toaster Pastries With Fruit (e.g. “pop tarts”)			NC	✓	✓		There is insufficient fruit content to be creditable as a fruit/vegetable component. While the grain is creditable, it is not recommended since they are high in added sugars and are not a whole grain.
 Tomatoes, fresh or canned	X						Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i> : <ul style="list-style-type: none"> - Jammin’ Jambalaya p. 24 - Farmer’s Harvest Chili - Fish in Blankets, p. 27 - Roly Poly Roll-Up, p. 29 - Colorful Crisp Salad, p. 38 - Prince and Princess Salad, p. 40 - Beautiful Butterflies, p. 41 - And many more! Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i> : <ul style="list-style-type: none"> - Tomato and Bean Burritos, p. 51 - Tomatoes with Garbanzos and Rosemary over Rotini, p. 53 - And more!
Tomato sauce		X					

Food	Recommended	Limited	Not Recommended	Not a Whole Fruit or Vegetable	High in Added Sugars	High in Total or Saturated Fat	Comments
 Vegetable Juice Blends e.g. V-8 Juice		X				✓	<p>This is a mixed, full strength vegetable juice.</p> <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Tomato Vegetable Soup, p. 9
 Winter Squash, Acorn, Butternut, Hubbard	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Autumn Orchard Snacks, p. 28 - Jack O'Lantern Soup, p. 30 - Big Bad Wolf Soup, p. 37 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Roasted Butternut Squash, p. 43 - Spiced Butternut Squash, p. 45
Yogurt with Fruit, Commercial			NC				Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement - See the meat/meat alternate section. These items have a high sugar content.
 Zucchini	X						<p>Try these recipes from <i>First Years in the First State: Improving Nutrition & Physical Activity in Delaware Child Care</i>:</p> <ul style="list-style-type: none"> - Old McDonald Chicken, p. 71 - Shipwreck Pie, p. 73 - Luigi's Lasagna, p. 79 - Pita Pockets, p. 96 <p>Try these recipes from <i>Fruit and Veggie Quantity Cookbook</i>:</p> <ul style="list-style-type: none"> - Chicken Ratatouille, p. 49
Zucchini in Bread, Commercial			NC				This product has less than 1/8 cup per serving and may not be counted to meet the fruit requirement.

PURCHASING CHART FOR FRESH FRUITS & VEGETABLES

Explanation of the Columns

Food as Purchased (AP)

The purchase unit (amount) is given most frequently in pounds (lb) and ounces, but in some cases it is given in quarts or pints, so please be sure to read the column carefully. You can use data for one purchase unit to determine how much of the item you need for the number of people you serve.

Edible Portion (EP)

This column shows the number of cups and ¼-cup servings obtained after preparation from each purchase unit. Numbers in this column are often rounded down in order to help ensure enough food for the number of servings.

Fresh Fruits and Vegetables

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Apples <i>Whole</i>	1 pound	Raw, cored, <i>unpeeled</i>	3-2/3 cups	14.8
	1 pound	Raw, cored, <i>peeled</i>	2-3/4 cups	11.4
	1 pound	Cooked , cored, <i>peeled</i>	1-3/4 cup	6.80
Apricots <i>Medium (1-3/8" diameter)</i> <i>Whole</i>	1 pound	Raw, <i>unpeeled</i>	2-7/8 cups	11.9
Artichokes Untrimmed <i>Whole</i>	1 pound	Cooked , drained, leaves only	1/3 cup	1.49
	1 pound	Cooked , drained, bottoms only	1/3 cup	1.38
	1 pound	Cooked , drained, bottoms and leaves	2/3 cup	2.84
Asparagus <i>Whole</i>	1 pound	Cooked	1 cup	4.80
Avocados <i>All sizes</i> <i>Whole</i>	1 pound	Raw, diced	2 cups	8.20
	1 pound	Raw, mashed	1-1/8 cups	5.10

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Bananas <i>Whole</i>	1 pound	Raw, peeled, sliced	1-3/4 cups	7.07
	1 pound	Raw, <i>unpeeled</i> (about ½ banana)	1-1/3 cups	5.39
	1 pound	Raw, peeled, mashed	1-1/4 cups	5.20
Beans, Black (Turtle), dry <i>Whole</i>	1 pound	Cooked	2-1/4 cups	18.3
Beans, Black-eyed (or Peas), dry <i>Whole</i>	1 pound	Cooked	2-3/4 cups	28.3
Beans, Garbanzo or Chickpea ,dry <i>Whole</i>	1 pound	Cooked	2-1/2 cups	24.6
Beans, Great Northern, dry <i>Whole</i>	1 pound	Cooked	2-1/2 cups	25.5
Beans, Green <i>Trimmed</i> Whole <i>Ready-to-use</i>	1 pound	Raw, whole	5-3/8 cups	22.0
	1 pound	Cooked, drained	3 cups	12.4
	1 pound	Raw, cut	4 cups	16.4
	1 pound	Cooked, cut, drained	2-3/4 cups	11.2
Beans, Green <i>Untrimmed</i> Whole	1 pound	Cooked, drained	2-3/4 cups	11.1
Beans, Kidney, dry <i>Whole</i>	1 pound	Cooked	2-1/2 cups	24.8
Beans, Lima, fresh <i>Shelled</i> <i>Whole</i>	1 pound	Cooked, drained	2-2/3 cups	10.8
Beans, Lima ,dry <i>Baby</i> <i>Whole</i>	1 pound	Cooked	2-3/8 cups	23.4
Beans, Lima, dry <i>Fordhook</i> <i>Whole</i>	1 pound	Cooked	2-5/8 cups	27.0
Beans, Mung, dry <i>Whole</i>	1 pound	Cooked	2-1/4 cups	28.1
Beans, Navy or Pea, dry <i>Whole</i>	1 pound	Cooked	2-1/4 cups	23.9
Beans, Pink, dry <i>Whole</i>	1 pound	Cooked	2-1/4 cups	19.3

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Beans, Pinto, dry <i>Whole</i>	1 pound	Cooked	2-3/8 cups	21.0
Beans, Red, Small, dry <i>Whole</i>	1 pound	Cooked	2-1/8 cups	20.4
Beans, Soy, fresh (Edamame) <i>Shelled</i>	1 pound	Cooked, drained		10.7
Beans, Soy, fresh (Edamame) <i>Whole In shell</i>	1 pound	Cooked, drained	1 ¾ cups	6.90
Beans, Soy, dry <i>Shelled</i>	1 pound	Cooked	2-1/2 cups	25.9
Bean Sprouts <i>Mung</i>	1 pound	Cooked, parboiled, drained	3-5/8 cups	14.6
Bean Sprouts <i>Soybean</i>	1 pound	Cooked, parboiled, drained	4-1/4 cups	17.2
Beans, Wax <i>Whole Untrimmed</i>	1 pound	Cooked, drained	4-1/3 cups	10.5
Beets <i>Without tops</i>	1 pound	Raw, pared sticks	2-7/8 cups	11.6
	1 pound	Cooked, diced	1-7/8 cups	7.60
	1 pound	Cooked, sliced	1-7/8 cups	7.70
Beet Greens <i>Untrimmed</i>	1 pound	Cooked	7/8 cup	3.50
Blackberries (Boysenberries) <i>Whole</i>	1 quart (20 oz)	Raw	3-3/4 cups	14.9
	1 pound	Raw	2-7/8 cups	11.9
Blueberries <i>Whole</i>	1 pint (14-1/4 oz)	Raw	2-2/3 cups	10.7
	1 pound	Raw	2-7/8 cups	11.9
Bokchoy <i>Whole</i>	1 pound	Raw, shredded	3-1/2 cups	14.4
Breadfruit <i>Guatemalan</i>	1 pound	Cooked, baked, mashed	1-3/8 cups	5.69
Broccoli <i>Untrimmed</i>	1 pound	Raw, spears	2-3/8 cups	9.80
	1 pound	Cooked, spears, drained	2-1/3 cups	9.40
	1 pound	Cooked, cut, drained	2-1/2 cups	10.2
Broccoli <i>Florets Trimmed Ready-to-use</i>	1 pound	Raw	7-1/8 cups	28.8
Broccoli <i>Spears Trimmed Ready-to-use</i>	1 pound	Raw	4-1/4 cups	17.1

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Brussels Sprouts <i>Whole</i>	1 pound	Cooked, drained	2-1/8 cups	8.50
Brussels Sprouts <i>Trimmed</i>	1 pound	Raw	4 cups	16.1
<i>Ready-to-use</i>	1 pound	Cooked, steamed, drained	3-1/3 cups	13.4
Cabbage, Chinese or Celery <i>Untrimmed</i>	1 pound	Raw	5 cups	20.4
	1 pound	Cooked, drained	2-5/8 cups	10.6
Cabbage <i>Green</i>	1 pound	Raw, chopped	4-3/8 cups	17.7
<i>Untrimmed</i>	1 pound	Cooked, shredded, drained	3-3/8 cups	13.8
<i>Whole</i>	1 pound	Cooked, wedges, drained	2-3/8 cups	9.86
	1 pound	Raw, shredded	6-5/8 cups	26.4
Cabbage <i>Green</i> <i>Shredded</i> <i>Ready-to-use</i>	1 pound	Raw	6-3/4 cups	27.0
Cabbage, Red <i>Whole</i>	1 pound	Raw, chopped	3-1/4 cups	13.0
<i>Untrimmed</i>	1 pound	Raw, shredded	6 cups	24.6
Cabbage, Red <i>Shredded</i> <i>Ready-to-use</i>	1 pound	Raw	5-2/3 cups	22.8
Cactus (Nopales) <i>Leaves (or petals)</i> <i>Unpeeled</i> <i>With thorns</i>	1 pound	Cooked, diced, drained (thorns removed)	1-2/3 cups	6.80
Cactus (Nopales) <i>Leaves (or petals)</i> <i>Unpeeled</i> <i>Without thorns</i>	1 pound	Cooked, diced, drained	1-2/3 cups	6.96
Cactus Fruit (Prickly Pear) <i>Whole</i>	1 pound	Raw, peeled, diced, with seeds	1-1/8 cups	4.99
	1 pound	Raw, peeled, juice and pulp, without seeds	7/8 cup	3.74
Cantaloupe <i>Whole</i>	1 pound	Raw, cubed or diced	1-3/8 cups	5.73
Carrots <i>Without tops</i>	1 pound	Raw, peeled, strips (about 3 strips, 4" by 1/2")	2-1/2 cups	10.3
	1 pound	Raw, peeled, chopped	2-5/8 cups	10.6
	1 pound	Raw, peeled, shredded	3-3/4 cups	15.4
	1 pound	Cooked, peeled, shredded	2-1/8 cups	8.63
	1 pound	Raw, peeled, sliced	2-2/3 cups	10.9
	1 pound	Cooked, peeled, sliced, drained	2 cups	8.16

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Carrots	1 pound	Raw	4-7/8 cups	19.9
<i>Shredded</i>	1 pound	Cooked, drained	2-3/4 cups	11.2
<i>Ready-to-use</i>				
Carrots	1 pound	Raw	3-1/8 cups	12.6
<i>Sliced</i>				
<i>Ready-to-use</i>				
Carrots	1 pound	Raw	3-3/4 cups	15.4
<i>Sticks (4" by ½")</i>				
<i>Ready-to-use</i>				
Carrots, Baby	1 pound	Raw	3-1/8 cups	12.9
<i>Ready-to-use</i>	1 pound	Cooked, drained	2-3/4 cups	11.4
Cauliflower	1 pound	Raw, sliced	3-1/8 cups	12.5
<i>Whole</i>	1 pound	Raw, florets	6 cups	12.3
<i>Trimmed</i>	1 pound	Cooked, drained, florets	2-1/8 cups	8.80
Cauliflower	1 pound	Raw	4-1/2 cups	18.3
<i>Florets</i>	1 pound	Cooked, drained	3-1/2 cups	14.1
<i>Ready-to-use</i>				
Celery	1 pound	Raw, sticks or strips (about 3 sticks, 4" by ½")	3 cups	12.2
<i>Trimmed</i>	1 pound	Raw, chopped	3-1/8 cups	12.5
	1 pound	Raw, diced	3 cups	12.3
	1 pound	Cooked, diced, drained	2-1/8 cups	8.70
	1 pound	Cooked, sliced, drained	2 cups	8.10
Celery	1 pound	Raw, about 3 sticks	3-1/2 cups	14.0
<i>Sticks (4" by ½")</i>				
<i>Ready-to-use</i>				
Celery	1 pound	Raw	3-1/8 cups	12.9
<i>Diced</i>				
<i>Ready-to-use</i>				
Chayote (Mirliton)	1 pound	Raw, pitted, sliced	3-1/8 cups	12.6
<i>Whole</i>	1 pound	Cooked, pitted, sliced	2-1/3 cups	9.46
<i>Unpeeled</i>				
Cherries, Sweet	1 pound	Raw, pitted (about 7)	2-1/8 cups	8.50
<i>Whole</i>				
<i>With pits</i>				
Chicory	1 pound	Raw, pieces	11-3/4 cups	47.4
Clementines	1 pound	Raw, unpeeled, whole	1-3/4 cups	7.36
<i>Whole</i>	1 pound	Raw, peeled, sectioned (about 5 sections)	1-7/8 cups	7.65
Collard Greens	1 pound	Cooked, leaves only, drained	1-1/2 cups	6.20
<i>Untrimmed</i>	1 pound	Cooked, leaves and stems, drained	2-5/8 cups	10.5
Corn	1 pound	Cooked (about ½ cob)	3/4 cups	3.35
<i>With husks</i>				

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Corn <i>Without husks</i>	1 pound	Cooked (about ½ cob)	1-1/4 cups	5.27
Cranberries <i>Whole</i>	1 pound	Raw , chopped	3-7/8 cups	15.6
Cucumbers <i>Whole</i> <i>Unpared</i>	1 pound	Raw , unpared, diced	2-3/4 cups	11.1
	1 pound	Raw , unpared, slices	3 cups	12.4
	1 pound	Raw , pared, diced or sliced	2-5/8 cups	10.5
	1 pound	Raw , pared, sticks (about 3 sticks, 3" b y ¾")	2-3/8 cups	9.71
	1 pound	Raw , unpared, sticks (about 3 sticks, 3" by ¼")	3 cups	11.8
Eggplant <i>Whole</i>	1 pound	Cooked , pared, cubed	1-2/3 cups	6.70
Endive or Escarole <i>Whole</i>	1 pound	Raw , pieces	4-7/8 cups	19.9
Figs <i>Whole</i>	1 pound	Raw (about 2 ½ figs)	2 cups	8.00
Grapefruit <i>Whole</i>	1 pound	Raw , peeled, fruit sections (about 2 sections)	1-5/8 cups	6.48
	1 pound	Raw , peeled, fruit sections (about 2 sections), without membrane	1-1/8 cups	4.53
Grapes <i>Seedless</i> <i>Whole</i> <i>With stem</i>	1 pound	Raw (about 7 large grapes)	2-5/8 cups	10.5
	1 pound	Raw , halves	2-1/4 cups	9.27
Grapes <i>Seedless</i> <i>Whole</i> <i>Without stem</i>	1 pound	Raw , whole (about 7 large grapes)	2-2/3 cups	10.8
Grapes <i>Whole</i> <i>With seeds and stem</i>	1 pound	Raw , seeded, halves	2-1/2 cups	10.1
Grape Leaves <i>Whole with stem</i>	1 pound	Cooked , drained (about 3 leaves)	6-3/4 cups	27.4
Honeydew Melon <i>Whole</i>	1 pound	Raw , cubed	1-1/8 cups	4.90
Jicama (Yam Bean) <i>Whole</i>	1 pound	Raw , peeled, julienned strips	2-7/8 cups	11.9
	1 pound	Cooked , peeled, julienned strips	2-3/8 cups	9.61
Kale <i>Trimmed</i> <i>With stem</i> <i>Ready-to-use</i>	1 pound	Raw , chopped	8-7/8 cups	35.7
	1 pound	Cooked , chopped	2-1/2 cups	10.0

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Kale <i>Trimmed</i> <i>Without stem</i>	1 pound	Raw, chopped	12-1/8 cups	48.8
	1 pound	Cooked, drained	3-3/8 cups	13.7
Kale <i>Untrimmed</i>	1 pound	Cooked , drained	2-7/8 cups	11.8
Kiwi <i>Whole</i>	1 pound	Raw , peeled, chunks	2 cups	8.38
	1 pound	Raw , unpeeled, chunks	2-2/3 cups	10.6
	1 pound	Raw , peeled, slices	2-1/4 cups	8.99
	1 pound	Raw , unpeeled, slices	2-7/8 cups	11.6
	1 pound	Raw , unpeeled, halves	2-2/3 cups	10.8
Kohlrabi <i>Untrimmed</i>	1 pound	Cooked , drained	1-1/4 cups	5.10
Kohlrabi <i>Whole</i> <i>With leaves and stems</i>	1 pound	Raw , peeled, sticks	2-1/3 cups	9.30
	1 pound	Raw , peeled, chunks	2-1/2 cups	10.1
Lemons <i>Whole</i>	1 pound	Juiced	3/4 cup	3.10
Lentils, dry	1 pound	Cooked	7-1/4 cups	29.6
Lettuce <i>Iceberg</i> <i>Head</i> <i>Untrimmed</i>	1 pound	Raw , shredded	5-1/2 cups	22.2
	1 pound	Raw , pieces	5-1/8 cups	20.8
Lettuce <i>Iceberg</i> <i>Head</i> <i>Cleaned and cored</i> <i>Ready-to-use</i>	1 pound	Raw , untrimmed, cleaned & cored	7-1/3 cups	29.2
Lettuce <i>Leaf (Green or Red)</i> <i>Untrimmed</i>	1 pound	Raw , pieces	5-3/8 cups	21.7
Lettuce <i>Salad mix (mostly iceberg, some romaine with shredded carrot and red cabbage)</i>	1 pound	Raw , pieces	6-1/2 cups	26.4
Lettuce <i>Mixed greens (equal amounts of iceberg and romaine with shredded carrots and red cabbage)</i>	1 pound	Raw , pieces	6-3/8 cups	25.7
Lettuce <i>Romaine</i> <i>Untrimmed</i>	1 pound	Raw , pieces	7-3/4 cups	31.3

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Limes <i>Whole</i>	1 pound	Juiced	7/8 cup	3.50
Malanga (Taro) <i>Whole</i>	1 pound	Raw , peeled, diced	2-3/4 cups	11.2
	1 pound	Cooked , peeled, diced	1-7/8 cups	7.95
Mangoes <i>Whole</i>	1 pound	Raw , cubed or sliced	1-7/8 cups	7.60
Mushrooms <i>Whole</i>	1 pound	Raw , sliced	4-2/3 cups	18.7
	1 pound	Cooked , sliced, drained	2 cups	8.30
Mushrooms <i>Slices</i> <i>Ready-to-use</i>	1 pound	Raw , sliced	4-5/8 cups	18.5
Mustard Greens <i>Trimmed</i> <i>Without stems</i>	1 pound	Raw	12-1/8 cups	49.2
	1 pound	Cooked , drained	3-1/2 cups	14.1
Mustard Greens <i>Untrimmed</i>	1 pound	Cooked , drained	3-1/4 cups	13.2
Nectarines <i>Whole</i>	1 pound	Raw , unpeeled, diced	2-2/3 cups	10.7
Okra <i>Whole</i>	1 pound	Cooked , drained	2-3/8 cups	9.70
	1 pound	Cooked , drained, sliced	2-1/4 cups	9.00
Onions, Green <i>Whole</i>	1 pound	Raw , with tops	3-3/4 cups	15.0
	1 pound	Cooked , with tops	3-3/8 cups	13.8
	1 pound	Raw , chopped or sliced, without tops	1-2/3 cups	6.70
Onions <i>Whole</i>	1 pound	Raw , chopped	2-1/4 cups	9.30
	1 pound	Raw , sliced	3-1/2 cups	14.2
	1 pound	Cooked , pieces	1-7/8 cups	7.90
	1 pound	Cooked , whole	1-3/4 cups	7.10
Onions, Yellow <i>Whole</i>	1 pound	Cooked , sliced	1-3/8 cups	5.70
Onions <i>Diced</i> <i>Ready-to-use</i>	1 pound	Raw	3-1/8 cups	12.6
Onions <i>Sliced</i> <i>Ready-to-use</i>	1 pound	Raw	3-1/8 cups	12.7
Oranges <i>Whole</i>	1 pound	Raw , peeled	7/8 cup	3.50
	1 pound	Juiced	7/8 cup	3.60
Papaya <i>Whole</i>	1 pound	Raw , cubed	2-1/8 cups	8.60
	1 pound	Raw , mashed	1-1/4 cups	5.10
Parsley <i>Curly</i>	1 pound	Raw , chopped	20-3/4 cups	83.4
Parsnips <i>Whole</i>	1 pound	Cooked , drained, pieces	2 cups	8.10
	1 pound	Cooked , drained, mashed	1-3/4 cups	7.20

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Passion Fruit <i>Whole</i>	1 pound	Juiced, pulp, no seeds	1-3/4 cups	3.45
Peaches <i>Whole</i>	1 pound	Raw, diced	1-1/4 cups	5.10
	1 pound	Raw, sliced	1-7/8 cups	7.70
Pears <i>Whole</i>	1 pound	Raw, pared, sliced	1-7/8 cups	7.90
Peas, Green, fresh <i>Shelled</i>	1 pound	Cooked, drained	2-5/8 cups	10.6
Peas, Green, dry <i>Whole</i>	1 pound	Cooked	2-1/3 cups	25.6
Peas, Green, dry <i>Spilt</i>	1 pound	Cooked	2-1/4 cups	23.1
Peppers, Bell <i>Green or Red</i> <i>Whole</i>	1 pound	Raw, chopped or diced	2-3/8 cups	9.70
	1 pound	Raw, strips	2-2/3 cups	14.7
	1 pound	Cooked, drained, strips	2-3/8 cups	9.80
Peppers, Cherry <i>Whole with stem</i>	1 pound	Raw	3-1/2 cups	14.4
Peppers, Green Chilies <i>Anaheim</i> <i>Whole with stem</i>	1 pound	Raw, chopped, seeded	2-3/4 cups	11.4
Peppers, Green Chilies <i>Jalapeno</i> <i>Whole with stem</i>	1 pound	Raw	3-7/8 cups	15.6
Persimmons <i>Japanese Fuyu</i> <i>Whole</i>	1 pound	Raw, unpeeled, diced	2-7/8 cups	11.7
Pineapple <i>Whole</i>	1 pound	Raw, cubed	1-1/2 cups	6.40
	1 pound	Raw, sticks (about 3 sticks, 3" by 1/2")	1-1/8 cups	4.61
	1 pound	Juiced	1-7/8 cups	7.50
Plantain <i>Green</i>	1 pound	Cooked, peeled, sliced	1-7/8 cups	7.50
Plantain <i>Ripe</i>	1 pound	Cooked, peeled, sliced	1-3/8 cups	5.60
Plums, <i>Purple, Red, or Black</i> <i>Whole</i>	1 pound	Raw, quartered	2-5/8 cups	10.7
Plums, Dehydrated (Prunes) <i>Whole</i> <i>With pits</i>	1 pound	Raw	2-3/8 cups	9.60
	1 pound	Cooked, fruit and juice	3-1/8 cups	12.9
Plums, Dehydrated (Prunes) <i>Whole</i> <i>Without pits</i>	1 pound	Raw	2-2/3 cups	10.6
	1 pound	Cooked, fruit and juice	2-2/3 cups	14.7

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Pomegranate <i>Whole</i>	1 pound	Juiced, with pulp, no seeds	2/3 cups	2.70
	1 pound	Raw, fruit kernels	1-1/2 cups	6.34
Potatoes <i>Red</i> <i>Whole</i>	1 pound	Cooked, unpeeled, diced	2-3/8 cups	9.88
Potatoes <i>White or Russet</i> <i>Whole</i>	1 pound	Cooked, pared, diced	2-1/8 cups	8.90
	1 pound	Cooked, pared, mashed	2 cups	8.40
	1 pound	Cooked, pared, sliced	2-3/8 cups	9.90
	1 pound	Cooked, pared, hash browns	1-1/4 cups	5.30
	1 pound	Cooked, unpeeled, diced	2-3/8 cups	9.70
Pumpkin <i>Whole</i>	1 pound	Cooked, mashed	1-1/8 cups	4.70
Radishes <i>Without tops</i>	1 pound	Raw, whole	3-1/8 cups	12.8
	1 pound	Raw, sliced	3-3/4 cups	15.3
Raisins	1 pound	Raw	3-1/8 cups	12.6
	1 pound	Cooked	5-1/3 cups	21.4
	Package (1.3 oz to 1.5 oz)	Raw	¼ cup	1.00
Raspberries <i>Whole</i>	1 pound	Raw	3 cups	12.1
	1 pint (11-1/2 oz)	Raw	2-1/8 cups	8.70
Rutabagas <i>Whole</i>	1 pound	Cooked, pared, cubed	2 cups	8.30
	1 pound	Cooked, pared, mashed	1-3/8 cups	5.70
Spinach <i>Partly trimmed (bunch)</i>	1 pound	Raw, chopped	7-2/3 cups	30.7
	1 pound	Cooked, drained	1-7/8 cups	7.60
Spinach <i>Leaves</i> <i>Ready-to-use</i>	1 pound	Raw, chopped	6-3/8 cups	25.6
	1 pound	Cooked	3-1/8 cups	12.6
Squash, Summer <i>Yellow</i> <i>Whole</i>	1 pound	Cooked, drained, cubed	1-3/4 cups	7.30
	1 pound	Cooked, drained, mashed	1-1/2 cups	6.30
	1 pound	Raw, sliced	3-7/8 cups	15.5
	1 pound	Cooked, drained, sliced	2 cups	8.42
Squash, Summer <i>Zucchini</i> <i>Whole</i>	1 pound	Raw, sticks (about 3 sticks, 3" by 1/2")	2-7/8 cups	11.9
	1 pound	Raw, cubed	3-1/8 cups	12.7
	1 pound	Cooked, drained, mashed	1-7/8 cups	7.60
	1 pound	Raw, sliced	3-1/4 cups	13.1
	1 pound	Cooked, drained, sliced	2-1/2 cups	10.2
Squash, Winter <i>Acorn</i> <i>Whole</i>	1 pound	Cooked, drained, pared, mashed	1-1/8 cups	4.70

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Squash, Winter <i>Butternut</i> <i>Whole</i>	1 pound	Cooked , drained, pared, cubed	1-7/8 cups	7.50
	1 pound	Cooked , drained, pared, mashed	1-1/3 cups	5.40
Squash, Winter <i>Hubbard</i> <i>Whole</i>	1 pound	Cooked , drained, pared, cubed	1 cup	4.40
	1 pound	Cooked , drained, pared, mashed	1 cup	4.30
Strawberries <i>Whole</i>	1 pint (11-1/2 oz)	Raw	1-7/8 cups	7.90
	1 pound	Raw	2-5/8 cups	10.5
Sweet Potatoes <i>Whole</i>	1 pound	Cooked , peeled	1-5/8 cups	6.60
	1 pound	Cooked , peeled, mashed	1-3/8 cups	5.50
	1 pound	Cooked , peeled, sliced	2-1/4 cups	9.10
Swiss Chard <i>Trimmed</i>	1 pound	Raw , chopped	5-1/4 cups	21.1
Swiss Chard <i>Untrimmed</i>	1 pound	Cooked , drained	1-1/2 cups	6.30
Tangelos <i>Whole</i>	1 pound	Raw , peeled, sectioned	1-2/3 cups	6.67
Tangerines <i>Whole</i>	1 pound	Raw , peeled, sectioned	1-7/8 cups	7.78
Tomatillos <i>Whole with stem</i>	1 pound	Raw , diced	2-7/8 cups	11.9
	1 pound	Cooked , diced	1-1/2 cups	6.38
Tomatoes <i>Cherry</i> <i>Whole with stem</i>	1 pound	Raw , whole, stemmed (about 3 whole cherry tomatoes)	3 cups	12.1
	1 pound	Raw , halves, stemmed	2-2/3 cups	10.6
Tomatoes <i>Whole</i>	1 pound	Raw , diced	1-7/8 cups	7.60
	1 pound	Raw , wedges	2-1/2 cups	10.4
Tomatoes <i>Diced</i> <i>Ready-to-use</i>	1 pound	Raw	2-1/8 cups	8.74
	1 pound	Cooked	1-2/3 cups	6.67
Turnips <i>Whole</i>	1 pound	Raw , pared, sticks (about 7 sticks, 2" by 1/2")	2-2/3 cups	10.8
Turnips <i>Without tops</i>	1 pound	Raw , pared, cubed	2-3/4 cups	11.2
	1 pound	Cooked , pared, cubed	2-1/8 cups	8.70
	1 pound	Cooked , drained, pared, mashed	1-3/8 cups	5.60
Turnip Greens <i>Untrimmed</i>	1 pound	Cooked , drained	1-5/8 cups	6.50
Ugli Fruit <i>Whole</i>	1 pound	Raw , peeled, chopped	1-1/2 cups	6.33

Fresh Fruits and Vegetables cont'd

Food As Purchased		Serving Style	Edible Portion	
Food Item	Amount		Number of cups	Number of ¼ Cup Servings
Watercress	1 pound	Raw , sprigs or pieces	12-5/8 cups	50.5
Watermelon <i>Whole</i>	1 melon (about 27 pounds)	Raw , diced	42-1/8 cups	168.9
	1 pound	Raw , diced	1-1/2 cups	6.10
Yautia (Tannier) <i>Whole</i>	1 pound	Raw , peeled, diced	2-1/8 cups	8.84
	1 pound	Cooked , peeled, diced	2-1/4 cups	8.84
Yucca (Cassava) <i>Whole</i>	1 pound	Cooked , peeled, chunks	2 cups	8.01

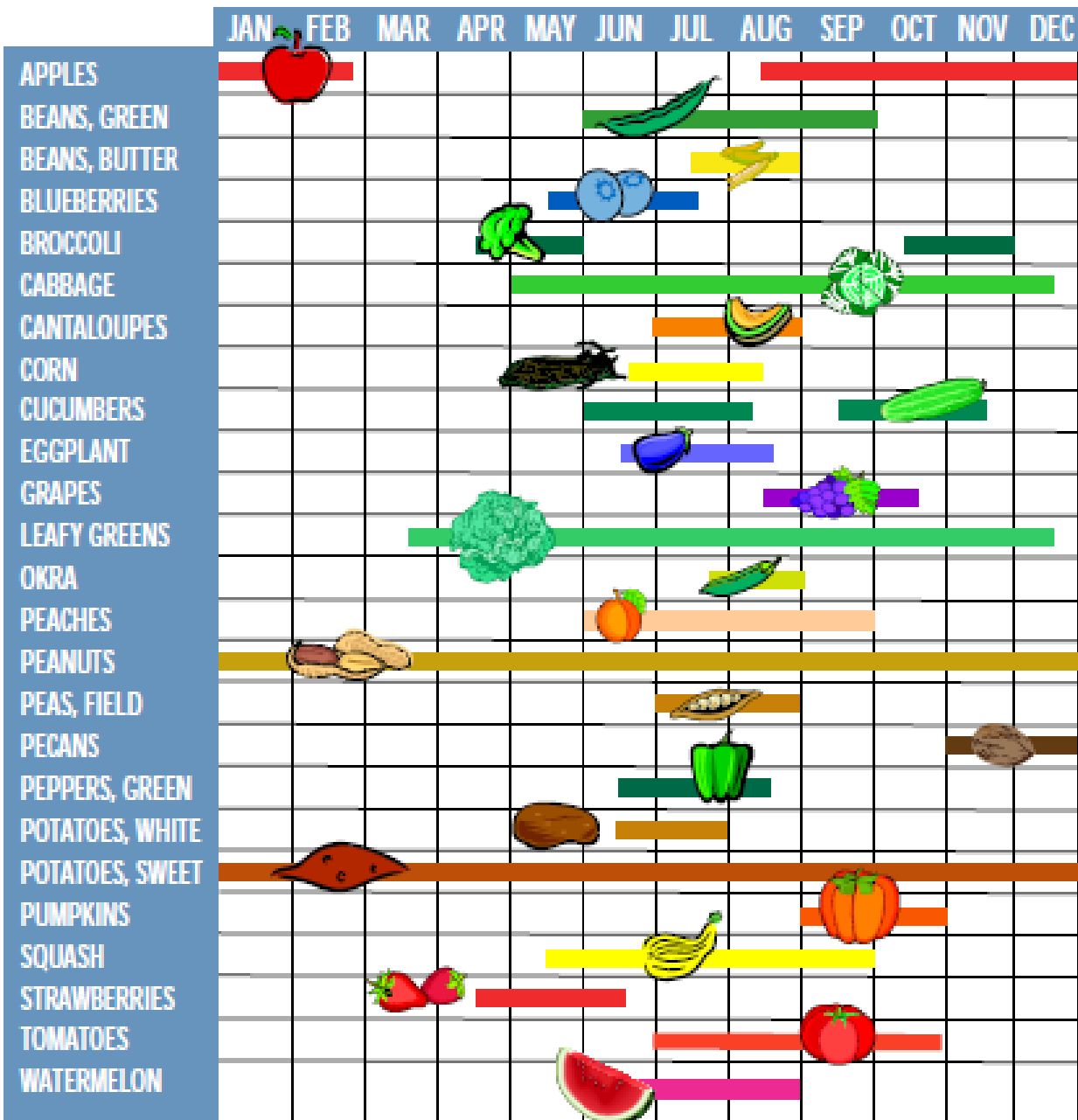
WHAT'S IN SEASON?

NC FRUIT & VEGETABLE AVAILABILITY

Source: North Carolina Department of Agriculture & Consumer Services

<http://www.ncagr.gov/markets/chart.htm>

You can use this guide to choose the freshest, best tasting produce obtainable!



Additional Technical Notes

ABOUT CREDITING FRUITS & VEGETABLES IN CACFP

- A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s), full strength vegetable or fruit juice or an equivalent quantity of any combination of these foods. Both lunch and supper shall contain two or more vegetables or fruits or a combination of both. The smallest creditable portion size is 1/8 cup or two tablespoons. Full strength vegetable or fruit juice may be counted to meet not more than one half of this requirement.
- It is extremely important to read the product label. It is CACFP policy that when juice is served, only 100% juice or full strength juices be used. Juice may be fresh, canned, frozen, or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. Frozen juice in its concentrated form may also be used in recipes. Currently there are 100% juice blends, which include 100% cranberry juice in a blend with other 100% juices. If you wish to serve these products please maintain a label on file for documentation purposes in the event of review. Please specify that you are using a 100% juice or full strength juice blend on your menus. All fruit juices must be pasteurized. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Children and the elderly are particularly susceptible to these bacteria.
- Two forms of the same fruit or vegetable served at the same meal cannot be counted toward the requirement to serve two or more fruits and/or vegetables. For example, if apple juice and applesauce are served, an additional and different fruit and/or vegetable must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth. A serving of vegetable or fruit may be credited as one component of the required two components of the snack pattern. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.
- Cooked, dried beans or peas may be counted either as a vegetable or as a meat alternate but not as both in the same meal. Roasted soy nuts may also be credited as either a vegetable or as a meat/meat alternate but not as both in the same meal. When crediting soy nuts as a vegetable, volume must be used for crediting purposes, i.e. ¼ cup of soy nuts is equivalent to ¼ cup crediting regardless of the weight.

- Vegetables and fruits are credited as served. In order to count for crediting purposes, a minimum of 1/8 cup fruit/vegetable per serving is required. Small amounts (less than 1/8 cup) of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the fruit/vegetable requirement. These small amounts generally are not portion controlled and it is hard to determine their nutritional contribution to the meal. Condiments and seasonings are not creditable food items; they serve as extras to enhance the acceptability of the meal.
- Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables etc., may be credited to meet only one of the two required items for lunch and supper.
- No home canned fruit and vegetable products are allowed for service in the Child and Adult Care Food Program because of health and safety reasons.

Frequently Asked Questions

ABOUT CREDITING FRUITS & VEGETABLES IN CACFP

- 1. Can combination items such as fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more fruits/ vegetables at lunch and supper?**
 - A. No, combination items are considered as only one item for crediting purposes.

- 2. How are fruits and vegetables counted in combination dishes such as beef stew?**
 - A. Only one fruit/vegetable component can be counted in a combination dish. For example, if the beef stew served contains stew meat, potatoes, carrots, and onions; the stew could only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served. However, a chef salad or a fruit salad (with a meat/meat alternate) may be creditable as two servings of fruit or vegetable because the two or more fruits or vegetables are identifiable as individual servings and are served as part of an entrée.

- 3. How much tomato paste, tomato puree or tomato sauce would be needed to equal ¼ cup vegetable for each child at lunch or supper?**
 - A. Tomato paste 1 tablespoon = ¼ cup vegetable
Tomato puree 2 tablespoons = ¼ cup vegetable
Tomato sauce 4 tablespoons = ¼ cup vegetable

- 4. How can I tell if juice is 100% full strength juice?**
 - A. The label will state "juice, full strength juice, single strength juice, 100% juice, reconstituted juice, juice from concentrate or juice concentrate." Juices that have the words cocktail, beverage, or drink are not 100% juice. The statements "natural" or "organic" do not indicate if the juice is 100% strength.

- 5. Can we purchase homemade juices such as apple cider from local farm stands?**
 - A. Yes, however, since there have been a number of significant safety problems with the service of unpasteurized ciders and juices, North Carolina child care law (10A NCAC 09 .1718 (b), p. 66) requires that your program serve only pasteurized juice products. Children and the elderly are often at increased risk from potentially toxic bacteria. Most local farmers now pasteurize these products.

6. Are edible wild plants such as dandelion greens, burdock, lambs quarters (pigweed), and seaweed creditable?

- A. Yes, they are considered to be vegetables. However, caution should be used. These plants are grown in the wild and considered by some individuals to be weeds, therefore toxic pesticides may have been sprayed upon these plants. Safeguards in the use of wild plants should be developed.

7. Are dehydrated vegetables creditable and how are yields determined?

- A. Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the rehydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that rehydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of dehydrated product to determine yield. You must serve a minimum of 1/8 cup of rehydrated vegetables.

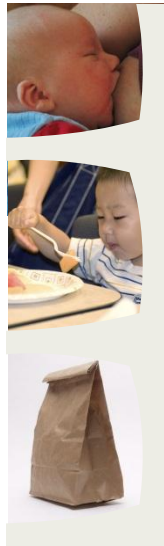
Determine the rehydrated volume as follows:

- a. Rehydrate (add water or liquid) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request rehydration directions from the manufacturer.
- b. Measure the rehydrated volume.
- c. Measure the number of 1/4 cup servings of rehydrated product that one purchase unit provides.
- d. Keep a record of the yield data obtained as required by the State agency, Regional office, or sponsor as verification. Records should include information on the size of the purchase unit, the number of 1/4 cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the Manufacturers' directions for how to rehydrate the product.

8. The information that you have given me shows me how to determine yields for dehydrated vegetables, suppose that I would like to serve dried fruit in its dried form, how do I do this?

- A. Yield information for all vegetables/fruits is based on volume not weight. This includes dry or dehydrated fruits and vegetables. You would go to the Vegetables/Fruits section of the Food Buying guide and look for the correct fruit and the specific form of that fruit you wish to use. Column 4 Serving Size per Meal Contribution shows that 9 medium dehydrated halves is a 1/4 cup serving of fruit. This is different from the 1/4 cup volume of the fresh apricot.

Remember that some dehydrated fruits have different names than their fresh fruit form. For example: raisins and prunes; check under both names since raisins are listed separately but prunes are listed as dehydrated plums.



Sample *Policies*

Policies in this chapter were adapted from *Nemours' Best Practices for Health Eating: A Guide to Help Children Grow up Healthy*. Available at:

<http://www.decal.ga.gov/documents/attachments/ChildCareWellnessKit.pdf>

Infants and Toddlers

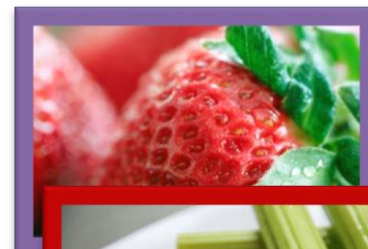
- ☆ Breastfeeding is encouraged and supported for infants of breastfeeding mothers.
- ☆ We will continue supporting families that are breastfeeding beyond 12 months.
- ☆ Following the American Academy of Pediatrics recommendations, this program will not serve any food or drink other than breast milk and/or iron-fortified infant formula in a bottle unless medically necessary.
- ☆ Following the American Academy of Pediatrics recommendations, our program will encourage children over a year of age to use a cup exclusively instead of a bottle.
- ☆ To support children's healthy eating habits, hunger and fullness cues will be observed and supported.



Preschoolers

☆ We at [NAME OF THE PROGRAM] support your child's healthy food choices by:

- Offering most breads, pastas and grains made from whole grains
- Serving brown rice for all rice dishes when possible
- Serving whole grain cereals containing 6 grams of sugar or less (see WIC approved cereals list)
- Limiting fried or baked pre-fried foods, such as chicken nuggets and fish sticks, or high fat items, such as sausage and bologna to once per month or less.
- Serving whole fruits and vegetables in place of juice at most meals.
- Limiting 100% fruit juice to once or less per day.
- Not serving high sugar or high fat snack items.
- Role-modeling healthy behaviors by eating healthy foods in the presence of the children, and not drinking soda or other sugary beverages in front of the children.
- Having water clearly visible and available to the children at all times (indoors and outdoors).
- Only permitting water or low-fat milk (1% or less) to be served at meetings and events at our center (or home).
- Providing nutrition education.



☆ Following the American Academy of Pediatrics recommendations, our program will serve:

- Whole milk to all children between 12 and 23 months
- Low-fat (1%) or fat-free (skim) milk to children ages 2 years and older

Foods from Home

☆ Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff model healthy eating behaviors throughout the day. We ask for your support by:



- Not packing any food or drink other than breast milk and/or formula in a bottle unless medically necessary.
- Not packing high fat or high sugar products. This includes highly processed, pre-fried or high fat meats, such as chicken nuggets, fish sticks, or hot dogs. Examples of healthy foods will be provided.
- Packing healthy lunches and snacks including only milk or 100% juice.
- Limiting 100% juice to a ½ cup (4 oz) serving.
- When packing milk, providing:
 - * Whole milk for children between 12 and 23 months
 - * Low-fat (1%) or fat-free (skim) for children 2 years and older

Celebrations

☆ Celebrations include no more than one food that does not meet the adopted nutrition guidelines. A party list of foods meeting the guidelines will be provided to staff and families (see a sample on next page).

☆ We are committed to children's nutrition. Therefore, we ask parents to provide healthy foods (especially fruits and vegetables) for celebrations and holiday parties. Some healthy, fun ideas include:

- Fruit smoothies (blend fresh or frozen fruit, fat-free yogurt and fat-free milk)
- Birthday kabobs (use a straw instead of a sharp stick) with any kind of fruit
- 100% fruit juice freezer pops
- Fruit pizzas using whole grain tortillas topped with low-fat whipped cream and fruit
- Make your own pizzas using whole grain English muffins and veggie toppings
- Examples of other healthy foods will be provided.



Examples of Healthy Foods

Meat/Meat Alternative

- Lean ham, turkey, or roast beef
- Hummus or other bean dip
- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Low-fat pudding (celebrations only)
- Hard-cooked egg
- Nuts
- Peanut butter/other nut butters

Grains

- Whole-grain bread
- Whole-wheat pitas
- Baked tortilla chips
- Animal crackers (celebrations only)
- Hard pretzels
- Rice cakes
- Whole-grain dry cereal
- Mini-bagels
- Whole-grain bread sticks or crackers
- Vanilla wafers (celebrations only)
- Low-fat/low-sugar breakfast, granola or chewy bars
- Graham crackers (celebrations only)
- Air-popped popcorn*

Fruits & Vegetables

- Grapes (quartered for children <4 years)
- Apple slices
- Orange slices, including mandarin oranges and tangerines
- Pears
- Bananas
- Melon balls – honeydew or cantaloupe (quartered for children <4 years)
- Watermelon slices or cubes (<1/4” for children <4 years)
- Mango slices
- Fresh fruit in season
- Cherry tomatoes
- Baby carrots
- Broccoli florets
- Celery sticks

- Cucumber slices
- Red or green pepper sticks
- Dried fruit/fruit chips – raisins, figs, pineapple, cranberries, apple rings, or banana
- Fresh fruit salad or packaged fruit cups (in juice only)
- Fruit leathers without added sugars (celebrations only)
- Appesauce
- Chunks of cooked sweet potato
- Fig bars (celebrations only)
- Kiwi slices

Milk

- Whole milk for children 12 to 23 months
- Low-fat (1%) or fat-free (skim) for children 2 years and older

Dips and Spreads

- Low-fat salad dressings
- Low-fat cream cheese
- Hummus or other bean dip
- Salsa





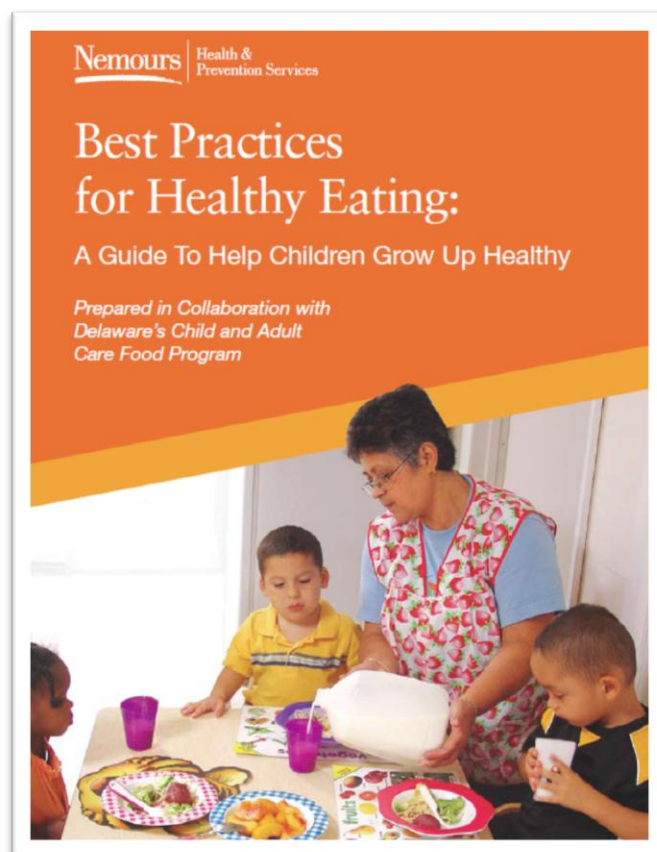
Nutrition Facts	
Serving Size 1/2 cup (54 grams) makes about 1 cup prepared	
Servings per Container about 2 about 2 servings (cups) per 6 bags per container	
Amount Per Serving	
Calories	
Calories from Fat	
% Daily Value*	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	



Portion Size *Photos*

This section contains photos of CACFP portion sizes for infants and children, 4 months of age and older. Photos are taken from *Nemours' Best Practices for Health Eating: A Guide to Help Children Grow up Healthy*. A couple important points must be noted:

- ☆ The photos are shown on adult-sized plates (10" diameter) and glasses (10 and 16 ounces). This is a useful visual tool for training staff, which are responsible for plating food for children or choosing the appropriate serving utensils for family-style meal service. However, it is recommended to use *child-sized* plates, cups and utensils when feeding young children.
- ☆ The photos are not to scale. Always use the appropriate sized serving scoops or spoons.
- ☆ Meal size photos are just exemplary and do not display the full reimbursable meal. Required meal components differ by type of meal (breakfast, lunch/supper, or snack). Always refer to the CACFP meal pattern when planning and serving meals and snacks to young children.



Meal Size Photos
(on 10" dinner plate)

Meal size:
4 up to 8 months

Healthy Portion Serving Tips:

- Use the right portion for the right age.
- Make half the plate fruits and vegetables.



Meal size:
8 up to 12 months

Healthy Portion Serving Tips:

- STOP. Wait for your child to ask you for seconds rather than just serving more.
- Be a model—put the right amount on your plate and eat together.



Meal Size Photos
(on 10" dinner plate)

Meal size:
1 up to 3 years

Healthy Portion Serving Tips:

- It's okay to leave food on the plate if your infant or child is full.
- For child size portions, use child size plates, glasses, and serving spoons.



Meal size:
3 up to 6 years

Healthy Portion Serving Tips:

- Limit 100% fruit juice servings to no more than ½ cup per day.



Meal Size Photos
(on 10" dinner plate)

Meal size:
6 years and older



Beverage Servings Photos
(in 10 ounce glass and in 16 ounce glass)



Milk portion (3/4 cup) for 3-6 year olds



Fruit juice portion (1/2 cup) for children 3 years and older

Portion Size Photos
(on 10" dinner plate)

Fruit Portion Sizes

4 up to 8 months
1 1/2 tablespoons

8 up to 12 months
2 tablespoons

1 up to 3 years
1/4 cup

3 up to 6 years
1/2 cup

6 years and older
1/2 cup

* Note: Children over 12 years and adults need at least 1/2 cup however 1 cup is preferred

Vegetable Portion Sizes

4 up to 8 months
1 1/2 tablespoons

8 up to 12 months
2 tablespoons

1 up to 3 years
1/4 cup

3 up to 6 years
1/2 cup

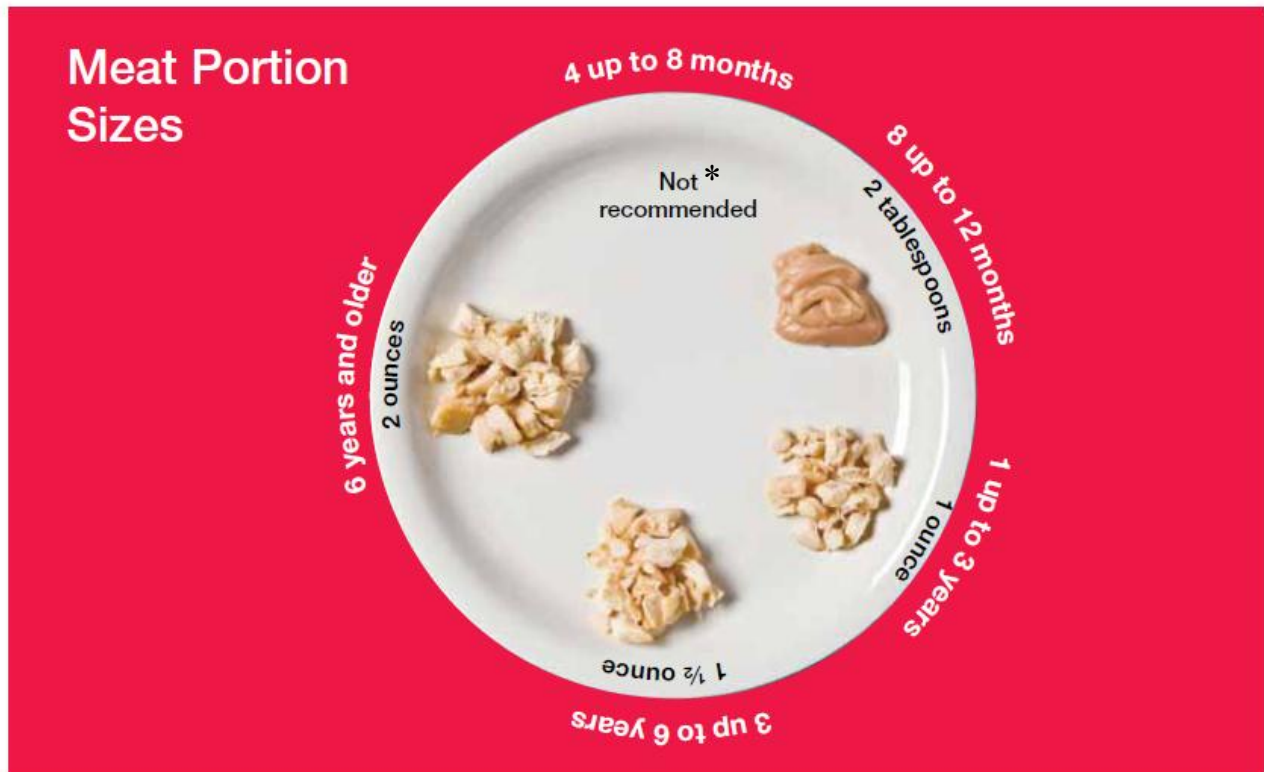
6 years and older
1/2 cup

* Note: Children over 12 years and adults need at least 1/2 cup however 1 cup is preferred

Portion Size Photos
(on 10" dinner plate)



Portion Size Photos
(on 10" dinner plate)



*Strained meats are an excellent source of iron and can be served to infants 4 to 8 months of age. However, they are currently not reimbursable in the Child and Adult Care Food Program.

Nutrition Facts	
Serving Size 1/2 cup (60 grams) (makes about 1 cup prepared)	
Servings per Container about 12 about 2 servings (cups) per bag 6 bags per container	
Amount Per Serving	% Daily Value
Calories	
Calories from Fat	
Total Fat 0g	



Understanding Food Labels

Source: FDA's *How to Understand and Use the Nutrition Facts Label*. Last accessed 11/2011.
Available at: <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>

The Nutrition Facts Label: An Overview

The information in the main or top section (#1-4 and #6) can vary with each food product. It contains information (serving size, calories, and nutrient information). The bottom part (#5) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.

For the purpose of teaching, several sections of the Nutrition Facts label have been colored. This will help you focus on areas that will be explained in detail. You will not see these colors on the food labels on products you purchase.

Sample label for
Macaroni & Cheese

- 1 **Start Here** →
- 2 **Check Calories**
- 3 **Limit these Nutrients**
- 4 **Get Enough of these Nutrients**
- 5 **Footnote**

Amount Per Serving		Calories from Fat 110
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

6

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

The Serving Size (#1 on sample label)



The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, “How many servings am I consuming?” (e.g., 1/2 serving, 1 serving, or more). In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers, including the % Daily Values (see example below).



	One Serving	%DV	Two Servings	%DV
Serving Size	1 cup (228g)		2 cups (456g)	
Calories	250		500	
Calories from Fat	110		220	
Total Fat	12g	18%	24g	36%
Trans Fat	1.5g		3g	
Saturated Fat	3g	15%	6g	30%
Cholesterol	30mg	10%	60mg	20%
Sodium	470mg	20%	940mg	40%
Total Carbohydrate	31g	10%	62g	20%
Dietary Fiber	0g	0%	0g	0%
Sugars	5g		10g	
Protein	5g		10g	
Vitamin A		4%		8%
Vitamin C		2%		4%
Calcium		20%		40%
Iron		4%		8%

Calories (and Calories from Fat) (#2 on sample label)

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e. gain, lose, or maintain). Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

Amount Per Serving	
Calories 250	Calories from Fat 110

In the example, there are 250 calories in one serving of this macaroni and cheese. How many calories from fat are there in one serving?

Answer: 110 calories, which means almost half of the calories in a single serving come from fat.



General Guide to Calories

40 Calories is low

100 Calories is moderate

400 Calories is high

The Nutrients: How Much? (#3 and #4 on sample label)

Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

Limit These Nutrients (#3 on sample label)

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as **Limit these Nutrients**. Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

3 Limit these Nutrients

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Important: Health experts recommend that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Get Enough of These (#4 on sample label)

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium and iron in their diets. They are identified in blue as **Get Enough of these Nutrients**. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

4 Get Enough of these Nutrients

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Remember: You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts.

Understanding the Footnote (#5 on the sample label)

Note the * used after the heading, “% Daily Value” on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you “% Daily Value based on a 2,000 calorie diet.” This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn't change from product to product, because it shows recommended dietary advice for all Americans — it is not about a specific food product.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Look at the amounts circled in red in the footnote — these are the Daily Values (DV) for each nutrient listed and are based on public health experts’ advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.

How the Daily Values Relate to the DVs

Look at the example below for another way to see how the DVs relate to the % DVs and dietary guidance. For each nutrient listed, there is a DV, a % DV, and dietary advice or a goal. If you follow this dietary advice, you will stay within public health experts’ recommended upper or lower limits for the nutrients listed, based on a 2,000 calorie diet.

Nutrient	DV	% DV	Goal
Total Fat	65g	= 100%	Less than
Saturated Fat	20g	= 100%	Less than
Cholesterol	300mg	= 100%	Less than
Sodium	2400mg	= 100%	Less than
Total Carbohydrate	300g	= 100%	At least
Dietary Fiber	25g	= 100%	At least

Example: Eat “At least” ...

The DV for dietary fiber is 25g, which is 100% the DV, based on a 2,000 calorie diet. This means it is recommended that you eat “at least” this amount of dietary fiber per day.

Example: Eat “Less than” ...

The DV for saturated fat is 20g. This amount is 100% the DV for this nutrient, based on a 2,000 calorie diet. What is the goal or dietary advice? To eat “less than” 20g or 100% the DV for the day.

The Percent Daily Value (%DV) (#6 on sample label)

The % Daily Values (% DVs) are based on the Daily Value recommendations for key nutrients, but only for a 2,000 calorie diet — not 2,500 calories (or any other calorie level). You, like most people, many not know how many calories you consume in a day. But you can still use the % DVs as a frame of reference whether or not you consume more or less than 2,000 calories.

The % DV helps you determine if a serving of food is high or low in a nutrient. The Quick Guide tells you that **5% DV or less is low** for a nutrient. Use this rule to limit nutrients such as total fat, saturated fat, cholesterol and sodium. The Quick Guide also tells you that **20% DV or more is high** for a nutrient. Use this rule to choose foods that are good sources of nutrients you want to consume in greater amounts, such as fiber and calcium.

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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Quick Guide to % DV

- 5% or less is Low
- 20% or more is High



Look at the amount of Total Fat in one serving listed on the sample nutrition label. Is 18% DV contributing a lot or a little to your fat limit of 100% DV? Hint: Check the Quick Guide to % DV.

Answer. 18% DV, which is below 20% DV, is not high. But, what if you ate the whole package, which has two servings? You would double that amount, eating 36% DV for Total Fat. Coming from just one food, that amount leaves you with 64% of your fat allowance ($100\% - 36\% = 64\%$) for all other foods you eat that day, snacks and drinks included.