



Team Nutrition Handouts

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Using Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Food Lists To Identify Grains for the Child and Adult Care Food Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides lists of foods that can be purchased with WIC benefits. This list is called the WIC Authorized Foods List (WIC list) and includes specific brands and product names of foods. Each State has its own WIC list. In some States, it may be called the “Approved WIC Foods Shopping Guide” or a similar name.

You can use any State’s WIC list to choose grain items that can be counted toward a reimbursable meal or snack in the Child and Adult Care Food Program (CACFP).



Whole Grains, Breakfast Cereals, and Infant Cereals on WIC Lists



Whole Grains

- All grain products, other than cereals, on WIC lists are treated as whole grains and can be used to meet the CACFP whole grain-rich requirement. This includes all bread, rice, pasta, oatmeal, barley, bulgur, and tortilla (corn and wheat) products.
- Not all ready-to-eat breakfast cereals on WIC lists are whole grain-rich. You will need to look for symbols or labels indicating which breakfast cereals are a whole grain.



Breakfast Cereals

- All cereals on WIC lists meet the CACFP sugar limit of no more than 6 grams of sugar per dry ounce.
- Not all cereals listed on WIC lists are whole grain-rich. If you intend to serve the cereal as a whole grain-rich food, make sure the WIC list indicates that the cereal is a whole grain.
- You can serve enriched or fortified cereals listed on WIC lists as a grain item that is not whole grain-rich in the CACFP.



Infant Cereals

- All infant cereals listed on WIC lists meet CACFP requirements for iron-fortified infant cereal.

Non-Grain Foods on WIC Lists

- WIC lists cannot be used to determine if non-grain foods can be served in the CACFP.
- Yogurt, juice, milk, eggs, tofu, fruits, and vegetables on WIC lists **may not** always be creditable towards the CACFP meal pattern requirements. See the Food Buying Guide for more information about these food items: <https://foodbuyingguide.fns.usda.gov>.

How To Use the WIC List

You can find WIC lists by visiting the WIC website for the State WIC Program: <https://www.fns.usda.gov/contacts>. You can use the WIC list for any State, not just your State.

1 Find the section of the WIC list that applies to the **infant cereal, breakfast cereal, or whole-grain food**.

2 Check the WIC list to see if any brands are specified for the grain you want to buy. If so, be sure to choose only the brands listed.

3 Check the WIC list to see if there are specific product names or types listed under the brands. If so, be sure to choose only the product names or types listed.

4 Disregard information about package size. You may purchase the same brand and product type in different amounts than what is listed on the WIC list. For example, you can buy a 48-ounce box of cereal instead of a 36-ounce box.

Sample WIC List



WHOLE GRAINS

CAN BUY

Whole Wheat Tortilla products of the brands listed below in 8-24 oz packages:

- **BiBi's Breads**
Whole Wheat Flour Tortillas
- **Cocina de Cardi**
All product types
- **Frenchie's**
100% Whole Wheat Tortillas and Soft Tacos
- **Gimme Tortillas**
Whole Wheat Tortillas Fajita Style
- **iWheat**
Whole Wheat Tortillas Fajita Style
- **Pita's Bread**
Pita's Tortillas, 100% Whole Wheat
- **Tastee Tortillas**
100% Whole Wheat Tortillas
- **Tulum Tortillas**
Whole Wheat and Whole Grain varieties

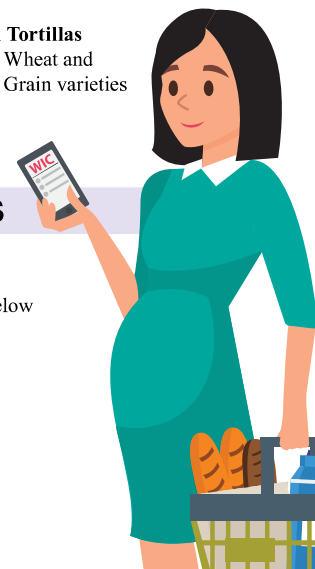


WHOLE GRAIN CEREALS

CAN BUY

Brands in 12-oz or 36-oz boxes or bags of cereal listed below

- **New Mornings**
Oatmeal Squares
- **New Mornings**
Bran Flakes
- **Blanche's**
Oatmeal Squares
- **Dayton Hill**
Puffed Wheat
- **Robertsons**
Bran Flakes



Keep in Mind

If you cannot find a grain product on the WIC list, please see our other training resources about serving grains in the CACFP at: <https://teammnutrition.usda.gov>.





Serving Milk in the CACFP



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

Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

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

2 years through 5 years (up to 6th birthday)

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

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

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

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

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

For Adult Participants:

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

A serving of milk is optional at supper.

The Facts on Flavored Milk:

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

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

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

Try It Out!

Milk Matters!



Use the information on this worksheet to answer the questions below.

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

Maya's Age:

Type(s) of Milk:

Darrick's Age:

Type(s) of Milk:

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

Olivia's Age:

Types of Milk:

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

Answer Key:

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

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

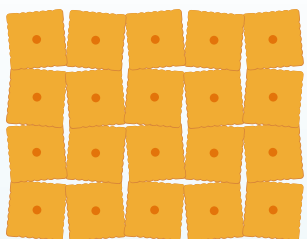
2. **Olivia's Age:** 5 ½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

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

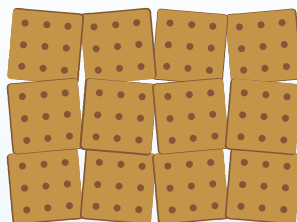
Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

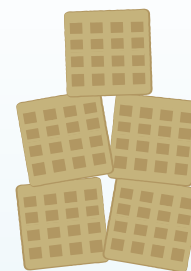
How Much Is 1 Ounce Equivalent?



20 cheese crackers
(1" by 1") = 1 oz. eq.



12 thin wheat crackers
(1 1/4" by 1 1/4") = 1 oz. eq.



5 woven whole-wheat crackers
(1 1/2" by 1 1/2") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- 1 Find the grain you want to serve under the "Grain Item and Size" column.
- 2 Check if the chart lists a size or weight by the name of the grain. If the chart:
 - Lists a **weight** for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.
 - Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.
 - Lists a **size** for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.
- 3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	Serve at Least 1/2 oz. eq., which equals about...
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams

Grains Measuring Chart for the Child and Adult Care Food Program



Grain Item and Size

Age Group and Meal

1- through 5-year-olds
at Breakfast, Lunch,
Supper, Snack

6- through 18-year-olds
at Breakfast, Lunch,
Supper, Snack
Adults at Snack only

Adults at Breakfast,
Lunch, Supper

Serve at Least
½ oz. eq., which equals
about...

Serve at Least
1 oz. eq., which equals
about...

Serve at Least
2 oz. eq., which
equals about...

Bagel (entire bagel)
at least 56 grams*

¼ bagel or 14 grams

½ bagel or 28 grams

1 bagel or 56 grams

Bagel, Mini (entire bagel)
at least 28 grams*

½ bagel or 14 grams

1 bagel or 28 grams

2 bagels or 56 grams

Biscuit at least 28 grams*

½ biscuit or 14 grams

1 biscuit or 28 grams

2 biscuits or 56 grams

Bread (whole grain-rich or
enriched) at least 28 grams*

½ slice or 14 grams

1 slice or 28 grams

2 slices or 56 grams

Bun or Roll (entire bun
or roll) at least 28 grams*

½ bun/roll or 14 grams

1 bun/roll or 28 grams

2 buns/rolls or 56 grams

Cereal Grains (barley,
bulgur, quinoa, etc.)

¼ cup cooked or
14 grams dry

½ cup cooked or
28 grams dry

1 cup cooked or
56 grams dry

**Cereal, Ready-to-Eat:
Flakes or Rounds**

½ cup or 14 grams

1 cup or 28 grams

2 cups or 56 grams

**Cereal, Ready-to-Eat:
Granola**

⅓ cup or 14 grams

¼ cup or 28 grams

½ cup or 56 grams

**Cereal, Ready-to-Eat:
Puffed**

¾ cup or 14 grams

1 ¼ cup or 28 grams

2 ½ cups or 56 grams

Corn Muffin
at least 34 grams*

½ muffin or 17 grams

1 muffin or 34 grams

2 muffins or 68 grams

Cracker, Animal
(about 1 ½" by 1")**

8 crackers or 14 grams

15 crackers or 28 grams

30 crackers (~1 cup)
or 56 grams

**Cracker, Bear-Shaped,
Sweet** (about 1" by ½")**

12 crackers (~¼ cup)
or 14 grams

24 crackers (~½ cup)
or 28 grams

48 crackers (~1 cup)
or 56 grams

**Cracker, Cheese, Square,
Savory** (about 1" by 1")**

10 crackers or 11 grams

20 crackers (~⅓ cup)
or 22 grams

40 crackers (~⅔ cup)
or 44 grams

**Cracker, Fish-Shaped
or Similar, Savory**
(about ¾" by ½")**

21 crackers (~¼ cup)
or 11 grams

41 crackers (~½ cup)
or 22 grams

81 crackers (~1 cup)
or 44 grams



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program



Grain Item and Size

Age Group and Meal

1- through 5-year-olds
at Breakfast, Lunch,
Supper, Snack

6- through 18-year-olds
at Breakfast, Lunch,
Supper, Snack
Adults at Snack only

Adults at Breakfast,
Lunch, Supper

Serve at Least
½ oz. eq., which equals
about...

Serve at Least
1 oz. eq., which equals
about...

Serve at Least
2 oz. eq., which equals
about...

Cracker, Graham
(about 5" by 2 ½")**

1 cracker or 14 grams

2 crackers or 28 grams

4 crackers or 56 grams

Cracker, Round, Savory
(about 1 ¾" across)**

4 crackers or 11 grams

7 crackers or 22 grams

14 crackers or 44 grams

Cracker, Saltine
(about 2" by 2")**

4 crackers or 11 grams

8 crackers or 22 grams

16 crackers or 44 grams

**Cracker, Thin Wheat,
Square, Savory**
(about 1 ¼" by 1 ¼")**

6 crackers or 11 grams

12 crackers or 22 grams

23 crackers or 44 grams

**Cracker, Woven Whole-
Wheat, Square, Savory**
(about 1 ½" by 1 ½")**

3 crackers or 11 grams

5 crackers or 22 grams

10 crackers or 44 grams

Croissant
at least 34 grams*

½ croissant or 17 grams

1 croissant or 34 grams

2 croissants or 68 grams

English Muffin (top and
bottom) at least 56 grams*

¼ muffin or 14 grams

½ muffin or 28 grams

1 muffin or 56 grams

French Toast Stick
at least 18 grams*

2 sticks or 35 grams

4 sticks or 69 grams

8 sticks or 138 grams

Grits

¼ cup cooked or
14 grams dry

½ cup cooked or
28 grams dry

1 cup cooked or
56 grams dry

Melba Toast
(about 3 ½" by 1 ½")**

2 pieces or 11 grams

5 pieces or 22 grams

8 pieces or 44 grams

Muffin and Quick Bread
(banana, etc.)
at least 55 grams*

½ muffin/slice or
28 grams

1 muffin/slice or
55 grams

2 muffins/slices or
110 grams

Oatmeal

¼ cup cooked or
14 grams dry

½ cup cooked or
28 grams dry

1 cup cooked or
56 grams dry

Pancake
at least 34 grams*

½ pancake or 17 grams

1 pancake or 34 grams

2 pancakes or 68 grams



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

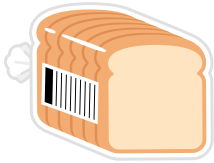
Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

- 1** Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...	
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

- 2** Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

- 3** Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

- 4** If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts	
4 servings per container	
Serving size 3 Pancakes (117g)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	

$$\begin{array}{ccccc}
 117 \text{ grams} & \div & 3 \text{ pancakes} & = & 39 \text{ grams per pancake} \\
 \textit{Serving Weight} & & \textit{Serving Size} & & \textit{Weight of Each Item}
 \end{array}$$

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?



Yes: Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.



No: Use another method to determine how much of a grain item to serve. See “What If My Grain Is Different?” on page 6 for more information.



Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

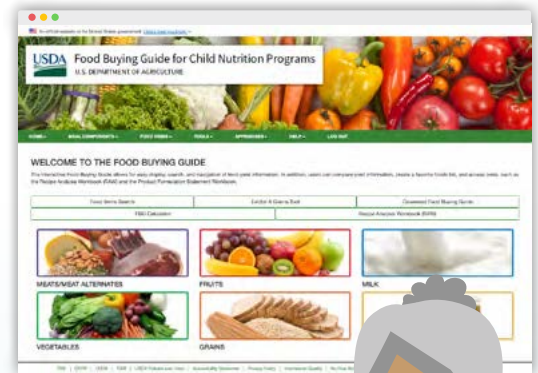
Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.^{*} This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)*^{*} to determine the ounce equivalents per serving for standardized recipes.

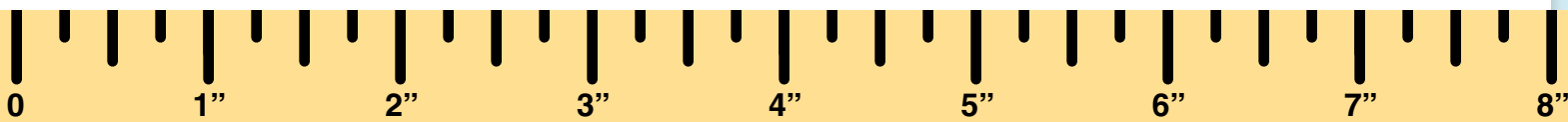
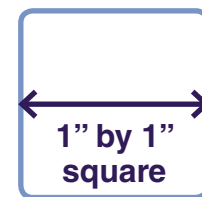
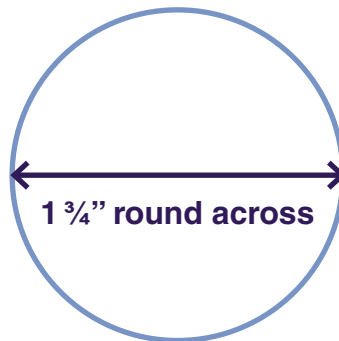
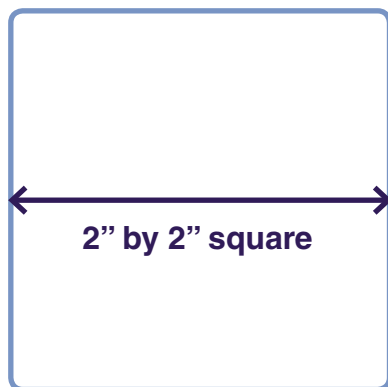
^{*}Available at <https://foodbuyingguide.fns.usda.gov>.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.



Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

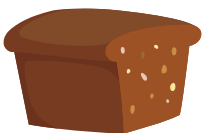
In the United States Department of Agriculture’s Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three **grain** ingredients that appear on the ingredient list. This method is known as the *Rule of Three*. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults.*

Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the *Rule of Three*

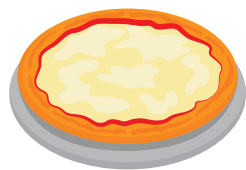


STEP 1 Find the ingredient list



This ingredient list is for **bread**. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich.

INGREDIENTS: Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.



The ingredient list shown here is for a frozen **cheese pizza**. Because pizza is a combination food, the ingredients for all the foods within the cheese pizza, such as the crust, cheese, and sauce, are listed within one ingredient list. In this example, you would look at the ingredients for the crust, to determine if the grain component of this food is whole grain-rich.

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.
Shredded mozzarella cheese: Pasteurized part skim milk, cheese cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning, modified food starch.

*During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021-2022 meal pattern waivers. Additional information on these waivers is available at: fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.



STEP 2 Simplify the ingredient list

Look at the “Disregarded Ingredients” list below. Do not consider these ingredients. Some sound like grains, so it can be helpful to cross them out at the beginning.

Disregarded Ingredients:

- Cellulose fiber
- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- Water
- Wheat dextrin
- Wheat gluten
- Wheat starch
- Any ingredients that appear after the phrase, “Contains 2% or less of...” or “Contains less than 2% of...”

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

▲ This ingredient list shows some ingredients that can be crossed out to simplify the list.

STEP 3 Look at the first ingredient

If you have a combination food, like a pizza, look at the part of the ingredient list that refers to the grain product. For this food, the grain product is the pizza crust.

Is the first ingredient a **whole-grain ingredient**?

YES ✓ If the first ingredient is whole-grain and the food is not a ready-to-eat breakfast cereal, **go to Step 4 on page 3.**

YES ✓ If the first ingredient is whole-grain and the food is a ready-to-eat breakfast cereal, **see “Identifying Whole Grain-Rich Breakfast Cereals in the CACFP” on page 7.**

NO ✗ If the first ingredient is not a whole-grain ingredient, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

NO ✗ It is possible that the food includes several whole-grain ingredients. When added together, these grains may meet the whole grain-rich requirement. In this case, you would need to request additional information from the manufacturer.

🔍 See the **Whole-Grain Ingredients** chart on page 5 for some common whole grains. Make sure the first grain ingredient is not listed on the **Enriched Grain Ingredients, Bran or Germ Ingredients, or Non-Creditable Grains or Flours** charts on page 6.

INGREDIENTS: Crust: **Whole-wheat flour,** enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

▲ The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.



*This food might be creditable as a grain that is not being served as a whole grain-rich food. See the *Food Buying Guide for Child Nutrition Programs* (<https://foodbuyingguide.fns.usda.gov>) for information on how to determine if an enriched grain is creditable towards the grain component in the CACFP.

STEP 4 Look for the second grain ingredient

Does the food have another grain ingredient?

NO X If the food does not have any other grain ingredients, you can **stop here**. The food is whole grain-rich!

YES ✓ If so, is the second grain ingredient whole-grain, enriched, or bran or germ? Make sure the second grain ingredient is not listed on the “*Non-Creditable Grains or Flours*” chart.

YES ✓ If the second grain ingredient is whole-grain, enriched, or bran or germ, go to Step 5 below.

NO X If the second grain ingredient is **not** whole-grain, enriched, or bran or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

INGREDIENTS: Crust: **Whole-wheat flour, enriched wheat flour** (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

▲ The second grain ingredient is “**enriched wheat flour**,” which is an **enriched grain ingredient**. For information on flour made from more than one grain ingredient, see “Focus on Flour Blends” on page 4.

STEP 5 Look for the third grain ingredient

Does the food have a third grain ingredient?

NO X If the food does not have any other grain ingredients, you can **stop here**. The food is whole grain-rich!

YES ✓ If so, is the third grain ingredient whole-grain, enriched, or bran or germ? Make sure the third grain ingredient is not listed on the “*Non-Creditable Grains or Flours*” chart.

YES ✓ If the third grain ingredient is whole-grain, enriched, or bran or germ, then this food is whole grain-rich! If your product has other grain ingredients, such as a fourth grain ingredient, you do not need to consider them.

NO X If the third grain ingredient is not whole-grain, enriched, bran, or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

INGREDIENTS: Crust: **Whole-wheat flour, enriched wheat flour** (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **wheat bran**, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

▲ The third grain ingredient is “**wheat bran**,” which is a type of bran.

✓ This pizza crust is considered whole grain-rich because the first ingredient is **whole-grain**, the second grain ingredient is **enriched**, and the third ingredient is a type of **bran**.

Focus on Flour Blends

You may see an ingredient list that includes a flour blend as an ingredient. The flour blend will be followed by a list of sub-ingredients that make up the flour blend. These sub-ingredients are shown in parenthesis. Treat these flour blends as one grain ingredient when applying the *Rule of Three*.

Find the first ingredient on the ingredient list.

If the first ingredient is a flour blend, all the ingredients in the flour blend must be whole-grain.

You can now proceed with examining the second and third grain ingredients as described on pages 2 and 3.

If the flour blend is the second or third grain ingredient, then the flour blend may be made up of whole grains, enriched grains, bran, and/or germ.



If the flour blend includes any non-creditable flours or grains, then the flour blend is not a creditable grain ingredient.

INGREDIENTS: **Whole grain flour** (whole-wheat flour, brown rice flour, whole grain oat flour), water, **flour blend** (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *This is an ingredient list for bread. This bread includes two flour blends: whole grain flour and a flour blend.*

The list of sub-ingredients in parenthesis tells you what grains are in the whole grain flour and the flour blend.

INGREDIENTS: **Whole grain flour** (whole-wheat flour, brown rice flour, whole grain oat flour), water, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *The whole grain flour is the first ingredient on this ingredient list.*

INGREDIENTS: Whole grain flour (**whole-wheat flour, brown rice flour, whole grain oat flour**), water, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *The ingredients in the whole grain flour are whole-wheat flour, brown rice flour, and whole grain oat flour.*

All the ingredients in the whole grain flour are whole-grain, so the whole grain flour is considered whole grain-rich.

INGREDIENTS: Whole grain flour (whole-wheat flour, brown rice flour, whole grain oat flour), water, **flour blend** (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *The second grain ingredient in this bread is the flour blend.*

INGREDIENTS: Whole grain flour (whole-wheat flour, brown rice flour, whole grain oat flour), water, flour blend (**graham flour, enriched wheat flour, enriched corn flour, wheat bran**), yeast, salt.

▲ *The flour blend contains whole-grain ingredients (graham flour), enriched ingredients (enriched wheat flour, enriched corn flour) and bran (wheat bran).*

This bread does not have a third grain ingredient.

✓ *This bread is considered whole grain-rich because the first ingredient is whole-grain and the second grain ingredient is made from whole-grain, enriched, and bran ingredients.*

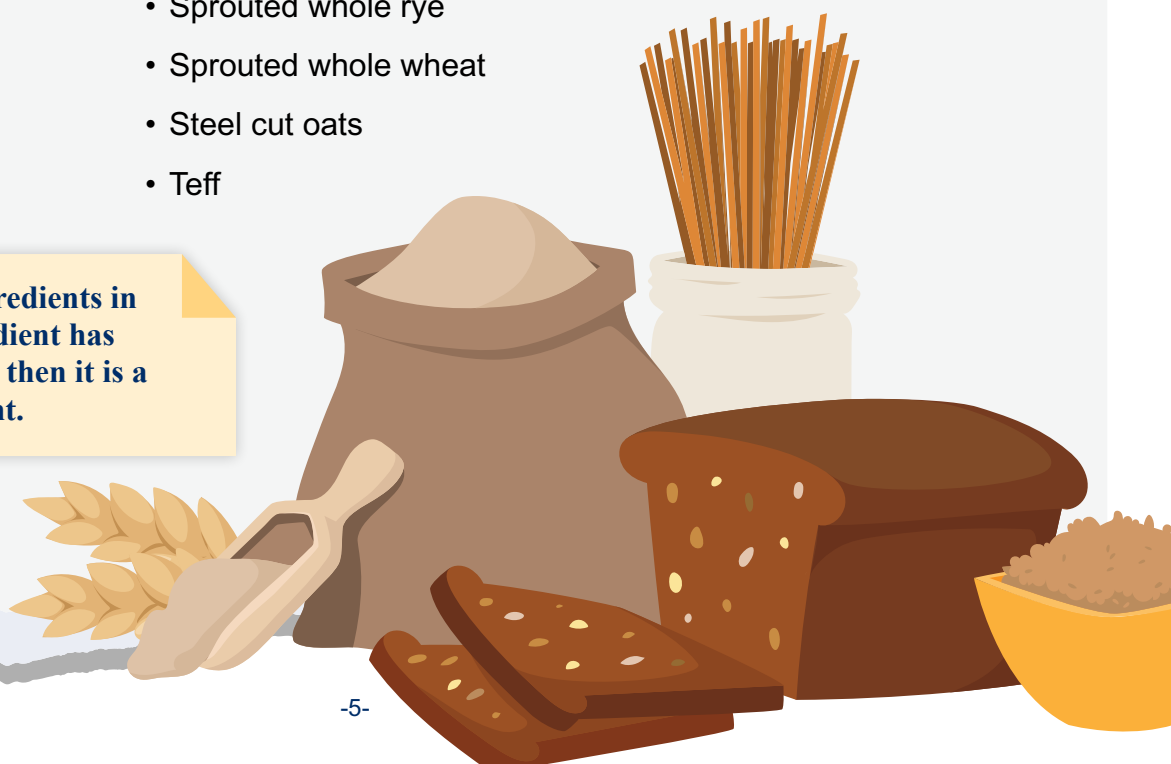
INGREDIENTS: Flour blend (durum flour, bromated flour, brown rice flour), water, salt.

✗ *This flour blend includes two non-creditable flours (durum flour and bromated flour), so the flour blend is not a creditable grain ingredient.*

Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa
- Corn treated with lime
- Cracked wheat
- Crushed wheat
- Dehulled barley
- Dehulled-barley flour
- Entire wheat flour
- Flaked rye
- Flaked wheat
- Graham flour
- Hominy
- Hominy grits
- Instant oatmeal
- Masa harina
- Millet
- Millet flour
- Nixtamalized corn flour/meal
- Oat groats
- Oats/oatmeal
- Old fashioned oats
- Popcorn
- Quick cooking oats
- Quinoa
- Rye berries
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted wheat
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole corn
- Whole durum flour
- Whole grain corn
- Whole grain corn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole rye flour
- Whole wheat flour
- Wild rice
- Wild rice flour

In addition to the ingredients in this chart, if an ingredient has “whole” in front of it, then it is a whole-grain ingredient.



Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched grits
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word “enriched” in front of it.



In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: “Durum flour (niacin, iron, riboflavin, folic acid, thiamin).” The nutrients listed in the parenthesis indicate that the durum flour is enriched.

Bran or Germ Ingredients

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

Non-Creditable Grains or Flours

These foods cannot be one of the first three ingredients for whole grain-rich items.

- Barley malt
- Bean or legume flour (such as soy, chickpea, lentil, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degermed corn
- Degerminated corn meal
- Durum flour
- Farina
- Grits
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Stone ground corn
- Tapioca flour
- Vegetable flour (any kind)
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

Identifying Whole Grain-Rich Breakfast Cereals in the CACFP



For ready-to-eat breakfast cereals only, if the first ingredient is whole-grain, and the cereal is fortified, then the cereal is whole grain-rich in the CACFP.

Remember to check that the cereal also meets the CACFP sugar limit. For more information on sugar limits for cereal, see “Choose Breakfast Cereals That Are Lower in Sugar” at <https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp>.

To determine if a ready-to-eat cereal is whole grain-rich:

STEP 1 Look at the first ingredient

Is the first ingredient a whole-grain ingredient?

YES ✓ If the first ingredient is whole-grain, go to Step 2.

NO ✗ If the first ingredient is not a whole grain, then this food is not creditable as a whole-grain-rich food in the CACFP using the *Rule of Three*.*

Example 1

INGREDIENTS: Whole grain oat flour¹, corn flour, sugar, salt, tripotassium phosphate, vitamin E. **Vitamins and Minerals**²: calcium carbonate, iron and zinc, vitamin C, vitamin B6, vitamin A, vitamin B12.

- ▲ 1. The first ingredient is “**whole grain oat flour**,” which is a **whole-grain ingredient**.
- 2. The presence of “**Vitamins and Minerals**” on the ingredient list indicates that this cereal is fortified.
- ✓ This breakfast cereal is whole grain-rich because the first ingredient is **whole-grain** and the cereal is **fortified**.

STEP 2 Look for fortification

Is the cereal fortified?

Look for the words “fortified” on the food package. You can also look at the ingredient list to see if it lists any vitamins and minerals that have been added to the product. Cereals that are not fortified would not have any added vitamins and minerals.

YES ✓ If the cereal is fortified, then this food is whole grain-rich! If your cereal has other grain ingredients, you do not need to consider them. See **Example 1**.

NO ✗ If the cereal has a whole grain as the first ingredient, but is not fortified, then follow the *Rule of Three* instructions on pages 1-3 to look at the second and third grain ingredients. See **Example 2**.

Example 2

INGREDIENTS: Whole grain wheat¹, wheat bran³, raisins, oat fiber⁴, sea salt.

- ▲ 1. The first ingredient is “**whole grain wheat**,” which is a **whole-grain ingredient**.
- 2. This food is not fortified. There are no vitamins and minerals on the ingredient list. Look at the second and third grain ingredients to see if the cereal is whole grain-rich.
- 3. The second grain ingredient is **wheat bran**, which is a type of **bran**.
- 4. The third grain ingredient is **oat fiber**, which is a **non-creditable ingredient**.
- ✗ This breakfast cereal is not whole grain-rich using the *Rule of Three* because the third grain ingredient is a non-creditable ingredient.

Try It Out!

Look at the ingredient lists for the grain items below. Use the *Rule of Three* to determine if these items are whole grain-rich. Why or why not?

A

Crackers: Yes No

Why or why not? _____



INGREDIENTS: Whole grain wheat flour, vegetable oil, enriched rye flour, cracked wheat.

B

Bread: Yes No

Why or why not? _____



INGREDIENTS: Flour blend (enriched flour, brown rice flour, whole grain oat flour), water, whole grain flour blend (graham flour, whole grain corn flour), wheat bran, yeast, salt.

C

Ready-to-Eat Cereal:

Yes No

Why or why not? _____



INGREDIENTS: Whole grain corn, corn meal, sugar, corn bran, salt, brown sugar syrup. **Vitamins and Minerals:** calcium carbonate, iron, zinc, vitamin C, vitamin B6, vitamin B2, vitamin A, vitamin B12.

Answer Key:

A

Yes, these crackers are whole grain-rich.

B

No, the bread is not whole grain-rich.

C

Yes, this ready-to-eat cereal is whole grain-rich.

1. The first grain ingredient is whole grain wheat flour, which is a whole-grain ingredient.

2. The second grain ingredient is enriched rye flour, which is an enriched ingredient.

3. The third grain ingredient is cracked wheat, which is a whole-grain ingredient.

1. The first ingredient in this bread is a flour blend that contains enriched flour. If the first ingredient is a flour blend, all the grain ingredients in the flour blend must be whole-grain. Enriched flour is not a whole-grain ingredient.

2. The presence of "Vitamins and Minerals" on the ingredient list indicates that this cereal is fortified.

Choose Breakfast Cereals That Are Lower in Added Sugars

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

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



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

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

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

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the “Sugars” column.
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts		
Serving Size $\frac{3}{4}$ cup (30g)		
Servings Per Container about 15		
Amount Per Serving	Cereal	with 1% cup skim milk
Calories 100	100	140
Calories from Fat 5	5	5
% Daily Value*		
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 5g		
Other Carbohydrate 14g		
Protein 140mg		

Test Yourself:

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

Serving Size: _____

Sugars: _____

Yes No



Try It Out!



Use the “Sugar Limits in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

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

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

Answer to “Test Yourself” activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal is creditable.*

Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

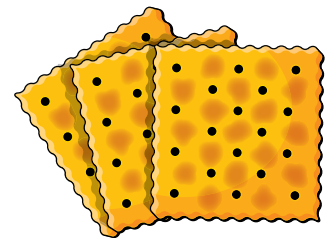


As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

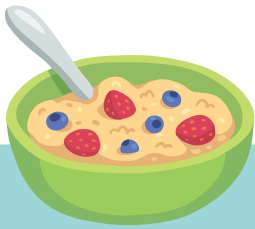
Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> • Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries 	<ul style="list-style-type: none"> • Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles



Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

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





Still Too Sweet?



- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the “Instead of serving” column on the left.
2. What are some other foods you can serve instead? Add them to the “Try” column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under “Other Choices.”

Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole-wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

Use your “Try” and “Other Choices” lists to help you plan new menus at your site!

Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program

Meats and meat alternates provide protein, B vitamins, and minerals such as iron, zinc, and magnesium. Protein supports growing muscles in children and helps muscles stay strong in adults. The iron in many meats and meat alternates helps the body carry oxygen within the blood. Some meats and meat alternates, such as nuts, fish, and seafood, also have healthy fats that help support heart and brain health.



Meats and Meat Alternates at Lunch and Supper

In the Child and Adult Care Food Program (CACFP), meats and/or meat alternates are a required meal component at lunch and supper for child and adult participants. The following examples show how meats and/or meat alternates may be part of lunch and supper menus*.

Example 1



Baked Tilapia Fish Fillets, whole grain-rich roll, whipped sweet potatoes, sliced plums, and fat-free (skim) milk

Example 2



Taco-Seasoned Stuffed Peppers (with meat and beans), salsa, corn muffin, sliced strawberries, and low-fat (1%) milk



Example 3

Baked Tofu Bites, brown rice, gingered carrots, melon, and low-fat (1%) milk



Find USDA standardized recipes featuring meats and meat alternates at theicn.org/cnrb.



Make Every Bite Count!

Serve meats and meat alternates that are lower in saturated fat and sodium (salt) such as:

- Lean meats, poultry, fish, seafood, and eggs;
- Beans, peas, and lentils; and
- Nuts, seeds, and soy products (such as tofu or tempeh);
- Low-fat or fat-free yogurt or cheese.

Offering a variety of meats and meat alternates over the course of the week helps child and adult participants meet their nutritional needs, while limiting saturated fat and sodium. As a CACFP best practice, offer processed meats (such as hot dogs and sausage) no more than once per week.

**During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021-2022 meal pattern waivers. Additional information on these waivers is available at: fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.*

Serving Meats and Meat Alternates

The CACFP meal pattern lists the required amounts for meats and/or meat alternates as ounce equivalents (oz eq). Ounce equivalents tell you the amount of meat and/or meat alternate in a portion of food. For example, 1 oz eq is equal to half a large egg, 1 ounce (oz) of cooked lean meat, 4 oz of yogurt, or 1 oz of natural cheese.

The table below lists some meats and meat alternates that you can serve in the CACFP. For information on meats or meat alternates that are not listed in the table, please see the *Food Buying Guide for Child Nutrition Programs* (FBG) at foodbuyingguide.fns.usda.gov. The *Food Buying Guide* also shows yields of meats, meat alternates, and other items after cooking. This can help you determine how much of an ingredient to buy to meet minimum serving amounts.

Minimum Required Amounts at Lunch/Supper

Meats and/or Meat Alternates	Ages 1 through 2	Ages 3 through 5	Ages 6 through 18	Adults
	1 oz eq is equal to:	1½ oz eq is equal to:	2 oz eq is equal to:	2 oz eq is equal to:
Beans, peas, or lentils	¼ cup (4 tablespoons)	⅜ cup (6 tablespoons)	½ cup (8 tablespoons)	½ cup (8 tablespoons)
Cheese, natural or processed	1 oz	1½ oz	2 oz	2 oz
Cottage or ricotta cheese	¼ cup (2 oz)	⅜ cup (3 oz)	½ cup (4 oz)	½ cup (4 oz)
Eggs (whole)	½ large egg	¾ large egg	1 large egg	1 large egg
Fish (cooked, with skin or skinless)	1 oz	1½ oz	2 oz	2 oz
Lean beef, chicken, pork, or turkey (cooked, with skin or skinless)	1 oz	1½ oz	2 oz	2 oz
Nut and seed butters (e.g., peanut butter, sunflower butter, etc.)	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons
Nuts and seeds	½ oz = ½ oz eq*	¾ oz = ¾ oz eq*	1 oz = 1 oz eq*	1 oz = 1 oz eq*
Surimi	3 oz	4.4 oz	6 oz	6 oz
Tempeh**	1 oz	1½ oz	2 oz	2 oz
Tofu (store-bought/ commercially prepared)	¼ cup (2.2 oz) with at least 5 grams of protein	⅜ cup (3.3 oz) with at least 7.5 grams of protein	½ cup (4.4 oz) with at least 10 grams of protein	½ cup (4.4 oz) with at least 10 grams of protein
Yogurt*** (including Greek and soy yogurt)	½ cup of yogurt (4 oz)	¾ cup of yogurt (6 oz)	1 cup of yogurt (8 oz)	1 cup of yogurt (8 oz)

For information on serving meats and meat alternates at breakfast, see Team Nutrition’s “Serving Meats and Meat Alternates at Breakfast” at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.

**Nuts and seeds may count toward half (½) of the meats and/or meat alternates requirement at lunch and supper. For a reimbursable meal, they must be served with another meat or meat alternate. For example, chopped nuts and yogurt in a parfait may credit toward the meats and/or meat alternates component. Nut and seed butters may credit toward the entire meats and/or meat alternates component at all CACFP meals and snacks.*

***Applies to tempeh made with soybeans (or other legumes), tempeh culture, vinegar, seasonings, and herbs only. Tempeh containing other ingredients such as brown rice, seeds, or vegetables will require documentation.*

****Yogurts served in the CACFP must contain no more than 23 grams of sugar per 6 ounces. For more information, see Team Nutrition’s “Choose Yogurts That Are Lower in Sugar” at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.*

Which Meats and Meat Alternates are Creditable?

As shown in the lists below, some foods may not count toward the meats and/or meat alternates component in the CACFP. Other foods may need more documentation, such as a Child Nutrition (CN) label or Product Formulation Statement (PFS) signed by a manufacturer, so you can see how they count toward the meal pattern. Check the *Food Buying Guide*, or contact your State agency or sponsoring organization for more information.

Might Be Creditable

- Beef, chicken, or pork patties
- Canadian bacon
- Chicken nuggets
- Deli/luncheon meats (cold cuts)
- Fish sticks
- Hot dogs
- Jerky (meat, poultry, and seafood)
- Tempeh made with legumes and other foods like rice, seeds, vegetables, etc.
- Turkey bacon
- Vegetable patties/burgers
- Wild game meat (with inspection and approval by State or Federal agency)



Not Creditable

- Bacon
- Cheese products
- Commercial frozen yogurt
- Egg yolks (when not served as part of the whole egg)
- Egg whites (when not served as part of the whole egg)
- Deep-fried foods prepared onsite
- Imitation cheese
- Salt pork
- Scrapple



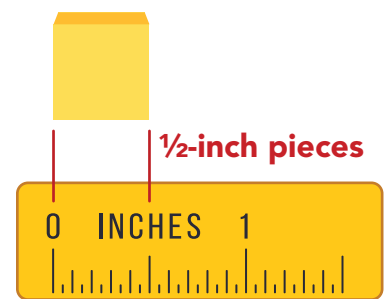
Serving It Safe!

Choking Prevention

Children under the age of 4 are at a high risk of choking while eating. When serving meats and meat alternates to young children, reduce the risk of choking by:

- Grating, mashing, pureeing, or finely chopping items into thin slices, strips, or small pieces that are no larger than a ½ inch. If serving round or tube-shaped foods (e.g., sausages, hot dogs, string cheese, etc.), cut them into short strips instead of round pieces.
- Removing all bones from fish, chicken, and meat before cooking or serving.
- Nuts and seeds are generally not recommended for young children because they present a choking hazard. If serving, nuts and seeds should be finely chopped.
- If serving nut butters, spread them thinly on other foods (e.g., toast, crackers, etc.). Serve only creamy, not chunky, nut butters.

For more information, see USDA's "Reducing the Risk of Choking in Young Children at Mealtimes" at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.



Serving It Safe! (continued)

Allergies

Some participants may be allergic to meats or meat alternates, such as fish, shellfish, eggs, nuts, and soybeans. Be sure to discuss any allergies with parents and caregivers and follow proper guidelines to prevent allergic reactions.



Food Safety

It is important to follow safe food handling practices when storing, thawing, preparing, and serving meats and meat alternates. Learn more at [FoodSafety.gov](https://www.foodsafety.gov). Refer to State and local requirements for cooking and storage temperatures.

Best Choices for Fish

Choose fish that are lower in mercury, such as canned light tuna, salmon, tilapia, cod, flounder, and haddock. For more information, see the U.S. Food and Drug Administration’s “Advice about Eating Fish” at [fda.gov/food/consumers/advice-about-eating-fish](https://www.fda.gov/food/consumers/advice-about-eating-fish). You can also contact your State or local health department or call 1-888-SAFEFOOD (1-888-723-3366) for more information.

Menu Planning Tips

- ✓ Beans, peas, and lentils can be served as either the meat alternate or vegetable component of the meal in the CACFP. You may not credit beans, peas, and lentils as both a meat alternate and a vegetable for the same meal or snack. If you serve two different beans, peas, or lentils at a meal, you may credit one as a meat alternate, and the other as a vegetable, if you serve the minimum creditable amount of each.
- ✓ Pasta made of bean flour(s) must be served with another visible meat or meat alternate, such as cheese or meat, to credit as a meat alternate.
- ✓ In smoothies, yogurt may credit as a meat alternate. Other meats or meat alternates used in smoothies (e.g., nut butter, tofu, etc.) may not credit toward the meats and meat alternates component.
- ✓ **For adult participants only:** When yogurt is served in place of milk, it may not count as a meat alternate at the same meal.

Preparation Methods

Foods that are deep-fat fried onsite are not creditable in the CACFP. Try cooking methods such as roasting, sautéing, and grilling. For more ideas, see Team Nutrition’s “Methods for Healthy Cooking” worksheet, webinar, and training slides at fns.usda.gov/tn/training-tools-cacfp.



Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



- 1** Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- 2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- 3** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

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

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

- 4** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

Test Yourself:

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

Serving Size: _____

Sugars : _____

Yes No



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





Try It Out!



Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Sugars Limit Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Sugars Limit Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

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

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

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

Crediting **Fruits** in the **Child Nutrition Programs** Tip Sheet



Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool Lunch Meal Pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Fruit Requirements



- Fruits may be fresh, frozen, dried, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength (100%) fruit juice. Examples of creditable fruits can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at <https://foodbuyingguide.fns.usda.gov/>.
- The minimum creditable serving size for fruit is $\frac{1}{8}$ cup. **Note:** minimum creditable amounts do not apply to the infant meal pattern.



- Pureed fruits credit as juice when served in a smoothie.



- Fruits credit towards a meal based on the volume served (except for dried fruit).
 - Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.
 - Example: $\frac{1}{8}$ cup of dried cranberries credits as $\frac{1}{4}$ cup fruit.
 - $\frac{1}{8}$ cup of any fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served, $\frac{1}{16}$ cup (1 Tbsp) of dried fruit cannot be offered to count as $\frac{1}{8}$ cup, because $\frac{1}{16}$ cup is less than the minimum serving size that may be creditable.
 - **Note:** In SFSP and NSLP Afterschool Snack Service, dried fruit credits as volume served.



- Menu items in School Meal Programs and CACFP that are mixtures of fruits and vegetables (e.g., fruit salsa made with peaches and red pepper), must be credited separately for the fruits and the vegetables components.

More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Coconut Credits in Child Nutrition Programs

- Coconut (fresh or frozen) credits as a fruit based on the volume served.
- Like other dried fruit, dried coconut credits at twice the volume served in School Meal Programs and CACFP.
- Coconut water, **labeled as 100% juice**, credits as fruit juice per volume served. **Note:** This is not “coconut milk,” which is not creditable.

Products that Do Not Contribute Toward the Meal Pattern Requirements

- ✗ Snack-type foods made from fruits (for example: fried banana chips, fruit drops, fruit strips)
- ✗ Freeze-dried fruits
- ✗ Pickle relish, jam, jelly, or other condiments
- ✗ Home-canned products (for food safety reasons)
- ✗ Coconut flour and coconut oil

Fruit Juice

- Pasteurized, full strength (100%) fruit juice (in either liquid or frozen form) may be used to meet the fruits requirement of reimbursable meals or snacks.
- Juice concentrates can be used only when reconstituted to full-strength, 100% juice, and can be served either as liquid or frozen juice.
- Juice may be used as one component of a snack when the other component **is not** a beverage (e.g., fluid milk).
- Juice does not credit when used as an ingredient in another food or beverage product, with the exception of smoothies.



Serving Fruit and Fruit Juice in Child Nutrition Programs

NSLP Afterschool Snack Service

- Full-strength 100% vegetable or fruit juice may count toward the entire vegetables or fruits component.
- Juice may not be served when milk is served as the only other component.

Summer Food Service Program

- Fruit or vegetable juice must be full-strength for breakfast and snacks.
- For lunch and supper, full-strength 100% vegetable or fruit juice may be counted to meet not more than ½ of the vegetables or fruits requirement.

CACFP – Infants

- Fruit and vegetable juices must not be served.
- A serving of fruit is required when the infant is developmentally ready to accept it.

CACFP – Children and Adults

- Pasteurized, full-strength 100% juice may only be used to meet the vegetables or fruits requirement at one meal per day, including snack.*
- At breakfast, either vegetables, fruits or portions of both may fulfill the combined vegetables and fruits component.
- At lunch and supper, a vegetable may be used to meet the entire fruits requirement.

School Meal Programs (NSLP and SBP)

- No more than ½ of the total weekly fruits offered may be met with full-strength 100% fruit juice.
- For breakfast, vegetables may be substituted for fruits.

Preschool

- Pasteurized, full-strength 100% juice may only be used to meet the vegetables or fruits requirement at one meal, including snack, per day.*
- At breakfast, either vegetables, fruits, or portions of both may fulfill the combined vegetables and fruits component.
- At lunch, a vegetable may be used to meet the entire fruits requirement.

*Juice limit is measured by program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.



Test Your Skills!

True or False

Select the correct answer.

- School meals can offer up to half the weekly fruits as 100% juice.
 True False
- The minimum creditable serving size for fruit is 1/4 cup.
 True False
- Mixed fruit and vegetable menu items must credit separately as a fruit and a vegetable and each component must contain a minimum of 1/8 cup for School Meal Programs and CACFP.
 True False
- Organic fried banana chips are creditable.
 True False
- A smoothie that contains 8 fluid ounces of fat-free milk, 1/2 cup blueberry puree, and 4 oz low-fat yogurt can credit as 1/2 cup 100% fruit juice.
 True False
- Students can take 1/2 cup of apricots to meet the minimum fruits requirement for a reimbursable lunch meal.
 True False

How Much?

You've decided to add peaches to the salad bar. You're using 20-pound bags of frozen peaches. According to the *Food Buying Guide for Child Nutrition Programs (FBG)*, one 20-pound bag of sliced frozen peaches provides 147.40 quarter-cup servings of thawed frozen peaches with the liquid. Use the FBG entry below to answer the questions.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Peaches, frozen <i>Sliced, Sweetened or Unsweetened, Includes USDA Foods</i>	20 lb Bag	147.40	1/4 cup thawed, fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid

- How many half-cup servings will one 20-pound bag of thawed peaches with the liquid provide? _____
- If you want to serve 110 quarter-cup servings of peaches, thawed with fruit and liquid, how many pounds of frozen peaches will you need? _____



- School meals can offer up to half the weekly fruits as 100% juice.
True: Up to half of the fruits offered at school can be in the form of 100% juice.
- The minimum creditable serving size for fruit is $\frac{1}{4}$ cup.
False: The minimum creditable serving size for fruit is $\frac{1}{8}$ cup.
- Mixed fruit and vegetable menu items must credit separately as a fruit and a vegetable and each component must contain a minimum of $\frac{1}{8}$ cup for School Meal Programs and CACFP.
True: For both School Meal Programs and CACFP, fruits and vegetables present in the same dish must credit separately for the fruits or vegetables component and contain a minimum of $\frac{1}{8}$ cup fruit or $\frac{1}{8}$ cup vegetable.
- Organic fried banana chips are creditable.
False: Snack-type foods made from fruits, such as fried banana chips do not contribute to the meal pattern requirements.
- A smoothie that contains 8 fluid ounces of fat-free milk, $\frac{1}{2}$ cup blueberry puree, and 4 oz low-fat yogurt can credit as $\frac{1}{2}$ cup 100% fruit juice.
True: Fruit served in a smoothie credits based on the pureed volume, in its thawed state, if frozen. The pureed fruit in a smoothie credits as 100% fruit juice.
- Students can take $\frac{1}{2}$ cup of apricots to meet the minimum fruits requirement for a reimbursable lunch meal.
True: In order for a lunch to be reimbursable, the daily minimum amount of fruit offered must be $\frac{1}{2}$ cup for students in Kindergarten through 8th grade and 1 cup for students in grades 9 through 12. Under Offer versus Serve, students must take $\frac{1}{2}$ cup of fruit or vegetable plus two other meal components at lunch in order for the meal to be considered reimbursable.

How Much?

You've decided to add peaches to the salad bar. You're using 20-pound bags of frozen peaches. According to the Food Buying Guide for Child Nutrition Programs (FBG), one 20-pound bag of sliced frozen peaches provides 147.40 quarter-cup servings of thawed frozen peaches with the liquid.

- How many half-cup servings will one 20-pound bag of thawed peaches with the liquid provide?

73 half-cup servings

One 20-pound bag of frozen peaches provides 147.40 quarter-cup servings thawed fruit with liquid. We know that 2 quarter-cup servings equal 1 half-cup serving ($\frac{1}{4}$ cup + $\frac{1}{4}$ cup = $\frac{1}{2}$ cup). Therefore, if we divide the number of quarter cups by 2, we will get the number of half-cup servings:

147.40 quarter-cup servings \div 2 = 73.7 half-cup servings, which rounds down to 73 half-cup servings.

- If you want to serve 110 quarter-cup servings of peaches, thawed with fruit and liquid, how many pounds of frozen peaches will you need? **15 pounds**

If there are 147.40 quarter-cup servings in a 20-pound bag, then the desired number of quarter-cup servings must be divided by 147.40 to calculate the portion of the (20-pound) bag that will be needed:

110 quarter-cup servings \div 147.40 quarter-cup servings = 0.7463 of a 20-pound bag.

Then, calculate the weight of the needed portion of the 20-pound bag:

0.7463 x 20 pounds = 14.93 pounds, which rounds up to 15 pounds

Serving Vegetables in the Child and Adult Care Food Program

Offering vegetables at meals and snacks:

- Helps children and adults get important nutrients like potassium, folate (folic acid), vitamin A, and vitamin C.
- Provides dietary fiber, which contributes to a feeling of fullness.
- Adds color, crunch, and flavor to meals and snacks.
- Helps reduce the risk of certain diseases, like heart disease and Type 2 diabetes, later in life.

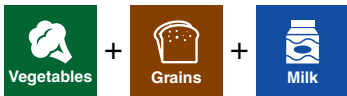


Adding Vegetables to Your CACFP Menu

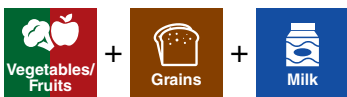
You can serve vegetables as part of a reimbursable breakfast, lunch, supper, or snack in the Child and Adult Care Food Program (CACFP).

Breakfast

Example 1



Example 2



Example 3



(up to three times per week)

Lunch and Supper

Example 1



Example 2



▲ A second vegetable can be served in place of fruit at lunch and supper.

Snacks

Example 1



Example 2



Example 3



Example 4





Test Your CACFP Vegetable Knowledge!

Does this food count as a vegetable in the CACFP? Mark Yes or No, and then check your answers on page 4.

- | | | | |
|------------------------|--|--------------------------------------|--|
| 1. White Potatoes | <input type="checkbox"/> Yes <input type="checkbox"/> No | 8. Canned Tomatoes (store-bought) | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Avocados | <input type="checkbox"/> Yes <input type="checkbox"/> No | 9. Ketchup | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Macaroni and Cheese | <input type="checkbox"/> Yes <input type="checkbox"/> No | 10. Black Beans | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Strawberry Jelly | <input type="checkbox"/> Yes <input type="checkbox"/> No | 11. Rice | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Cornbread | <input type="checkbox"/> Yes <input type="checkbox"/> No | 12. Canned Green Beans (home-canned) | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Pumpkin | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| 7. Hominy (whole) | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |

Meal Planning Considerations

The chart below shows examples of amounts of food needed to credit as $\frac{1}{4}$ -cup and $\frac{1}{2}$ -cup of vegetables in the CACFP. For more information, visit the Food Buying Guide for Child Nutrition Programs at <https://foodbuyingguide.fns.usda.gov>.

Vegetable	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Carrot, Baby	3 baby carrots	6 baby carrots
Carrot Stick ($\frac{1}{2}$ " by 4")	3 sticks	6 sticks
Celery Stick ($\frac{1}{2}$ " by 4")	3 sticks	6 sticks
Corn, on cob (about 5" - 6" long)	$\frac{1}{2}$ ear	1 ear
Cucumber Sticks (3" by $\frac{3}{4}$ ")	3 sticks	6 sticks
Leafy Greens (collard greens, kale, spinach, etc.), Cooked	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Leafy Greens (kale, lettuce, spinach, etc.), Raw	$\frac{1}{2}$ cup	1 cup
Potato, Sweet (2 $\frac{1}{4}$ " or more in diameter)	$\frac{1}{4}$ sweet potato	$\frac{1}{2}$ sweet potato
Potato, White or Russet (about 6 oz)	$\frac{1}{2}$ potato	1 potato
Tomato, Cherry	3 cherry tomatoes	6 cherry tomatoes
Tomato Slice ($\frac{1}{8}$ " thick)	4-5 slices	8-10 slices



Giving Vegetables Credit: How Vegetables Count in the Child and Adult Care Food Program

- ✓ **Vegetables in amounts** smaller than $\frac{1}{8}$ cup do not credit toward a reimbursable lunch, supper, or snack.
- ✓ **Raw leafy green vegetables** (spinach, kale, collards, and lettuce) credit for half of the amount served. For example, one cup of raw leafy greens credits as $\frac{1}{2}$ cup of vegetables.
1 cup raw spinach = $\frac{1}{2}$ cup of vegetables
- ✓ **Cooked leafy green vegetables** credit for the entire amount served.
1 cup steamed spinach = 1 cup of vegetables
- ✓ **Dried vegetables** credit for twice the amount served. For example:
 $\frac{1}{4}$ cup sun-dried tomatoes = $\frac{1}{2}$ cup of vegetables
- ✓ **Dry beans and peas** (legumes), including black beans, split peas, and lentils, can credit as vegetables or as meat alternates, but cannot credit toward both components in the same meal.
- ✓ **Pureed vegetables** used in smoothies credit as 100 percent vegetable juice. Juice may only be served once per day in the CACFP.
- ✓ **A second, different vegetable** can be served in place of the fruit component at lunch and supper.

Other Considerations

Reduce the risk of choking by:





- Cutting raw vegetables into smaller pieces.
- Cooking raw vegetables until slightly soft.
- Cutting round, soft vegetables like cherry tomatoes into small pieces no larger than one-half inch ($\frac{1}{2}$ ").





Make Fridays Try-Days in the CACFP

Look for vegetables that are grown in your area and have a taste-testing event. Look for recipes, nutrition education resources, and Try Day stickers at: <https://teamnutrition.usda.gov>.

 Spring	 Summer	 Fall	 Winter
Asparagus	Bell Peppers	Brussels Sprouts	Beets
Broccoli	Corn	Cauliflower	Cabbage
Lettuce	Crookneck Squash	Pumpkins	Kale
Spinach	Tomatoes	Sweet Potatoes	Winter Squash

Test Your CACFP Vegetable Knowledge Answers



1. White Potatoes: **Yes**
2. Avocados: **Yes**
3. Macaroni and Cheese: **No**
4. Strawberry Jelly: **No**
5. Cornbread: **No**
6. Pumpkin: **Yes**
7. Hominy (whole): **Yes**
8. Canned Tomatoes (store-bought): **Yes**
9. Ketchup: **No**
10. Black Beans: **Yes**
11. Rice: **No**
12. Canned Green Beans (home-canned): **No**

Crediting Store-Bought Combination Baby Foods in the Child and Adult Care Food Program



Combination baby foods are foods that include a mixture of two or more foods, such as meat and vegetables. Under certain circumstances, these foods may be counted toward a reimbursable infant meal or snack in the U.S. Department of Agriculture's Child and Adult Care Food Program (CACFP).

Before serving a store-bought combination baby food, check with your State agency or sponsoring organization. It may require you to have the baby food packaging, a Product Formulation Statement, or other form of documentation to show how the food credits toward the CACFP infant meal pattern.

How Much of the Combination Baby Food Needs to be Offered?

In the CACFP infant meal pattern*, amounts of food served at meals and snacks are shown as ranges, such as 0 to 2 tablespoons. This range lets you introduce new foods slowly when the infant is developmentally ready. Once a baby is regularly eating a food, offer the infant the full amount of the food (the uppermost range).

Combination baby foods should be offered only after the infant has been introduced to the individual ingredients in the combination food. For example, before an infant is given a chicken and vegetable combination baby food, the infant should have already been introduced to both chicken and the vegetable individually as single component foods. More information on the introduction of foods is available at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Since infants eating combination baby foods have already shown that they are developmentally ready and accepting of each food in the combination baby food, you must ensure that the combination baby food package provides the full, required amount of the food component. If it does not, you must offer more food from that component to meet the full amount of the food.

Remember, this amount must be *offered* to the infant, but the infant does not have to eat all of it.

*For information on the CACFP infant meal pattern, please see the "Feeding Infants in the Child and Adult Care Food Program" guide at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Required Amounts of Food Components at Meals and Snacks

Breakfast, Lunch, Supper*

- **Grains/Meats/Meat Alternates:** ½ oz eq (4 tbsp) iron-fortified infant cereal or 4 tbsp meat, fish, poultry, whole eggs, cooked dry beans or peas; or ½ cup (4 oz) yogurt or cottage cheese; or a combination.
- **Vegetables/Fruit:** 2 tbsp vegetable, fruit, or both.

Snack*

- **Grains:** ½ oz eq (4 tbsp) infant cereal, ½ oz eq of bread/bread-like items, ¼ oz eq ready-to-eat breakfast cereal, or ¼ oz eq crackers.
- **Vegetables/Fruit:** 2 tablespoons fruit, vegetable or a combination of both.

*You must also offer a baby breastmilk and/or iron-fortified infant formula at breakfast, lunch, supper, and snack.

How Do I Credit Combination Baby Foods?

Follow the steps below to see how combination baby foods count toward a reimbursable meal or snack.

- 1 Look for the creditable ingredient(s) in the baby food. What component(s) do the ingredient(s) credit toward?

The charts below and on page 3 show some common ingredients that are and are not creditable in the CACFP infant meal pattern. Although there are ingredients that may not be creditable, if there is at least one creditable component, the combination baby food may be offered.

Look for combination baby foods that are made with few or no non-creditable ingredients. This will help ensure the infant gets the nutrition he or she needs for growth and development.

Creditable	
Food Item	Food Component
Beans	Grains/Meats/Meat Alternates or Vegetables/Fruit
Cheese (natural or processed)	Grains/Meats/Meat Alternates
Fin fish and shellfish	Grains/Meats/Meat Alternates
Fruits (not freeze-dried, not juice)	Vegetables/Fruit
Iron-fortified infant cereal*	Grains/Meats/Meat Alternates
Meats (beef, pork)	Grains/Meats/Meat Alternates
Poultry (chicken, turkey)	Grains/Meats/Meat Alternates
Ready-to-Eat Cereal	Grains (creditable at snack only)
Vegetables (not freeze-dried, not juice)	Vegetables/Fruit
Yogurt (not soy yogurt)	Grains/Meats/Meat Alternates

*At snack, iron-fortified infant cereal counts toward the grains component, as there is no required meats/meat alternates component at snack.

For more information on creditable foods in the infant meal pattern, see “Appendix F: Infant Foods List” in the “Feeding Infants in the Child and Adult Care Food Program” guide at fn.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Not Creditable

Food Item

Barley	Nuts and seeds
Cooked grains	Nut and seed butters
Dried or powdered cheese*	Oats
Freeze-dried vegetables and fruit (e.g., banana)	Quinoa
Granola	Rice
Macaroni and other pastas	Soy yogurt
Millet	Wheat
Mixed grains	

*According to the Food and Drug Administration, dried or powdered cheese does not meet the definition of "cheese."

2

Does the combination baby food only include ingredients from one food component?

- **Yes.** If the combination baby food only has ingredients from one food component, go to Step 4. You can also see Example #1 (Page 5) on how to credit this food.
- **No.** Go to Step 3.

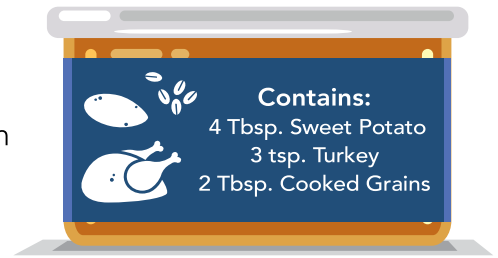


How Do I Credit Combination Baby Foods? (continued)

3

Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

- **Yes.** If the amount of each ingredient is listed as a unit of volume, such as cups, tbsp, tsp, etc., go to Step 4. You can also see Example #2 (Page 5) on how to credit this food.



Ingredients:

65% organic bananas, 30% water, 3% organic oat flour, 1% organic barley flakes, 0.277% organic cinnamon, 0.1% organic lemon juice concentrate.

- **No.** Is the amount of each of the ingredients listed as a percentage of the total weight? If so, you may need to calculate the amount of each ingredient to determine the number of tbsp, tsp, etc., or request more information from the manufacturer. See Example #3 on page 6.

- **No.** If the package does not list the volume or percentage of each creditable ingredient, then you will need more information from the manufacturer, such as a Product Formulation Statement. For more information on a PFS, see fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf.



4

Compare the amount of each food component in the container with the amount required in the CACFP infant meal pattern.

- If the food has more than one ingredient from the same component, add the volume (cups, tbsp, tsp, etc.) of the ingredients together to see the total amount from the food component.
- If the volume (cups, tbsp, tsp, etc.) of ingredients that credit toward a food component is less than the required amount for that food component, additional foods are needed.

Converting to Tablespoons

If the package lists amounts in teaspoons or cups, see the information below for how many tablespoons are in that amount.

3 teaspoons (3 tsp) = 1 tablespoon (tbsp)



$\frac{1}{8}$ cup = 2 tablespoons (tbsp)



$\frac{1}{4}$ cup = 4 tablespoons (tbsp)



Let's Practice

Example 1: Sweet Potato, Apple, & Corn

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredients are sweet potato, apple, and corn. All the ingredients credit toward the vegetables/fruit component.

Step 2. Does the combination baby food only include ingredients from one food component?

Yes. Sweet potato, apple, and corn are all creditable ingredients from the vegetables/fruit component. There are no other ingredients in this baby food.

Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc)?

This food only contains ingredients from one food component (vegetables/fruit), so we do not need to know the amount of each ingredient.

Step 4. Compare the amount of each food component in the container with amount required in the CACFP infant meal pattern.

- The infant meal pattern requires that you offer 2 tbsp of vegetables/fruit at CACFP meals and snacks. Because this food only contains ingredients from one food component, you can offer an infant 2 tbsp of this food to fulfill the vegetables/fruit component.



Example 2: Turkey & Sweet Potato Dinner

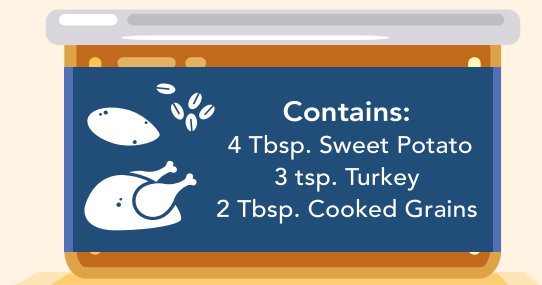
Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredients are sweet potato and turkey. Sweet potatoes credit toward the vegetables/fruit component and turkey credits toward the grains/meats/meat alternates component.

This food also contains cooked grains, which are not creditable in the infant meal pattern.

Step 2. Does the combination baby food only include ingredients from one food component?

No. This food has ingredients that credit toward two different food components.



Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

Yes. This tub of combination baby food lists 4 tbsp of sweet potatoes and 3 tsp of turkey per container.

Step 4. Compare the amount of each food component in the container with the amount required in the CACFP infant meal pattern.

The infant meal pattern requires that you offer:

- 2 tbsp of vegetables/fruit at CACFP meals and snacks, and
- 4 tbsp grains/meats/meat alternates at breakfast, lunch, and supper.

✓ Because this tub offers 4 tbsp of vegetables/fruit, one tub of this food fulfills the vegetables/fruit component.

⚠ However, this tub only offers 3 tsp (1 tbsp) of meats/meat alternates. You must offer 3 tbsp more of an iron-fortified infant cereal and/or meats/meat alternates to fulfill the full 4 tbsp of the grains/meats/meat alternates component.

Example 3: Granola With Banana and Cinnamon

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredient is banana. Bananas credit toward the vegetables/fruit component.

Step 2. Does the combination baby food only include ingredients from one food component?

No. The food also contains water, oat flour, barley flakes, and other items that do not credit toward the vegetables/fruit component.

Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

No. The amount of each ingredient is listed as a percentage of the total weight.

Step 4. Compare the amount of each food component in the container with amount required in the CACFP infant meal pattern.

Because the jar lists amounts of the ingredients in percentages of the total weight, you will need to use the Food Buying Guide for Child Nutrition Programs (foodbuyingguide.fns.usda.gov) to determine the amount that may be credited toward the meal pattern. Please contact your State agency or sponsoring organization for assistance and documentation requirements. You may also request a Product Formulation Statement (PFS) from the manufacturer that shows the amount of each ingredient in cups, tablespoons (tbsp), or teaspoons (tsp), etc. For more information on a PFS, see fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf.

