

# 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.

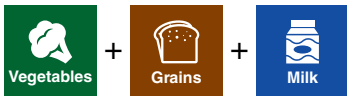


## Adding Vegetables to Your CACFP Menu

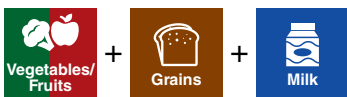
You can serve vegetables as part of a reimbursable breakfast, lunch, supper, or snack in the Child and Adult Care Food Program (CACFP).

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

 <b>Spring</b>	 <b>Summer</b>	 <b>Fall</b>	 <b>Winter</b>
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**

## Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

All yogurts served in the Child and Adult Care Food Program (CACFP) must not have more than **23 grams of sugar** per 6 ounces.

Here are **two ways** to tell if a **yogurt** meets the sugar limit.

**Option 1\*:** Check out **USDA’s chart** that shows **common serving sizes** of yogurt and the **maximum amount of sugars** they can contain. Find the chart in “Choose Yogurts That Are Lower in Sugar” at <https://www.fns.usda.gov/cacfp-training-tools>.



**Option 2:** Use the information on the yogurt’s Nutrition Facts label, and follow the steps below:

**1** Find the **Serving Size**, in ounces (oz) or grams (g).  
Write the number of ounces (oz) here: \_\_\_\_\_  
If weight in ounces is **not available**, write number of grams (g) here: \_\_\_\_\_  
If the serving size is “one container,” check the front of the package to find out how many ounces or grams are in the container.

**2** Find the **Total Sugars** on the Nutrition Facts label. Write the number of grams (g) of total sugars here: \_\_\_\_\_

**3** Divide the grams of **Total Sugars** by the **Serving Size**.  
\_\_\_\_ grams Total Sugars ÷ \_\_\_\_\_ Serving Size = \_\_\_\_\_

**4** Compare the answer in Step 3 with the numbers below. The yogurt meets the sugar limit for yogurt in the CACFP if:  
a. For **ounces** of yogurt, the answer is **3.83 or less**.  
b. For **grams** of yogurt, the answer is **.135 or less**.

Nutrition Facts	
4 servings per container	
<b>Serving size 8 oz cup (227g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	<b>17%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	

**Test Yourself:**

Does the yogurt above meet the sugar limit?  
(Check your answer below)

Serving Size: \_\_\_\_\_

Total Sugars: \_\_\_\_\_

Yes  No

\*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the sugar limit, then the yogurt may credit towards a reimbursable meal.

*Answer Key: Yes, this yogurt meets the sugar limit. This yogurt has 9 grams of total sugars per 8 oz. 9 ÷ 8oz = 1.125, which is less than 3.83. If dividing by 227 grams of yogurt, 9 ÷ 227g = .0396, which is less than .135.*



# Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce. This is equal to 21.2 grams of sugar per 100 grams of cereal.

Here are **three ways** to tell if a cereal meets the sugar limit.

**Option 1:** Cereals on any State agency’s Women, Infants, and Children (WIC)-approved cereal list meet the CACFP sugar limit.

**Option 2\*:** Use **USDA’s chart** that shows **common serving sizes** of cereals and the **maximum amount of sugars** they can contain. Find the chart in “Choose Breakfast Cereals That Are Lower in Sugar” at <https://www.fns.usda.gov/cacfp-training-tools>.

**Option 3:** Use the information on the cereal’s Nutrition Facts label, and follow the steps below:



## Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
<b>Serving size ¾ cup (30g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

**1** Find the **Serving Size**, in grams (g), of the cereal.  
Write the number of grams (g) here: \_\_\_\_\_  
If the serving size is “one container,” check the front of the package to find out how many grams are in the container.

**2** Find the **Total Sugars** on the Nutrition Facts label. Write the number of grams (g) of total sugars here: \_\_\_\_\_

**3** Divide the grams of **Total Sugars** by the **Serving Size (in grams)**.  
\_\_\_\_\_ grams Total Sugars ÷ \_\_\_\_\_ grams Serving Size = \_\_\_\_\_

**4** If the answer in Step 3 is **.212 or less**, then this cereal meets the sugar limit for breakfast cereals in the CACFP.

**Test Yourself:**

Does the cereal above meet the sugar limit?  
(Check your answer below)

Serving Size: \_\_\_\_\_

Total Sugars: \_\_\_\_\_

Yes     No

*\*Due to rounding, you may get a slightly different result when using the chart in Option 2 and doing the full calculation in Option 3. If either of these methods indicates that the cereal is within the sugar limit, then the cereal may credit towards a reimbursable meal.*

*Answer Key: Yes, this cereal meets the sugar limit. There are 5 grams of total sugars in 30 grams of cereal. 5 ÷ 30 = .17, which is less than .212.*



# Choose Yogurts That Are Lower in Sugar

All yogurts 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 sugar limit. 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 **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Nutrition Facts	
4 servings per container	
<b>Serving size 8 oz (227g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	<b>17%</b>
<b>Total Sugars</b> 9g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 10g	
Vitamin D 2mcg	10%
Calcium 257mg	20%
Iron 0mg	0%
Potassium 344mg	8%

Serving Size* Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total 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 "Total Sugars" column.  
**If the yogurt has that amount of sugar, or less, the yogurt meets the sugar limit.**

**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.

**Test Yourself:**

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

Serving Size: \_\_\_\_\_

Total Sugars: \_\_\_\_\_

Yes     No



\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.





# Try It Out!



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

## Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Total Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:	If the serving size is:	If the serving size is:	Total 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)	Total Sugars (g):
<i>Yummy Yogurt</i>	<i>Vanilla</i>	<i>6 oz</i>	<i>13</i>

\*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 total 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 total sugars per 8 ounces (227 grams). The maximum amount of total sugars allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt meets the sugar limit.





# 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.

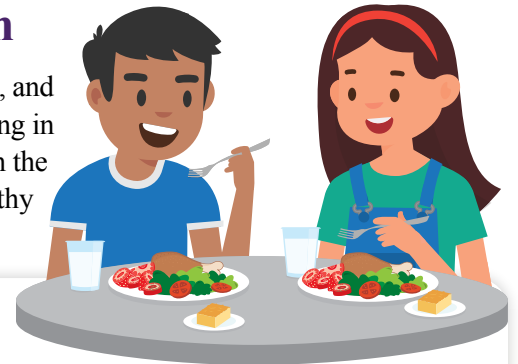
**Darrick's age:** 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he may be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he may also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There 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.

## 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](https://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](https://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](http://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](http://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](http://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



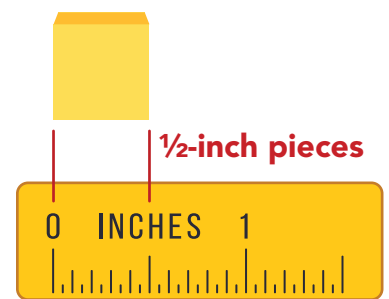
## Serving It Safe!

### 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](https://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](https://fns.usda.gov/tn/training-tools-cacfp).



# Serving Meats and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meats and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meats or meat alternates as part of a reimbursable breakfast:

- Substitute 1 **ounce equivalent** of meats/meat alternates for 1 ounce equivalent of grains.

**Ounce equivalents** are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter,  $\frac{1}{2}$  of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meats/meat alternates at breakfast more than 3 days a week, you must offer them as additional foods, which do not count toward a reimbursable breakfast.



## A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
<b>Minimum amount of meats/meat alternates required when served instead of grains at breakfast</b>	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent	2 ounce equivalents
<b>Meats/Meat Alternates:</b>	<b>is equal to:</b>	<b>is equal to:</b>	<b>is equal to:</b>
<b>Beans or peas (cooked)</b>	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
<b>Natural or processed cheese</b>	$\frac{1}{2}$ ounce	1 ounce	2 ounces
<b>Cottage or ricotta cheese</b>	$\frac{1}{8}$ cup (1 ounce)	$\frac{1}{4}$ cup (2 ounces)	$\frac{1}{2}$ cup (4 ounces)
<b>Eggs</b>	$\frac{1}{4}$ large egg	$\frac{1}{2}$ large egg	1 large egg
<b>Lean meat, poultry, or fish</b>	$\frac{1}{2}$ ounce	1 ounce	2 ounces
<b>Peanut butter, soy nut butter, or other nut or seed butters</b>	1 tablespoon	2 tablespoons	4 tablespoons
<b>Tofu (store-bought or commercially prepared)</b>	$\frac{1}{8}$ cup (1.1 ounces) with at least 2.5 grams of protein	$\frac{1}{4}$ cup (2.2 ounces) with at least 5 grams of protein	$\frac{1}{2}$ cup (4.4 ounces) with at least 10 grams of protein
<b>Yogurt (including soy yogurt)</b>	$\frac{1}{4}$ cup of yogurt (2 ounces)	$\frac{1}{2}$ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*

# Mix It Up at Breakfast



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meats and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meats and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer. For more information on crediting foods in the CACFP, please see the *Food Buying Guide for Child Nutrition Programs* at <https://foodbuyingguide.fns.usda.gov>.



**For Adult Day Care Only:** You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.



## Try It Out!

### Test Yourself

1. Your adult day care center is open 4 days a week. How many times per week may you serve meats and meat alternates in place of grains at breakfast?

2. Your child care home is open 7 days per week. How many times per week may you serve meats and meat alternates in place of grains at breakfast?

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

1. You may serve meats and meat alternates in place of grains up to 3 times per week. All centers and day care homes may serve meats/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meats and meat alternates in place of grains up to 3 times per week. All centers and day care homes may serve meats/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

### Answer Key:





# Using the Nutrition Facts Label in the Child and Adult Care Food Program

The Nutrition Facts label tells you the amount of different nutrients in a food. Reading the label can help you choose the best foods to serve the children and adults in your care.

You can find a Nutrition Facts label on a food's packaging. Some foods, such as fresh fruits, vegetables, and fish, may not have Nutrition Facts labels.



## What's on the Nutrition Facts Label?

There is an original and a new version of the Nutrition Facts label. You may see either version on food packages, although eventually you will only see the new label.



### Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 12g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Both versions of labels tell you the total servings of the food in one package. They also give information on the type and amount of calories and nutrients for just one serving of the food.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars <b>20%</b>	
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
<b>Potassium</b> 235mg	<b>6%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



## What the Nutrition Facts Label Tells You

**Servings Per Container** shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

**Serving Size** is based on the amount of food that is usually eaten at one time. It is not always the same amount of food that is required to meet CACFP meal pattern requirements across the age groups. CACFP operators may use the serving size information on the Nutrition Facts label as a reference when using charts to determine if yogurts or cereals meet program sugar limits. They may also use serving size information in determining amounts of a food (such as a grain) needed to meet meal pattern requirements.

**Saturated Fat, Trans Fat, Sodium, and Added Sugars** provide important information for CACFP menu planners and food purchasers. Most adults and children eat and drink too many of these nutrients. Choosing foods that are lower in these nutrients can help program operators offer healthier meals that support good health. When comparing nutrients in foods, check the serving sizes to make sure you are comparing similar amounts of food.

**Total Sugars** shows the amount of sugars in a food. It includes both naturally occurring sugars in foods as well as added sugars. The CACFP sugar limits for cereal and yogurt are based on total sugars:

- Yogurt must contain 23 grams of total sugars or less per 6 ounces of yogurt.
- Breakfast cereal must contain 6 grams of total sugars or less per dry ounce of cereal.

### Nutrition Facts

5 servings per container

**Serving size** 3/4 cup (170g)

**Amount per serving**

**Calories** 90

**% Daily Value\***

**Total Fat** 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 105mg 5%

**Total Carbohydrate** 11g 4%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 2mcg 10%

Calcium 257mg 20%

Iron 0mg 0%

Potassium 344mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Iron** is a nutrient that supports growth and brain development. CACFP operators may use this information about iron when checking to see that an infant formula is fortified.



## Spotlight on Serving Sizes

The amount of food in one serving, known as the serving size, may be listed by:

### Weight

6 oz  
(170g)

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>6 oz (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 16g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 8g	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Such as grams (g) or ounces (oz)

### Volume

3/4 cup

Nutrition Facts	
About 15 servings per container	
<b>Serving size</b>	<b>3/4 cup (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 2g	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Such as cups or tablespoons

### Number of items

8  
crackers

Nutrition Facts	
About 4 servings per container	
<b>Serving size</b>	<b>30g (8 crackers)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Such as "8 crackers"

Remember that if you serve more of a food than the serving size listed, the amount of calories and nutrients served also increases.

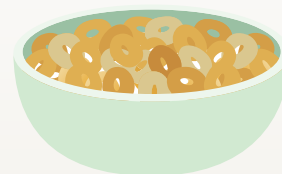
For example, a 1-cup serving of this cereal contains 100 calories and 7 grams of total sugars. If you serve 2 cups of this cereal, the 2-cup serving contains 200 calories and 14 grams of total sugars.

### 1-cup serving



100 calories and 7 grams of total sugars

### 2-cup serving



200 calories and 14 grams of total sugars

Some Nutrition Facts labels will show the calories and nutrients in one serving of a food as well as in the entire package.

For example, one serving of this yogurt contains 80 calories and 11 grams of total sugars. If you serve the entire container of yogurt, the container contains 160 calories and 22 grams of total sugars.

Left column shows the nutrients per serving

Nutrition Facts				
2 servings per container				
<b>Serving size</b>		<b>3/4 cup (170g)</b>		
<b>Calories</b>	<b>Per serving</b>	<b>Per container</b>		
	<b>80</b>	<b>160</b>		
<b>% DV*</b>				
<b>Total Fat</b>	0g	<b>0%</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	5mg	<b>2%</b>	10mg	<b>4%</b>
<b>Sodium</b>	110mg	<b>5%</b>	220mg	<b>10%</b>
<b>Total Carb.</b>	13g	<b>5%</b>	26g	<b>10%</b>
Dietary Fiber	0g	<b>0%</b>	0g	<b>0%</b>
Total Sugars	11g		22g	
Incl. Added Sugars	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	8g		16g	
Vitamin D	0mcg	<b>0%</b>	0mcg	<b>0%</b>
Calcium	300mg	<b>25%</b>	600mg	<b>50%</b>
Iron	0mg	<b>0%</b>	0mg	<b>0%</b>
Potassium	370mg	<b>8%</b>	740mg	<b>16%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Right column shows the nutrients for the entire container

# Try It Out!

Use the information on this worksheet to answer the questions.

## Yummy Brand Cereal

- 1 How many servings of cereal are in this container? \_\_\_\_\_
- 2 What is the serving size of this cereal? \_\_\_\_\_
- 3 How many grams of total sugars are in one serving of this cereal? \_\_\_\_\_
- 4 How many grams of added sugars are in one serving of this cereal? \_\_\_\_\_

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 cup (43g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>13%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 7g	
Includes 3g Added Sugars <b>7%</b>	

## Happy Day Yogurt

- 1 How many servings of yogurt are in this container? \_\_\_\_\_
- 2 What is the serving size of this yogurt? \_\_\_\_\_
- 3 How many grams of total sugars are in one serving of this yogurt? \_\_\_\_\_
- 4 How many grams of total sugars are in one container of this yogurt? \_\_\_\_\_
- 5 How many grams of added sugars are in one serving of this yogurt? \_\_\_\_\_
- 6 How many grams of added sugars are in one container of this yogurt? \_\_\_\_\_

Nutrition Facts			
2 servings per container			
<b>Serving size</b>	<b>¾ cup (170g)</b>		
<b>Calories</b>	<b>Per serving</b>	<b>90</b>	<b>Per container</b>
	<b>% DV*</b>		<b>% DV*</b>
<b>Total Fat</b>	1.5g	<b>2%</b>	3g <b>4%</b>
Saturated Fat	1g	<b>5%</b>	2g <b>10%</b>
<i>Trans Fat</i> 0g			
<b>Cholesterol</b>	10mg	<b>3%</b>	20mg <b>6%</b>
<b>Sodium</b>	105mg	<b>5%</b>	210mg <b>10%</b>
<b>Total Carb.</b>	11g	<b>4%</b>	22g <b>8%</b>
Dietary Fiber	0g	<b>0%</b>	0g <b>0%</b>
Total Sugars	9g		18g
Incl. Added Sugars	0g	<b>0%</b>	0g <b>0%</b>

### Happy Day Yogurt Answers

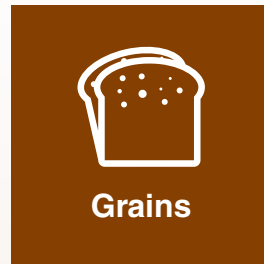
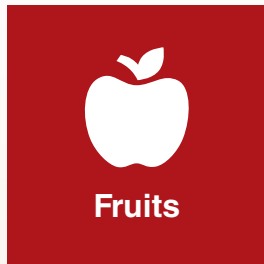
1. Servings Per Container: 2
2. Serving Size: ¾ cup (170 grams)
3. Grams of Total Sugars per Serving: 9
4. Grams of Total Sugars per Container: 18
5. Grams of Added Sugars per Serving: 0
6. Grams of Added Sugars per Container: 0

### Yummy Brand Cereal Answers

1. Servings Per Container: 12
2. Serving Size: 1 cup (43 grams)
3. Grams of Total Sugars per Serving: 7
4. Grams of Added Sugars per Serving: 3

# Serving Snacks in the Child and Adult Care Food Program

Snacks can be a great way to give Child and Adult Care Food Program (CACFP) participants the nutrients and energy they need between meals. Reimbursable snacks in the CACFP contain foods from two of the five food components:



## Sample Snack Menu






Monday	Tuesday	Wednesday	Thursday	Friday
Water Sugar Snap Peas With Low-Fat Dip String Cheese	Blueberry Smoothie	Whole-Wheat Crackers Milk	Water Berries Low-Fat Yogurt	Carrots With Hummus 100% Apple Juice
+	+	+	+	+



*Note: Water is not considered a food component in the CACFP. However, you should offer and make water available to participants throughout the day. Water is a great choice at snacks when milk is not offered.*

## Minimum Serving Sizes at Snack

Choose **two** different food components for a reimbursable snack. See below for minimum serving sizes for each food component at snack. You can serve more than the amount listed.

Minimum Serving Sizes at Snack				
Food Component	Age Group			Keep in Mind
	Ages 1-2 years and 3-5 years	Ages 6-12 years and 13-18 years	Adults	
Serve at least...				
 <b>Milk</b>	½ cup	1 cup	1 cup	See “Serving Milk in the CACFP” at <a href="https://teamnutrition.usda.gov">https://teamnutrition.usda.gov</a> for more information.
 <b>Vegetables</b>	½ cup	¾ cup	½ cup	Raw leafy vegetables credit for half of the amount served.  For example, 1 cup of raw spinach credits as a ½ cup of vegetables.
 <b>Fruits</b>	½ cup	¾ cup	½ cup	Dried fruit credits for double the amount served.  For example, ¼ cup of raisins credit as a ½ cup of fruit.
 <b>Meats/Meat Alternates</b>	½ oz eq	1 oz eq	1 oz eq	Nuts and seeds may be used to meet the full meats/meat alternates requirement at snack.
 <b>Grains</b>	½ oz eq	1 oz eq	1 oz eq	Grain-based desserts, such as cereal bars, granola bars, and toaster pastries, cannot count toward a reimbursable meal or snack in the CACFP. See “Grain-Based Desserts in the CACFP” at <a href="https://teamnutrition.usda.gov">https://teamnutrition.usda.gov</a> for more information.  If snack is the only CACFP meal provided, any grains served must be whole grain-rich. See “Adding Grains to Your CACFP Menu” at <a href="https://teamnutrition.usda.gov">https://teamnutrition.usda.gov</a> for more information.



*Oz eq = Ounce Equivalent*



## Shelf-Stable Snacks

Looking for snacks that do not require refrigeration? Here are some ideas:

- Applesauce, Shelf-Stable Cups
- Beef Jerky\*
- Dried Fruit (such as raisins, dried cranberries, etc.)
- Fruit Cups, Shelf-Stable
- Juice (100%)
- Milk, Shelf-Stable
- Popcorn
- Sunflower Seed or Nut Butter
- Whole Fruit (such as bananas, oranges, etc.)
- Whole Grain-Rich Breads, Cereals,\*\* Crackers, or Tortillas



*\*A Product Formulation Statement is needed for crediting.*

*\*\*Cereals must meet the CACFP sugar limit.*

## Planning Snacks for Different Age Groups

- Some foods, like popcorn and surimi seafood, require a larger amount of food to credit toward a food component. This amount may help older children feel full, but may be too much for younger children. You can find food crediting information in the Food Buying Guide at: <https://foodbuyingguide.fns.usda.gov>.
- Consider participants' ability to chew and swallow foods safely when preparing snacks. Cutting raw fruits and vegetables into pieces can make them easier to eat.
- If serving children 4 years and younger, you can help reduce the risk of choking by:
  - Cutting round, soft foods, like cherry tomatoes and grapes, into small pieces no larger than one-half inch (1/2").
  - Cooking food until it is slightly soft.
  - Spreading nut or seed butters thinly, or thinning nut butters before serving.
  - Avoiding foods that may pose a choking risk, such as popcorn, dried meats, dried fruit, and nuts.





## Try It Out!

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

1

Margaret works in an afterschool program and serves only an afternoon snack in the CACFP. She wants to serve diced peaches and whole grain-rich crackers. Is this a reimbursable snack?

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2

José wants to serve a fruit and a grain for snack. He picks a fig cereal bar and raisins. Is this a reimbursable snack?

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3

Isabella wants to make carrot and apple slaw to serve to adult participants at snack. Is this a reimbursable snack?

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### Answers:

1. Yes, diced peaches and whole grain-rich crackers are a reimbursable snack. Because this center only serves one CACFP meal per day, any grains served must be whole grain-rich.
2. No, this snack is not reimbursable. Although the raisins count toward the fruits component, the cereal bars are a grain-based dessert and cannot count toward a reimbursable meal or snack in the CACFP.
3. Yes, carrot and apple slaw can be served as a reimbursable snack. Isabella should make sure there are enough carrots in each serving to meet the minimum serving amount for vegetables ( $\frac{1}{2}$  cup), and enough apples to meet the minimum serving amount for fruit ( $\frac{1}{2}$  cup) for adults.



# Serving Adult Participants in the USDA Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) sites serve adult participants who are 18 years or older living with a disability, as well as those who are 60 or older. Not all adults have the same nutrition needs. Health and social changes and lower amounts of physical activity may affect the dietary needs of older adults. The CACFP meal pattern for adults provides flexibilities to allow you to plan meals that best meet the needs of adults in your care. This approach relies on good communication between you, the program operator, and the adult participant (and/or their caregiver).

The information below shows the requirements for meals and snacks in the CACFP.



## CACFP Meal Pattern Requirements for Adult Participants\*

### Breakfast



Milk (8 fl oz, 1 cup)  
Vegetables, Fruits, or Both (½ cup)  
Grains (2 oz eq)

### Lunch/Supper



Milk (8 fl oz, 1 cup)  
Vegetables (½ cup)  
Fruits (½ cup)  
Grains (2 oz eq)  
Meats/Meat Alternates (2 oz eq)

### Snack



Milk (8 fl oz, 1 cup)  
Vegetables (½ cup)  
Fruits (½ cup)  
Grains (1 oz eq)  
Meats/Meat Alternates (1 oz eq)

**Pick any 2:**  
Milk (8 fl oz, 1 cup)  
Vegetables (½ cup)  
Fruits (½ cup)  
Grains (1 oz eq)  
Meats/Meat Alternates (1 oz eq)

*fl oz = fluid ounce    oz eq = ounce equivalents  
Ounce equivalents are a way to measure amounts of food.*

*\*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](https://fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities).*



## Meal Components: A Closer Look

In addition to serving the meal components and amounts listed on page 1, reimbursable meals and snacks must meet the following requirements:



### Fruits/Vegetables

- 100 percent fruit or vegetable juice may not be served more than once per day.



### Grains

- Grains served for at least one meal or snack each day must be whole grain-rich.
- All grains served in the CACFP must be whole grain-rich, enriched, or fortified.
- Grain-based desserts may not be served as part of a reimbursable meal or snack.
- Cereals must contain no more than 6 grams of sugar per dry ounce.



### Milk

The following types of cow's milk may be served as part of a reimbursable meal or snack to adult participants. Fat-free versions of these milks may be unflavored or flavored.

- low-fat or fat-free milk
- low-fat or fat-free buttermilk
- low-fat or fat-free lactose-reduced milk
- low-fat or fat-free acidified milk
- low-fat or fat-free lactose-free milk
- ultra-high temperature (UHT) milk

**Note:** Some calcium-fortified non-dairy beverages (e.g., soymilks) that are nutritionally equivalent to cow's milk may be served without a medical statement. Goat's milk that meets your State's standards for fluid milk may be served if your State allows it. Contact your State agency or sponsoring organization for more information.

## Meal Pattern Flexibilities for Adult Participants

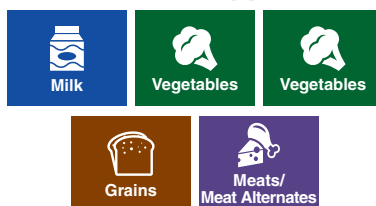
You may use these meal pattern flexibilities to meet the needs and preferences of your adult participants. Flexibilities are optional, not required.

### Breakfast



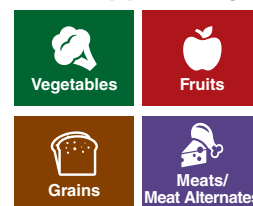
At breakfast, 2 oz eq of meats/meat alternates may be served in place of 2 oz eq of grains **up to 3 times per week.**

### Lunch/Supper



At lunch and supper, a ½ cup of a second, different vegetable may be served in place of fruit.

### At Supper Only



At supper, fluid milk is optional. Water is a great choice if milk is not served.

Six oz or ¾ cup of yogurt may be served in place of an 8-fl oz serving of milk once per day. Yogurt must not be served as a meat alternate in the same meal. Yogurt must contain no more than 23 grams of sugar per 6 oz.

## Meal Service Options

The type of meal service you choose may depend on your participants' abilities. Some program operators choose to serve pre-plated meals so adult participants do not need to walk through a cafeteria-style tray line. Other program operators use Offer Versus Serve (OVS) meal service because it allows participants to decline some of the meal components offered in a reimbursable breakfast, lunch, or supper. OVS is optional in the CACFP. This type of meal service may help reduce food waste and give adult participants more food choices.

For more information on how to use Offer Versus Serve, check out Team Nutrition's "Offer Versus Serve in the Child and Adult Care Food Program" training worksheet, recorded webinar, and training slides at [TeamNutrition.USDA.gov](https://www.teamnutrition.gov).

# Make Every Bite Count

Foods from all meal components are important for overall good health. However, the *2020-2025 Dietary Guidelines for Americans* note several nutritional areas of concern for older adults.

## A Note About Vitamin B-12

Vitamin B-12 can be a nutrient of concern for some older adults. Protein foods and fortified breakfast cereals are a good source of this vitamin.



## Protein

Older adults, particularly those over 70 years, are less likely to eat enough protein foods. Foods in the CACFP meal pattern that are high in protein are meats, meat alternates, and milk.

To meet the protein needs of adult participants:

- ✓ Offer meats/meat alternates in place of grains at breakfast up to 3 times per week. Choose options that are lower in sodium and saturated fat.
- ✓ Offer meats/meat alternates at snack, such as tuna fish and crackers, yogurt and fruit, or cottage cheese and sliced vegetables.
- ✓ Serve fat-free (skim) or low-fat (1%) milk or a creditable milk substitute (e.g., soymilk) at meals. Milk is an important source of protein, calcium, and vitamin D.
- ✓ Plan menus with beans, peas, and lentils as either the meat alternate or as the vegetable component of the meal. Beans, peas, and lentils provide protein as well as fiber.
- ✓ Consider adding seafood to the menu. Many types of fish provide vitamin D, vitamin B-12, and healthy fats. Fish can also be easy to chew.

You can find standardized recipes that meet adult meal pattern requirements at [theicn.org/cnr/recipes-cacfp-adult-portions](https://theicn.org/cnr/recipes-cacfp-adult-portions).

## Water

It is important that older adults drink enough water during the day to stay hydrated. Drinking water can also help with digestion and the absorption of nutrients from foods.

Since the sense of thirst can decline with age, it can be helpful to:

- Place closed pitchers of water and cups where adult participants can easily find them.
- Put cups beside a sink, water fountain, or other source of drinking water. Or, pour and offer cups of water to adult participants throughout the day.
- Serve water at meals and snacks when milk is not served.

Certain foods, such as fruits and vegetables, are also high in water and can help with hydration.

**Note:** When self-serve water stations are not recommended, such as during a public health emergency or pandemic, try offering cups of water to adult participants regularly throughout the day. Always follow local health department health and safety guidelines.



## Meal Modifications

CACFP sites must make reasonable modifications for disabilities. These **modifications** may pertain to the meal or to the meal service. For example, you may need to offer a different food or serve the food in a different way. Even if a participant takes medication or uses an assistive device, the CACFP site must make modifications for the disability.



**A disability includes any physical or mental impairment that limits one or more major life activities, such as food allergies, diabetes, or swallowing difficulties.**

In many cases, you can modify meals to meet a participant's needs within the meal pattern requirements. For example, if a participant cannot eat grapefruit, you may serve a different fruit instead. In this case, a medical statement is not required.

In some cases, you may not be able to modify meals to meet a participant's needs within the meal pattern requirements. One example might be if a participant cannot eat any fruit. For this modified meal to be reimbursable, you must keep a signed medical statement in a secure location at your CACFP site.

The medical statement for modifications due to food allergies must include:

- The food(s) to be avoided and what to serve instead, and
- A brief explanation of how exposure to the food affects the participant.

The medical statement for a disability that does not include food allergies must state:

- The existence of a mental or physical disability,
- How the disability impacts the participant, and
- The modification needed.

For more information on accommodating disabilities, see Policy Memorandum CACFP 14-2017, SFSP 10-2017 “Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program” at [fns.usda.gov/cn/modifications-accommodate-disabilities-cacfp-and-sfsp](https://www.fns.usda.gov/cn/modifications-accommodate-disabilities-cacfp-and-sfsp).



## Modifications for Non-Disability Reasons

Whenever possible, CACFP sites are encouraged to accommodate requests for religious or cultural practices, dietary preferences, or other conditions that are not considered a disability. This can help ensure adult participants get the nutrition they need.

## Talk With Participants

Talk with adult participants or their caregiver about any modifications they may need for meals or snacks. Use this information to help with menu planning.

# Offering Water in the USDA Child and Adult Care Food Program

In the Child and Adult Care Food Program (CACFP), centers and homes are required to offer water to children throughout the day. As a best practice, sites are encouraged to make water available to adult participants as well. Water is not a meal component in the CACFP. There is no minimum serving amount for water. However, water may be served:

- Together with meals and snacks
- In between meals and snack
- As requested by the adult or child.



## Water and Health

Drinking enough water is important for good health. Drinking water can prevent dehydration, a condition that can cause the body to overheat. It can also help prevent constipation. If fluoridated, drinking water can help prevent dental caries (cavities).

There is no recommendation from the *Dietary Guidelines for Americans* on the amount of plain water children and adults need each day. Children and adults can meet their needs for water through foods and drinks. People may need to drink more water during hot or cold weather and when exercising.



## A Note About Infants

Infants usually do not need to drink plain water until they are at least 6 months old. Once an infant has started eating solid foods, small amounts of plain, fluoridated water may be offered to the infant in a cup. Consult with the parents or guardians of older infants regarding whether small amounts of water should be offered.



## Meal Planning and Water

In the CACFP, milk is an important meal component. Milk provides important nutrition for both children and adults.



Under the CACFP meal pattern for children, you may not serve water instead of milk at meals. However, water may be served at the table along with the milk.



Under the CACFP meal patterns for children and adults, only two meal components are required at snack. If milk is not offered as one of the two required components, consider offering water with the snack.



Under the CACFP meal pattern for adults, you may serve yogurt in place of milk once per day. In addition, a serving of milk is optional at supper. It is not required that you offer water on these occasions, but you are encouraged to do so.

## Making Water Available

You can make water available throughout the day by:

- Placing closed pitchers of water and cups where program participants can reach them. Use pitchers that are small enough for children to lift and pour.
- Putting cups beside a sink, water fountain, or other source of drinking water. Or, pour and offer cups of water to children throughout the day.
- If drinking fountains are too tall for children, use a sturdy stool to allow children to reach them.
- Making class trips to the water fountain after active play.



*Note: When self-serve water stations are not recommended, such as during a public health emergency or pandemic, try offering cups of water to children regularly throughout the day. Always follow local health department safety guidelines.*



## Getting Children Involved

When children help serve water, they can learn about the importance of drinking it. Ask children to wash their hands and then let them:

- Carry cups to tables.
- Pour water into cups (with the help of an adult, for younger children).
- Decorate their own water cups or water bottles.



*Note: Some of these activities may not be recommended during a public health emergency or pandemic. Always follow local health department safety guidelines.*

Also, consider sharing the Nibbles for Health Newsletter on “Water: It’s a Great Choice” with parents of young children ([fns.usda.gov/tn/nibbles](https://fns.usda.gov/tn/nibbles)). It contains an activity families can do together.

See Team Nutrition’s “Summer Foods, Summer Moves” materials for more resources on water ([fns.usda.gov/tn/summer-food-summer-moves](https://fns.usda.gov/tn/summer-food-summer-moves)).



Drink water and kids will too.



## Offer Water Safely

Keep children healthy and safe by:

- Regularly sanitizing water fountains and keeping drinking areas clean.
- Teaching children not to place their mouths on water fountain spouts. Have kids wash their hands after touching the water fountain.
- Cleaning and sanitizing water pitchers, dispensers, and reusable drinking cups after use.
- Keeping clean towels nearby when serving or pouring water.
- Placing rubber mats under spaces where water is offered.



*Note: If safe drinking water is not available at your center or child care home, bottled water may be purchased with CACFP funds. Check with your State agency or sponsoring organization for more information.*

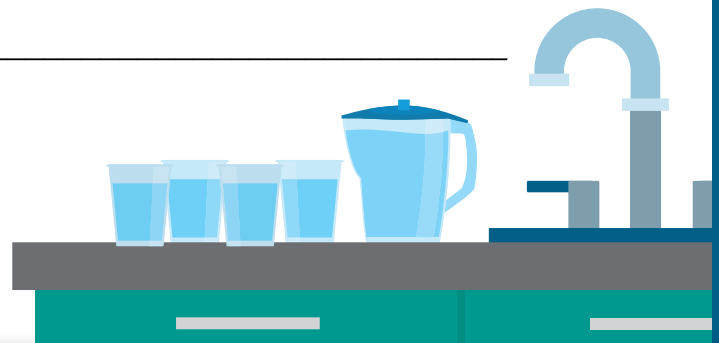


# Try It Out!

When will you offer water? Fill in the blanks below.

**I will offer water to program participants (children or adults):**

- 1 (Example) When it is hot outside
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



## Answers:

- 3. After outdoor playtime
  - 2. After milk at breakfast, lunch, or supper
- Answers will vary, but responses may include:

- 4. With snacks when milk is not served
- 5. Throughout the day



# Offer Versus Serve in the Child and Adult Care Food Program



If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks or in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

## Understanding OVS: Know the Terms

- **Food component**—the name of a **group** of foods in a reimbursable meal. **Food components** include milk, vegetables, fruits, grains, and meat and meat alternates. At breakfast only, vegetables and fruits are one combined component. This means you can serve vegetables, fruits, or a combination of both to meet this requirement.
- **Food item**—foods that are part of a **food component**. For example, broccoli is a **food item** in the vegetables **food component**.

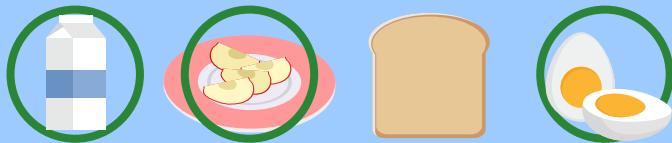
## How to Use OVS at Meals

### OVS at Breakfast

1. Offer these 3 **food components** at breakfast:
  - Milk
  - Vegetables and/or Fruits
  - Grains
2. Offer at least 4 different **food items** at breakfast, at least 1 from each **food component** above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.
3. Ask the child or adult to **choose at least 3** different **food items**.

### OVS at Lunch and Supper

1. Offer these 5 **food components** at lunch and supper:
  - Milk\*
  - Vegetables
  - Fruits
  - Grains
  - Meat and meat alternates
2. Offer at least one **food item** from each component.
3. Ask the child or adult to choose **food items** from **3 or more food components**.



**Note:** The 4th food item can be selected as well.



**Note:** The child or adult can select food from all 5 components. Foods from **at least 3 components** are needed for a reimbursable meal.

**\*For Adult Participants Only:** Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.

## Tips About Food Items

- All food items offered at breakfast, lunch, and supper must be different food items. For example, while apple slices and applesauce are two forms of apples, they are considered the same food item. Likewise, oranges and orange juice are the same food item.
- The full minimum serving size of a food item must be taken in order for it to count towards a reimbursable meal.



## Try It Out!

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

1. Your adult day care center uses OVS at breakfast and offers low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses milk, oatmeal, and apple slices, and took the full minimum serving size of each item. Is Karen's breakfast reimbursable? Why or why not?

2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?

3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?

**Answer Key:**

1. Yes, Karen's breakfast is reimbursable. For OVS at breakfast, the operator is required to offer at least 4 food items that include: 1 item from the milk component (low-fat (1%) milk), 1 item from the vegetable/fruits component (apple slices), 1 item from the grains component (oatmeal), and 1 additional food item from grains, meat/meat alternates, or vegetables/fruit component (bananas). To make a reimbursable breakfast, a participant must choose 3 or more of the items offered, and must take at least the full minimum serving size of each item. Because Karen chose 3 of the items offered (milk, oatmeal, and apple slices), and took the full minimum serving size of each item, this breakfast is reimbursable.

2. No, David's supper is not reimbursable. For OVS at supper for at-risk afterschool sites, the operator is required to offer at least 1 food item from the following 5 components: milk (non-fat (skim) milk), meat and meat alternates (roasted turkey), vegetables (roasted broccoli and steamed carrots), fruits (fruit salad), and grains (whole-wheat rolls). In all cases, the participant must choose food items from at least 3 different components in order to make a reimbursable supper, and must take at least the minimum serving size of each. Because the roasted broccoli and the steamed carrots are both in the vegetables component, David's supper only has 2 components (meat/meat alternates and vegetables) and needs food from another component to make up a reimbursable supper. He should add the minimum serving size of fruit salad, whole-wheat rolls, and/or milk, to make a reimbursable supper.

3. If Anna takes only half of the minimum serving size of each food offered, her supper would not be reimbursable. The full minimum serving size of items from at least three different components must be taken in order to make up a reimbursable supper.

# Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



## Roast, Bake, or Broil:

Cooking foods, usually at high heat, in the oven.



## Sauté, Pan Fry, and Stir-Fry:

Cooking foods with a small amount of hot oil over medium or high heat.



**Grill:** Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.



Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

**As of October 1, 2017,** foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- “Onsite” means at your child care center, family child care home, or your child care center’s central or satellite kitchen.





## Which foods may be served as part of a reimbursable meal in the CACFP?



Food	Reimbursable?
Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes).	Yes, if heated onsite by baking, microwaving, or another method that is not deep-fat frying. Compare foods and choose those lower in saturated fats.
Fried food from a restaurant or vendor.	Yes, if reheated onsite by baking, microwaving, or another method that is not deep-fat frying. Try to switch to healthier options.
Pan-fried foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when pan-frying.
Fried foods prepared at a child care center's central kitchen.	No.
Stir-fried or sautéed foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when stir-frying or sautéing.

## Try It Out!

Find these yummy recipes at:

<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>.

Circle the ones you plan to try.



**Try: Oven-Fried Chicken**

**Italian Garden Salsa with Crunchy Chicken Tenders**

**Try: Bean and Rice Burritos**

**15-Minute Enchiladas**

**Turkey Tostadas**



**Try: Oven-Fried Fish**

**Roasted Fish Crispy Slaw Wrap**



**Try: Baked Tortilla Chips**

**Corn Toasties**

**Try: Chicken Fiesta Taco Bake**

**Delicious Tacos**

**Eagle Pizza**

**Try: Delicious Oven French Fries**

**Tasty Tots**





# Reducing the Risk of Choking in Young Children at Mealtimes

Children **under the age of 4** are at a high risk of choking while eating. Young children are still learning how to chew food properly, and they often swallow the food whole. Their small airways can become easily blocked.

You can help reduce children's risk of choking when eating by preparing food in certain ways, such as cutting food into small pieces and cooking hard food, like carrots, until it is soft enough to pierce with a fork. **Remember, always supervise children during meals and snacks.**



## Prepare Foods So They Are Easy to Chew

You can make eating safer for young children by following the tips below:

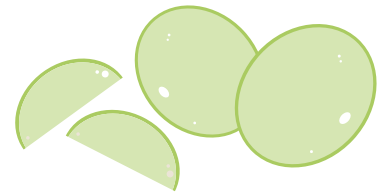
- Cook or steam hard food, like carrots, until it is soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Finely chop foods into thin slices, strips, or small pieces (no larger than ½ inch), or grate, mash, or puree foods. This is especially important when serving raw fruits and vegetables, as those items may be harder to chew.
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Grind up tough meats and poultry.

## Cut Round Foods Into Smaller Pieces

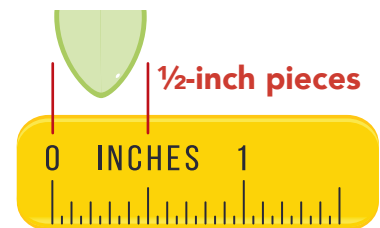
Small round foods such as grapes, cherries, cherry tomatoes, and melon balls are common causes of choking.



Slice these items in half lengthwise.



Then slice into smaller pieces (**no larger than ½ inch**) when serving them to young children.



## Avoid Choking Hazards

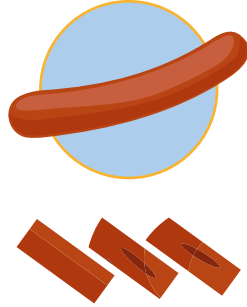
To help prevent choking, do not serve small (marble-sized), sticky, or hard foods that are difficult to chew and easy to swallow whole, including:

- Cheese cubes or blocks. Grate or thinly slice cheese before serving.
- Chewing gum\*
- Dried fruit
- Gummy fruit snacks\*
- Hard candy, including caramels, cough drops, jelly beans, lollipops, etc.\*
- Hard pretzels and pretzel chips
- Ice cubes\*
- Marshmallows\*
- Nuts and seeds, including breads, crackers, and cereals that contain nuts and seeds
- Popcorn
- Spoonfuls of peanut butter or other nut butters. Spread nut butters thinly on other foods (e.g., toast, crackers, etc.). Serve only creamy, not chunky, nut butters.
- Whole round or tube-shaped foods such as grapes, cherry tomatoes, cherries, raw carrots, sausages, and hot dogs

\*Not creditable in the Child Nutrition Programs, including the Child and Adult Care Food Program (CACFP), National School Lunch Program and School Breakfast Program, and Summer Food Service Program.

## Cut Tube-shaped Foods Into Smaller Pieces

Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc., into short strips rather than round pieces.



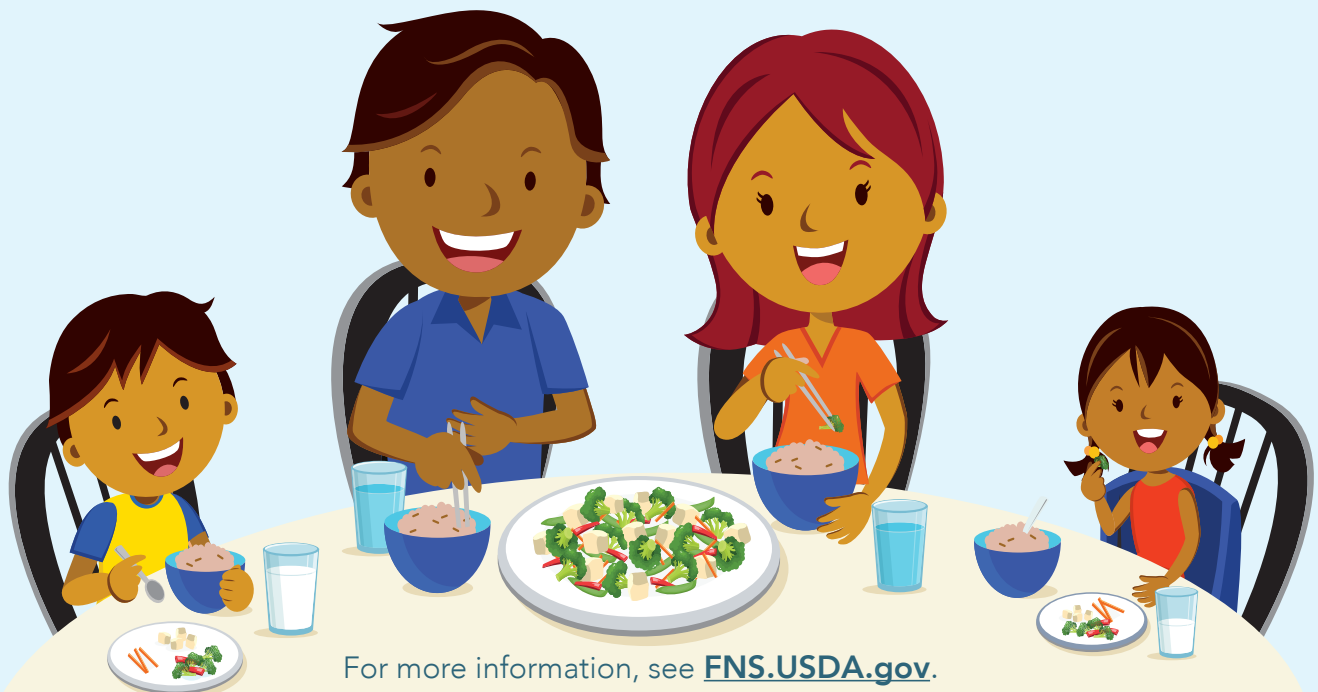
In addition to the foods listed, **avoid serving foods that are as wide around as a nickel**, which is about the size of a young child's throat.



## Teach Good Eating Habits

Sit and eat with children at meals and snacks. Remind children to take small bites of food and swallow between bites. Eating together may help you quickly spot a child who might be choking. Other tips to help prevent choking while eating include:

- Only providing foods as part of meals and snacks served at a dining table or high chair. When serving infants, do not prop the bottle up on a pillow or other item for the baby to feed him or herself.
- Allowing plenty of time for meals and snacks.
- Making sure children are sitting upright while eating.
- Reminding children to swallow their food before talking or laughing.
- Modeling safe behavior for children to follow, including eating slowly, taking small bites, and chewing food completely before swallowing.
- Encouraging older children to serve as role models for younger children as well. All children should avoid playing games with food, as that may lead to an increased risk of choking.



For more information, see [FNS.USDA.gov](https://www.fns.usda.gov).

# Try It Out!

How can you prepare and serve the following foods to reduce the risk of choking?

**1** Whole baby carrots

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**2** Whole grapes

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**3** Peanut butter

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**4** Block of cheddar cheese

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1. Cut carrots lengthwise into thin strips (not circles). You could also cook carrots until soft, or cut into small pieces no larger than  $\frac{1}{2}$  inch.
2. Cut grapes in half lengthwise, then cut into smaller pieces no larger than  $\frac{1}{2}$  inch.
3. Spread peanut butter thinly on small pieces of toast, crackers, etc. Do not serve spoonfuls of peanut butter.
4. Grate or thinly slice the cheese. Do not serve cheese cubes.

## Answer Key



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



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.



## Reminder!

Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.

All grains served must be enriched, fortified, or whole grain-rich.

Breakfast/Lunch/Supper	
Grain Item	Requirements
<b>Iron-Fortified Infant Cereal;</b> or meats/meat alternates; or both	0-½ oz eq

Snack (choose at least one item below)	
Grain Item	Requirements
<b>Bread/Bread-like Items;</b> or	0-½ oz eq
<b>Crackers;</b> or	0-¼ oz eq
<b>Iron-Fortified Infant Cereal;</b> or	0-½ oz eq
<b>Ready-to-Eat Cereal</b>	0-¼ oz eq

For more information on the CACFP infant meal pattern, see the “Feeding Infants in the Child and Adult Care Food Program” guide at [TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov).

# Using the Grains Measuring Charts

The Grains Measuring Charts on pages 3–4 tell you how much bread/bread-like items, crackers, iron-fortified infant cereal, and ready-to-eat cereals you need to serve to meet CACFP infant meal pattern requirements. To use these charts:

**1** Find the chart that applies to the grain item you want to serve:  
Iron-Fortified Infant Cereal (Page 3), Bread/Bread-Like Items (Page 3), Ready-To-Eat Cereal (Page 4), Crackers (Page 4).

**2** Find the grain you want to serve under the “Grain Item and Size” column.

**3** 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 28 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.
- **Lists a size** for the grain, such as **about 2" by 2"**, then check if the item is the same size or larger than this amount. See page 6.
- **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.

## Grains Measuring Chart for the CACFP Infant Meal Pattern

### Grain Item and Size

Bread at least 28 grams

Cracker, Saltine (about 2" by 2")

Iron-Fortified Infant Cereal  
(single and multigrain)



## Reminder!

Do not offer babies crackers containing seeds and nuts.  
These items can increase a baby's risk of choking.



## Reminder!

Cut breads and bread-like items into thin strips or small pieces no larger than ½ inch.  
This will reduce the risk of a baby choking.





**BREAD/BREAD-LIKE ITEMS = ½ oz eq**



**IRON-FORTIFIED INFANT CEREAL = ½ oz eq**

**Grains Measuring Chart for the CACFP Infant Meal Pattern**

Grain Item and Size		½ oz eq is about...	Creditable at Meals or Snacks?
<b>Biscuit</b> at least 28 grams	★	½ biscuit or 14 grams	Snack only
<b>Bread</b> at least 28 grams	★	½ slice or 14 grams	Snack only
<b>Bun or Roll</b> (entire bun or roll) at least 28 grams	★	½ bun/roll or 14 grams	Snack only
<b>Corn Muffin</b> at least 34 grams	★	½ muffin or 17 grams	Snack only
<b>English Muffin</b> (top and bottom) at least 56 grams	★	¼ muffin or 14 grams	Snack only
<b>Iron-Fortified Infant Cereal</b> (single and multigrain)		4 tablespoons (¼ cup) dry	Breakfast, lunch, supper, snack
<b>Pancake</b> at least 34 grams	★	½ pancake or 17 grams	Snack only
<b>Pita Bread/Round</b> at least 56 grams	★	¼ pita or 14 grams	Snack only
<b>Tortilla, Soft, Corn</b> (about 5 ½")	■	¾ tortilla or 14 grams	Snack only
<b>Tortilla, Soft, Flour</b> (about 6")	■	½ tortilla or 14 grams	Snack only
<b>Tortilla, Soft, Flour</b> (about 8")	■	¼ tortilla or 14 grams	Snack only
<b>Waffle</b> at least 34 grams	★	½ waffle or 17 grams	Snack only

- ★ 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.



**CRACKERS = ¼ oz eq**



**READY-TO-EAT CEREALS = ¼ oz eq**

### Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size	¼ oz eq is about...	Creditable at Meals or Snacks?
<b>Cereal, Ready-to-Eat: Flakes or Rounds</b> (e.g., o-shaped cereal)	4 tablespoons (¼ cup) or 7 grams	Snack only
<b>Cereal, Ready-to-Eat: Puffed</b> (e.g., crispy puffed rice cereal)	5 tablespoons (~⅓ cup) or 7 grams	Snack only
<b>Cracker, Animal</b> (about 1 ½" by 1")	■ 4 crackers or 7 grams	Snack only
<b>Cracker, Bear-shaped or Similar, Sweet</b> (not honey flavored) (about 1" by ½")	● 6 crackers or 7 grams ■	Snack only
<b>Cracker, Cheese, Square, Savory</b> (about 1" by 1")	■ 5 crackers or 6 grams	Snack only
<b>Cracker, Fish-shaped or Similar, Savory</b> (about ¾" by ½")	■ 11 crackers or 6 grams	Snack only
<b>Cracker, Graham</b> (not honey flavored) (about 5" by 2 ½")	● ½ cracker or 7 grams ■	Snack only
<b>Cracker, Round, Savory</b> (about 1 ¾" across)	■ 2 crackers or 6 grams	Snack only
<b>Cracker, Round, Savory, Mini</b> (about 1" across)	■ 4 crackers or 6 grams	Snack only
<b>Cracker, Saltine</b> (about 2" by 2")	■ 2 crackers or 6 grams	Snack only
<b>Cracker, Thin Wheat, Square, Savory</b> (about 1 ¼" by 1 ¼")	■ 3 crackers or 6 grams	Snack only
<b>Cracker, Zwieback</b> (not honey flavored)	● 1 cracker or 6 grams	Snack only

● Honey should never be fed to babies younger than 1 year.

■ 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 Charts 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:

### Example #1: Pita Bread/Round (1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart. →

#### Grain Item and Size

Pita Bread/Round at least 56 grams

### Nutrition Facts

6 Servings Per Container  
**Serving Size** 1 Round (57g)



The pita bread/round you are comparing must weigh **at least 56 grams** to use the chart as a guide to the minimum serving amount.

- If the pita bread/round you want to serve is **at least 56 grams**, then you can serve that item.
- If the pita bread/round is lighter in weight than the item listed on the Grains Measuring Chart, see page 6.

### Example #2: Pancakes (more than 1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart. →
2. Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size. One serving of pancakes weighs 117 grams.
3. Using the Nutrition Facts label, find out how much is in one serving (for example, the number of pancakes). There are three pancakes in one serving.
4. If there is more than one of an item in a serving, you will need to find the weight of each item. In this example, the serving size is three pancakes.

#### Grain Item and Size

Pancake at least 34 grams

½ oz eq is about...

½ pancake or 17 grams

### Nutrition Facts

4 Servings Per Container  
**Serving Size** 3 Pancakes (117g)



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

$$117 \text{ grams} \div 3 \text{ pancakes} = 39 \text{ grams per pancake}$$

*Serving Weight*
*Serving Size*
*Weight of Each Item*

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:** In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each pancake weighs 39 grams, you may use the chart as a guide for the minimum serving amount.

## 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 the answer is “yes”, you will need to use another method to determine how much of a grain item to serve in order to meet CACFP infant 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 [foodbuyingguide.fns.usda.gov](http://foodbuyingguide.fns.usda.gov).

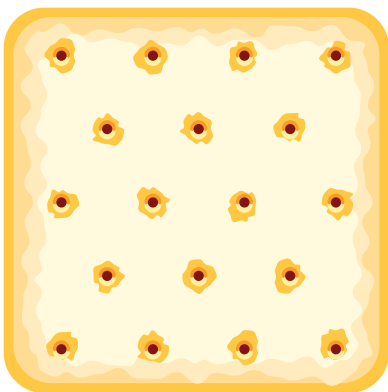
**Note:** Make sure the food you are entering is creditable for infants. For more information, see “Feeding Infants in the CACFP’s Appendix F: Infant Foods List” at [fns.usda.gov/sites/default/files/resource-files/FI\\_AppendixF.pdf](http://fns.usda.gov/sites/default/files/resource-files/FI_AppendixF.pdf).

## Grains Measuring Tools

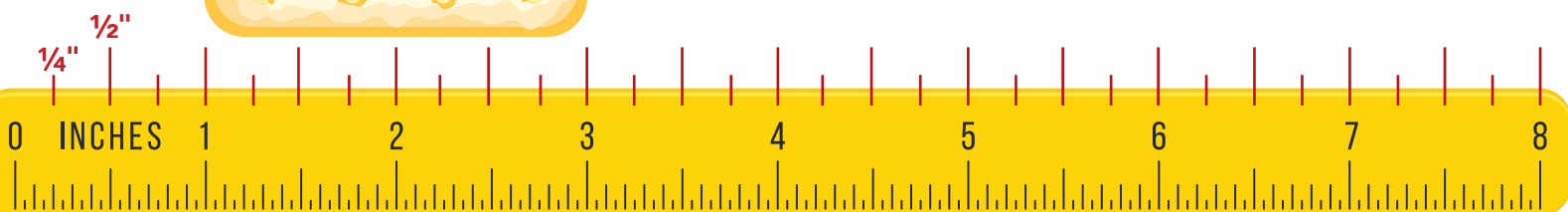
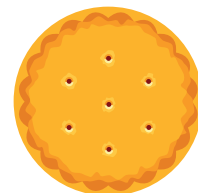
Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8.5" by 11" paper.

2" by 2"



1" across



# 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](https://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](https://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](https://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.

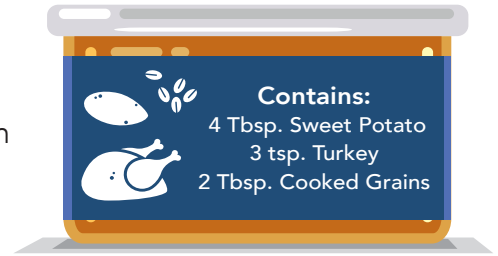


## How Do I Credit Combination Baby Foods? (continued)

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](https://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

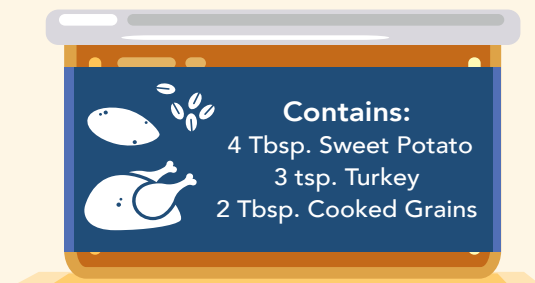
### Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

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?**

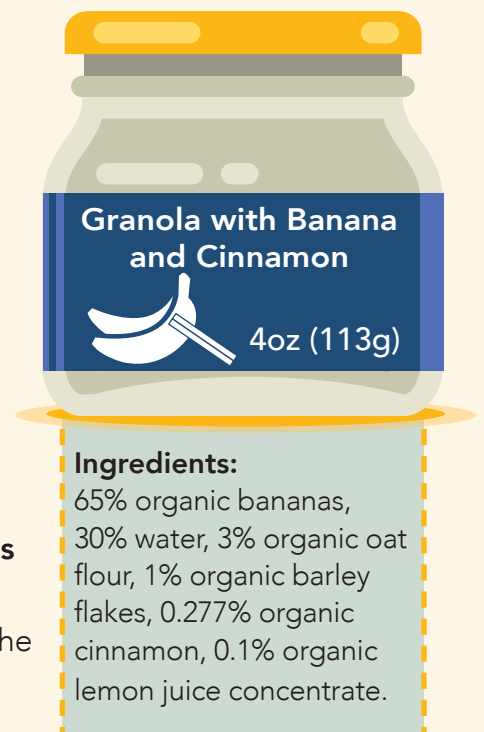
**No.** The food also contains water, oat flour, barley flakes, and other items that do not credit toward the vegetables/fruit component.

**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](http://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](http://fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf).



# 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

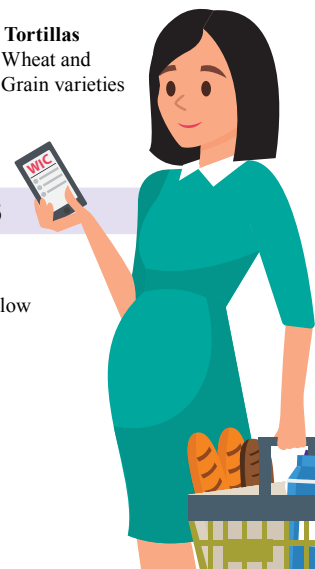


#### WHOLE GRAIN CEREALS

##### 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://teamnutrition.usda.gov>.





## Try It Out!

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

1

Sonia wants to find yogurts that are creditable in the CACFP. Should she use her State's WIC list?

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2

Simon sees Brand T Soft Corn Tortillas on his State's WIC list. He finds Brand Z Soft Corn Tortillas, which are not listed on his State's WIC list. Can he serve Brand Z Soft Corn Tortillas as part of a reimbursable meal?

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3

Juan sees "Buy 16 ounces" next to Brand C Infant Cereal on his State's WIC list. His store only offers Brand C Infant Cereal in 24-ounce boxes. Can he buy the 24-ounce box and serve the cereal as part of a reimbursable infant meal?

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4

Elena wants to serve a whole grain-rich breakfast cereal. Can she pick any cereal from her State's WIC list?

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## Answers

- 1 No, Sonia should not use the WIC list to find yogurts that are creditable in the CACFP. WIC and CACFP have different sugar limits for yogurt. The WIC list cannot be used to find creditable yogurts for the CACFP.
- 2 The WIC list indicates a specific brand, Brand T, of tortilla. Simon cannot be sure that Brand Z Soft Corn Tortillas is creditable based on the WIC list that he has. Simon can serve Brand Z Soft Corn Tortillas as part of a reimbursable meal if he finds it listed on another State's WIC list or uses another method to determine if the tortilla is creditable in the CACFP.
- 3 Yes. When using the WIC list to choose creditable foods in the CACFP, you do not need to pay attention to the size of the package.
- 4 No. Not all breakfast cereals listed on WIC lists are whole grain. Elena should select a breakfast cereal that is specifically marked or listed as whole grain on the WIC list. Whole grain cereals listed on WIC lists are considered whole grain-rich in the CACFP.





# Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program?

Some Child and Adult Care Food Program (CACFP) operators prepare grain items from scratch. These items can be a wonderful addition to the menu and even count as a whole grain-rich food. You can follow the steps listed below to check if a recipe is whole grain-rich.



**1** Circle or mark the grain ingredients in the recipe. For a list of common grain ingredients, see page 2. If your recipe has non-creditable flour or grains, there must be a greater amount of at least three other whole grain, enriched, bran, or germ ingredients in the recipe.

**2** Write down the names and amounts of the whole grain ingredients. Add the amounts of whole grain ingredients together.\*

Amount	Ingredient
2 cups	whole-wheat flour
2 ½ cups	oatmeal
<b>Total: 4 ½ cups whole grain ingredients</b>	

**3** Write down the names and amounts of the enriched, bran, and germ ingredients. Add the amounts of these ingredients together.\*

Amount	Ingredient
2 cups	enriched flour
<b>Total: 2 cups enriched ingredients</b>	

### Oatmeal Muffins

---

2 cups whole-wheat flour

2 cups enriched flour

2 ½ cups oatmeal

2 teaspoons baking powder

**4** Compare the amount of whole grain ingredients to the amount of enriched, bran, and/or germ ingredients. If the total amount of whole grain ingredients is **equal to or more than** the total amount of enriched, bran, or germ ingredients, the recipe is whole grain-rich.

**Example:** 4 ½ cups of whole grain ingredients is **more than** 2 cups of enriched ingredients. Therefore, this recipe is **whole grain-rich**.



\*To convert fractions to decimals, see the Food Buying Guide for Child Nutrition Programs Table 6: Decimal Equivalents of Commonly Used Fractions at: [https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Table6\\_FBG.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Table6_FBG.pdf).



# Common Grain Ingredients

Below are some common grain ingredients you might find in recipes. There are other whole grain, enriched, bran, germ, and non-creditable ingredients that are not listed below.

## Whole-Grain Ingredients

- Brown rice flour
- Corn masa/masa harina
- Cracked wheat
- Graham flour
- Oats/oatmeal (any kind)
- White whole-wheat flour
- Whole grain corn flour/cornmeal
- Whole rye flour
- Whole-wheat flour (includes whole-wheat bread flour, whole-wheat pastry flour, etc.)

## Enriched, Bran, and Germ Ingredients

- Enriched all-purpose flour
- Enriched bleached white flour
- Enriched bread flour
- Enriched corn flour/cornmeal
- Enriched rice flour
- Enriched unbleached white flour
- Oat bran
- Wheat bran
- Wheat germ

**Additionally, if the ingredient list includes the nutrients used to enrich the flour, then the flour is enriched.**

**For example, an ingredient list for rice flour might read: “Long grain rice (niacin, iron, riboflavin, folic acid, thiamin).” The vitamins listed in the parenthesis indicate that the rice flour is enriched.**

## Non-Creditable Grains or Flours

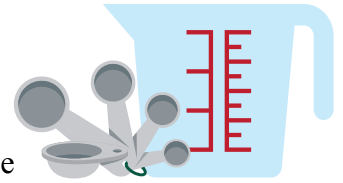
- Bean flour (such as soy, chickpea, lentil, etc.)\*
- Durum flour
- Nut or seed flour (such as almond, sesame, etc.)
- Oat fiber
- Potato flour\*
- Rice flour
- Semolina
- Wheat flour
- White flour



*\*Not creditable toward the grain component, but may be creditable toward the Vegetables or Meats/Meat Alternates components. For more information, see <https://foodbuyingguide.fns.usda.gov>.*



## Giving Grains Equal Measure



The amount of an ingredient in a recipe can be measured in different ways. Some recipes use cups, tablespoons (tbsp), or teaspoons (tsp) while other recipes will use ounces (oz) or pounds (lb). When adding up the amounts of ingredients to see if a recipe is whole grain-rich, make sure the grain ingredients are written in the same unit of measure. For example, in the oatmeal muffin recipe on page 1, the whole-wheat flour, the oatmeal, and the enriched flour are all measured in cups.

If a recipe lists the grain ingredients as different units of measure, follow the steps below to convert the ingredient amounts to the same unit.

### If the ingredients are in pounds and ounces:

**Example:** 2 lbs 6 oz whole-wheat flour

Multiply number of ounces by 0.0625 to convert ounces to pounds.

$$6 \text{ oz} \times .0625 = 0.375 \text{ lb}$$

Add the decimal to the whole number:

$$2 \text{ lb} + 0.375 \text{ lbs} =$$

**2.375 lbs of whole-wheat flour**

### If the ingredients are in teaspoons and cups:

**Example:** 3 cups + 2 tsp whole grain cornmeal

Multiply number of teaspoons by 0.021 to convert teaspoons to cups.

$$2 \text{ tsp} \times .021 = 0.042 \text{ cups}$$

Add the decimal to the whole number:

$$3 \text{ cups} + 0.042 \text{ cups} =$$

**3.042 cups of whole grain cornmeal**

### If the ingredients are in tablespoons and cups:

**Example:** 1 cup + 2 tbsp brown rice flour

Multiply number of tablespoons by 0.0625 to convert tablespoons to cups.

$$2 \text{ tbsp} \times .0625 = 0.125 \text{ cups}$$

Add the decimal to the whole number:

$$1 \text{ cup} + 0.125 \text{ cups} =$$

**1.125 cups of brown rice flour**

### If the ingredients are in teaspoons and tablespoons:

**Example:** 1 tbsp + 2 tsp wheat bran

Multiply number of teaspoons by 0.33 to convert teaspoons to tablespoons.

$$2 \text{ tsp} \times 0.33 = 0.66 \text{ tbsp}$$

Add the decimal to the whole number:

$$3 \text{ tbsp} + 0.66 \text{ tbsp} =$$

**3.66 tbsp of wheat bran**

# Try It Out!

Look at the ingredients for each recipe below. Which recipes are whole grain-rich?

## Dinner Rolls

- 1 tablespoon Active Dry Yeast
- 1 ½ cups Warm Water
- 1 ½ cups Enriched All-Purpose Flour
- ¼ cup Sugar
- 1 ½ cups Whole-Wheat Flour
- 1 teaspoon Salt
- 3 Large Eggs
- 2 teaspoons Canola Oil

**Is this recipe whole grain-rich?**

Yes  No

## Cornbread

- 1 ½ cups Whole-Wheat Flour
- 1 ¼ cups Enriched Cornmeal
- ½ cup Enriched Unbleached White Flour
- 2 tablespoons Sugar
- 1 tablespoon Baking Powder
- ¾ teaspoon Salt
- 2 Large Eggs
- 1 ¾ cups Nonfat Milk
- ¼ cup Canola Oil

**Is this recipe whole grain-rich?**

Yes  No

## Pancakes

- 2 ½ cups Rolled Oats
- 1 cup Enriched Rice Flour
- ½ cup Almond Flour
- ¼ cup Nonfat Milk
- 3 tablespoons Sugar
- 3 tablespoons Baking Powder
- 1 tablespoon Salt
- 1 tablespoon Baking Soda
- ½ cup Canola Oil

**Is this recipe whole grain-rich?**

Yes  No

## Answers:

**Dinner Rolls:** Yes, this recipe is whole grain-rich. This recipe has the same amount of whole grain ingredients (1 ½ cups whole-wheat flour) as enriched ingredients (1 ½ cups enriched all-purpose flour). If the total amount of whole grain ingredients is equal to or more than the total amount of enriched, bran, or germ ingredients, the recipe is whole grain-rich.

**Cornbread:** No, this recipe is not whole grain-rich. This recipe has less whole grain ingredients than enriched ingredients. It contains 1 ½ cups of whole grain ingredients (1 ½ cups whole-wheat flour) and 1 ¼ cups of enriched ingredients (1 ¼ cups enriched cornmeal and ½ cup enriched white flour).

**Pancakes:** No, this recipe is not whole grain-rich. This recipe contains a ½ cup of almond flour, which is a non-creditable flour. If the recipe has non-creditable flours or grains, there must be a greater amount of at least three other whole grain, enriched, bran, or germ ingredients in this recipe. This recipe only has two whole grain or enriched ingredients in greater amounts than the almond flour: the 2 ½ cups of rolled oats (whole grain ingredient) and 1 cup of enriched rice flour (enriched ingredient).

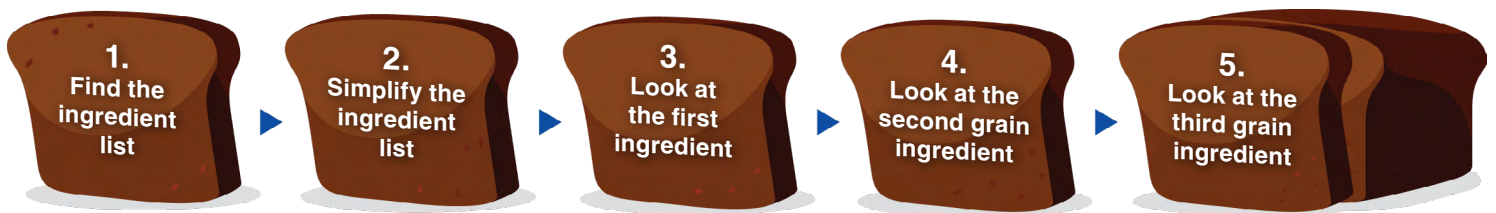
# Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

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. Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.

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



### 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, you can see 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.

## 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...”

**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.*

## 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** below.
- ✓ **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 4.
- ✗ **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.

**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.*

See the *Whole-Grain Ingredients* chart 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 the following page.

## 4. Look for the second grain ingredient ▶

### Does the food have another grain ingredient?

**No:** 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, see **Step 5** on page 3.
- ✗ **No:** 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 more information on flour made from more than one grain ingredient, see “Focus on Flour Blends” on page 4.*

\* 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/FoodComponents/ResourceGrains>) for information on how to determine if an enriched grain is creditable towards the grain component in the CACFP.

## 5. Look for the third grain ingredient ►

### Does the food have a third grain ingredient?

**No:** 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:** If the third 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**.

## Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa/ masa harina
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oats
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted spelt
- 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

## Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- 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 vitamins 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

*Cannot be one of the first three grain ingredients for whole grain-rich items.*

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



## 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.**

If the flour blend is the first grain ingredient on the ingredient list, then you must determine if the flour blend is a whole grain. If the flour blend is made up of only whole-grain ingredients, then the flour blend is a 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 includes any grains that are not whole grains, then the flour blend is not considered a whole grain under the *Rule of Three*.

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)<sup>1</sup>, water, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran)<sup>2</sup>, yeast, salt.

1. The **whole-grain flour** can be considered the **first grain ingredient** when using the Rule of Three. The **whole-grain flour** contains only whole grain-ingredients, so it is a **whole-grain ingredient**.
  2. The **flour blend** can be considered the **second grain ingredient** when using the Rule of Three. The flour blend contains **whole-grain ingredients** (graham flour), **enriched ingredients** (enriched wheat flour, enriched corn flour) and **bran** (wheat bran).
  3. This product does not have a third grain ingredient.
- ✓ The product is considered whole grain-rich.

**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.

## 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 Added Sugars” at <https://www.fns.usda.gov/cacfp-meal-pattern-training-worksheets>.



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

#### 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 credible as a whole grain-rich food in the CACFP using the *Rule of Three*.\*

**INGREDIENTS:** Whole grain oats<sup>1</sup>, corn flour, sugar, salt, tripotassium phosphate, vitamin E. **Vitamins and Minerals**<sup>2</sup>: calcium carbonate, iron and zinc, vitamin C, vitamin B6, vitamin A, vitamin B12.

1. The first ingredient is “**whole grain oats**,” 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**.

#### 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.
- ✗ **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 2 and 3 to look at the second and third grain ingredients.



# How To Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program

Whole grain-rich foods are filled with vitamins and other nutrients that children and adults need for growth, development, and good health.



## Whole Grain-Rich Requirements

“Whole grain-rich” means that at least half the grains in a food are whole grain and the remaining grain ingredients are enriched, bran, or germ. Some examples of enriched and bran and germ ingredients include enriched white flour, oat bran, and wheat germ. In the Child and Adult Care Food Program (CACFP), at least one offering of grains per day must be whole grain-rich. **This requirement does not apply to infants (ages 0 through 11 months).**

## How To Find Whole Grain-Rich Foods

There are many ways to tell if a grain is whole grain-rich in the CACFP. The grain only needs to meet **one** of these methods to be whole grain-rich. It does not need to meet all the methods.

- 1 The Rule of Three.** Foods that meet the *Rule of Three* are whole grain-rich. According to the *Rule of Three*, foods are whole grain-rich if the first ingredient (or second after water) in the food is whole grain, and the second and third grain ingredients are whole grain, enriched, bran, or germ. See “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List” at <https://teamnutrition.usda.gov> for more information.

*In the image to the right, the first grain ingredient is whole grain. There is not a second or third grain ingredient, so this cracker is whole grain-rich. ▶*



## How To Find Whole Grain-Rich Foods (continued)

**2 WIC Lists.** Aside from cereals, any grain included on a State’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Approved Foods List is considered whole grain-rich in the CACFP. This includes tortillas, pastas, rice, and breads on a State WIC list. Not all cereals on a WIC list are whole grain-rich. When using the WIC list to choose a whole grain-rich cereal, be sure to choose one that is marked as whole grain on the WIC list.

**3 Documentation.** Foods that have a standardized recipe or documentation such as a Child Nutrition (CN) Label or a Product Formulation Statement (PFS) showing that whole grains are the primary grain ingredient in the food are whole grain-rich in the CACFP.

**4 Whole Grain-Rich in Schools.** Foods that are considered whole grain-rich in the School Meals program (the National School Lunch Program and School Breakfast Program) are whole grain-rich in the CACFP. Not all grains served in the School Meals programs are whole grain-rich, so be sure to look specifically for foods that are whole grain-rich.



### Information on the Food Package:

**5 FDA Whole Grain Health Claims.** Foods are whole grain-rich if their package has one of the two whole grain health claim statements from the U.S. Food and Drug Administration (FDA):

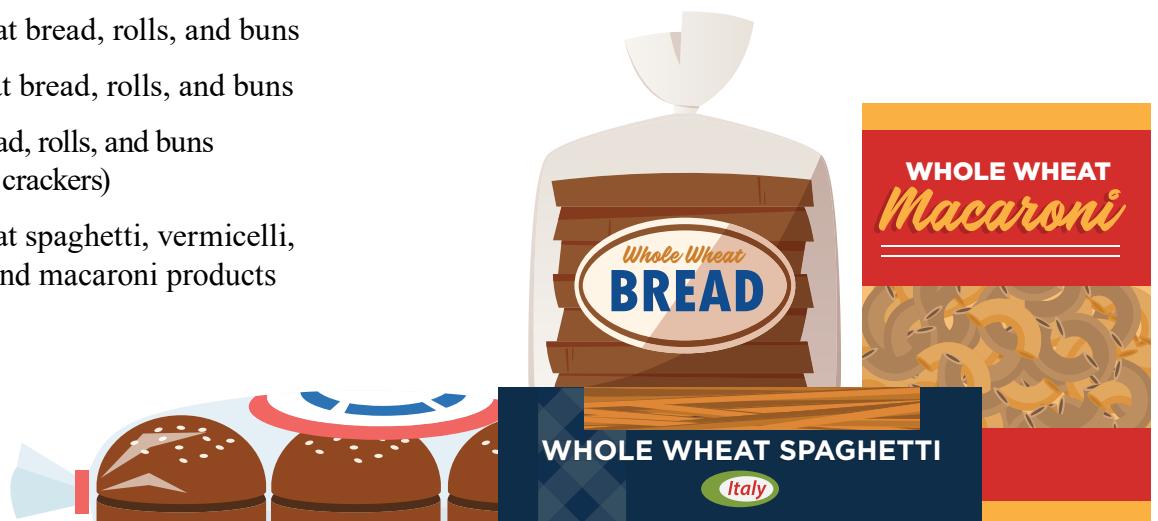
“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and certain cancers.”

or

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

**6 Labels.** Certain breads and pastas that have the words “whole wheat” in the name are whole grain-rich. Foods labeled exactly as written below are whole grain-rich:

- Whole wheat bread, rolls, and buns
- Entire wheat bread, rolls, and buns
- Graham bread, rolls, and buns (not graham crackers)
- Whole wheat spaghetti, vermicelli, macaroni, and macaroni products



## What To Watch Out For

The images below show labels that cannot be used to tell if a food is whole grain-rich. If you see one of these labels on a food, you will still need to use one of the methods listed on pages 1 and 2 to see if the food is whole grain-rich.

?

The term “whole wheat” can only be used to indicate a grain is whole grain-rich in a few limited circumstances. See “Labels” on page 2 for more information.



?

The Whole Grain stamp cannot be used to identify whole grain-rich foods in the CACFP.



?

Foods labeled with “made with whole grains,” “multi-grain,” or “whole grain” may not be whole grain-rich.

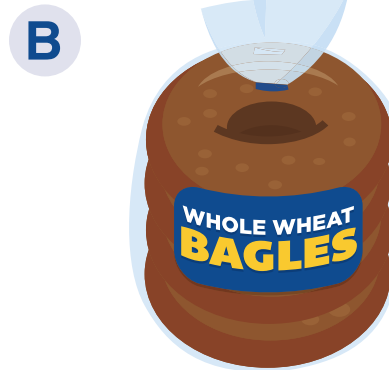


# Try It Out!

Which of the foods below are whole grain-rich in the CACFP?



▲ Listed on your State's WIC list



**Answer:**

A and C are whole grain-rich because:

- The corn tortillas (A) are listed on a State's WIC list and
- The crackers (C) meet the *Rule of Three*. The first ingredient, the whole wheat flour, is whole grain, the second grain ingredient, the enriched flour, is enriched, and the third ingredient, wheat bran, is a type of bran.
- The whole wheat bagel (B) may or may not be whole grain-rich. Only breads and some pastas labeled "whole wheat" are whole grain-rich. You would need to use another method to see if these bagels are whole grain-rich.

# Adding Whole Grains to Your Child and Adult Care Food Program Menu

Whole grain-rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain-rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy.

## How often do I have to serve whole grains in the CACFP?

Each day, at least one of the grain components of a meal or snack must be “whole grain-rich.” Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain-rich requirement for infants.



### If you serve meals and snacks to the same group of children or adults during the day:

- ✓ Serve whole grain-rich items for the grain component at one of the meals or snack each day.

### If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions):

- ✓ Serve whole grain-rich items for the grain component to one of the groups of children or adults each day.

### If you serve only snacks:

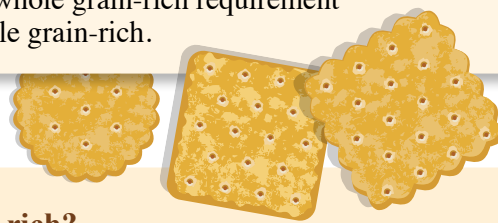
- ✓ You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.

### If you serve only breakfast and want to serve a meat or meat alternate:

- ✓ You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain-rich items for the grain component. If you decide to serve a grain as an “extra” food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain-rich.

### If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve:

- ✓ All grain items offered at the meal you wish to count towards the whole grain-rich requirement must be whole grain-rich.



### Can I serve a grain-based dessert if it is whole grain-rich?

- ✗ Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.

## What are some ways to serve whole grain-rich foods at meals and snacks?

The requirement is that whole grain-rich food items must be offered at least once per day. But, you may choose to offer whole grain-rich food items more often. Check out these easy ways to serve whole grain-rich foods:

Breakfast	Lunch/Supper	Snacks
<ul style="list-style-type: none"> <li><input type="checkbox"/> Oatmeal*</li> <li><input type="checkbox"/> Whole Grain-Rich Pancakes or Waffles</li> <li><input type="checkbox"/> Toast Made with Whole-Wheat Bread</li> <li><input type="checkbox"/> Whole Grain-Rich English Muffin, Bagel, or Biscuit</li> <li><input type="checkbox"/> Whole Grain-Rich Muffin</li> <li><input type="checkbox"/> Whole Grain-Rich Cereal*</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole-Wheat Macaroni or Spaghetti</li> <li><input type="checkbox"/> Brown Rice</li> <li><input type="checkbox"/> Quinoa</li> <li><input type="checkbox"/> Bulgur</li> <li><input type="checkbox"/> Wild Rice</li> <li><input type="checkbox"/> Whole-Wheat Bun or Roll</li> <li><input type="checkbox"/> Whole Grain-Rich Pizza Crust</li> <li><input type="checkbox"/> Whole Grain-Rich Tortilla</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole Grain-Rich Crackers</li> <li><input type="checkbox"/> Whole Grain-Rich Pita Triangles</li> <li><input type="checkbox"/> Whole Grain-Rich Cereal Mix*</li> <li><input type="checkbox"/> Whole Grain-Rich Pretzels</li> <li><input type="checkbox"/> Rice Cakes Made with Brown Rice</li> <li><input type="checkbox"/> Whole Grain-Rich Banana Bread</li> <li><input type="checkbox"/> Whole Grain-Rich Chips</li> </ul>

\*Cereal must meet CACFP sugar limits.

## How can I share information about whole grain-rich foods on my menu?

Some easy ways CACFP providers are highlighting whole grains on their menus include:



Writing “whole wheat” or “WW” in front of an item on the menu, such as “whole-wheat bread” or “WW bread.”



Adding a fun grain icon or picture next to whole grain-rich foods.



Placing a check in a checkbox to show that a food is whole grain-rich.

There are no Federal CACFP requirements that you label which foods are whole grain-rich on your menu. Check with your State agency or sponsoring organization to see what they require. Highlighting whole grain-rich foods on your menu communicates to families how you are providing nutritious foods to their loved ones. Families may see this as a sign of the quality of meals and snacks you are offering.



## Try It Out!

Look at the menus for three CACFP sites below. Which menus meet the CACFP requirement for whole grain-rich?

### Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

**Breakfast:** Chopped strawberries, whole grain-rich waffles, 1% milk

**Lunch:** Baked chicken, 1% milk, broccoli, orange wedges, white rice

**Snack:** Apple slices and string cheese

### Menu 2

Served at an at-risk afterschool center that only serves snack

**Snack:** Enriched pretzels and hummus (bean dip)

**Answer Key:** Menus 1 and 3 meet the CACFP requirement for whole grain-rich. Menu 2 does not meet the CACFP meal pattern requirement for whole grain-rich. Because the center only serves snacks, any grains served at snack must be whole grain-rich. The pretzels in this snack are enriched, not whole grain-rich, so this snack does not meet the requirement.

### Menu 3

Served at an at-risk afterschool center that only serves snack

**Snack:** Celery sticks and sunflower seed butter



# Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes



Grain items prepared from scratch can be a wonderful addition to Child and Adult Care Food Program (CACFP) menus. These items may count toward the minimum amount of grains required at CACFP meals and snacks, which are listed in ounce equivalents (oz eq). **One ounce equivalent (oz eq) is equal to 16 grams of grains.**

To determine how many oz eq of grains are in one serving of a recipe, you can:

- A** Complete the Homemade Grains Worksheet on page 6.

Or

- B** Weigh one serving of the grain item. Compare the weight of the item to what's listed in the "Using Ounce Equivalents for Grains in the CACFP" worksheet at [TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov). You can also compare the weight of the item to what's listed in "Exhibit A: Grains Requirements for Child Nutrition Programs" at [foodbuyingguide.fns.usda.gov](https://www.foodbuyingguide.fns.usda.gov).

# Using the Homemade Grains Worksheet

You can use the Homemade Grains Worksheet on page 6 to help determine how many oz eq of grains are in one serving of your recipe. Complete the worksheet by following the steps below:

- 1 Write the name of the recipe on the line after "Homemade Grains Worksheet." Then, list each creditable grain ingredient in the recipe. Creditable grains include whole grains, enriched grains, bran, and germ. See the Grains Conversion Chart on page 5 for a list of commonly used grain ingredients. If an ingredient in your recipe is not creditable, do not include it in the Homemade Grains Worksheet.

**Pizza Crust**

Yield: 25 servings

**Ingredients**

- 3 ¼ cups enriched bread flour
- 3 ½ cups whole-wheat flour
- ½ cup milk
- ⅓ cup sugar
- 1 tablespoon active dry yeast



*The creditable grain ingredients in this recipe are enriched bread flour and whole-wheat flour.*

## Homemade Grains Worksheet: Pizza Crust

1 Grain Ingredient	2 Amount	Multiply by	3 Conversion Factor	Equals	4 Grams of Grains
Enriched bread flour		x		=	
Whole-wheat flour		x		=	
5 Total Grams of Creditable Grains					



- 2** List the amount of each creditable grain ingredient in the recipe. If amounts are listed as fractions, change the amounts to decimals by using the Fractions and Decimals Chart below.


Fraction	Equals	Decimal
$\frac{1}{8}$	=	0.125
$\frac{1}{4}$	=	0.25
$\frac{1}{3}$	=	0.333
$\frac{3}{8}$	=	0.375
$\frac{1}{2}$	=	0.5
$\frac{5}{8}$	=	0.625
$\frac{2}{3}$	=	0.667
$\frac{3}{4}$	=	0.75
$\frac{7}{8}$	=	0.875

**Pizza Crust**

**Yield: 25 servings**

**Ingredients**

- $3\frac{1}{4}$  cups enriched bread flour
- $3\frac{1}{2}$  cups whole-wheat flour
- $\frac{1}{2}$  cup milk
- $\frac{1}{3}$  cup sugar
- 1 tablespoon active dry yeast



$3\frac{1}{4}$  cups = 3.25 cups  
 $3\frac{1}{2}$  cups = 3.5 cups

1 Grain Ingredient	2 Amount	Multiply by	3 Conversion Factor	Equals	4 Grams of Grains
Enriched bread flour	3.25 cups	x		=	
Whole-wheat flour	3.5 cups	x		=	
5 Total Grams of Creditable Grains					

- 3** If the recipe lists the amount of grain ingredients in grams (g), skip to Step 5. If amounts are listed as cups, ounces, or pounds, you will need to change these measurements to grams. To do so, use the Grains Conversion Chart on page 5 to find the conversion factor for each grain ingredient. Write the conversion factor for each grain ingredient on the worksheet. If the recipe has a creditable grain ingredient that is not listed in the chart, you will need to weigh your ingredient in grams.

1 Grain Ingredient	2 Amount	Multiply by	3 Conversion Factor	Equals	4 Grams of Grains
Enriched bread flour	3.25 cups	x	137 g	=	
Whole-wheat flour	3.5 cups	x	120 g	=	

- 4** Multiply the amount of the creditable grain ingredient by the conversion factor to determine grams of the ingredient. If you have weighed the ingredient, enter the weight under the “Grams of Grains” column.

1 Grain Ingredient	2 Amount	Multiply by	3 Conversion Factor	Equals	4 Grams of Grains
Enriched bread flour	3.25 cups	x	137 g	=	445.25 g
Whole-wheat flour	3.5 cups	x	120 g	=	420 g
5 Total Grams of Creditable Grains					

- 5** Add the grams of all creditable grain ingredients to determine the total grams of creditable grains in the recipe.

1 Grain Ingredient	2 Amount	Multiply by	3 Conversion Factor	Equals	4 Grams of Grains
Enriched bread flour	3.25 cups	x	137 g	=	445.25 g
Whole-wheat flour	3.5 cups	x	120 g	=	420 g
5 Total Grams of Creditable Grains					865.25 g

$$\underline{445.25} \text{ grams of enriched bread flour} + \underline{420} \text{ grams of whole-wheat flour} = \underline{865.25} \text{ grams of creditable grains}$$

- 6** Divide the total grams of creditable grains in the recipe (from Step 5) by the number of servings (yield) in the recipe. This tells you the amount of creditable grains per serving.

$$\underline{865.25} \text{ grams of creditable grains} \div \underline{25} \text{ servings} = \underline{34.61} \text{ grams of creditable grains per serving}$$

- 7** Divide the grams of creditable grains per serving (from Step 6) by 16 grams. This tells you how many ounce equivalents of grains are in each serving.

$$\underline{34.61} \text{ grams of creditable grains per serving} \div \underline{16} \text{ grams} = \underline{2.16} \text{ oz eq of grains per serving}$$

- 8** If the answer in Step 7 ends in a decimal, round the number **down** to the nearest 0.25 oz eq of grains.

$$\underline{2.16} \text{ rounds down to } \underline{2}.$$

One serving of this pizza crust provides 2 oz eq of grains.

# Grains Conversion Chart

Any ingredient: 1 pound (lb) = 453.6 g, 1 ounce (oz) = 28.35 g

Ingredient	Measurement Unit	Conversion Factor
<b>All-Purpose Flour, Enriched, Bleached and Unbleached</b>	1 Cup	125 g
Almond Flour (Not Creditable)	-	-
<b>Bread Flour, Enriched</b>	1 Cup	137 g
Bromated Flour (Not Creditable)	-	-
Chia Seeds (Not Creditable as a Grain)	-	-
Corn Fiber (Not Creditable)	-	-
<b>Corn Masa, Enriched</b>	1 Cup	114 g
Cornmeal, Degerminated (Not Creditable)	-	-
<b>Cornmeal, Enriched, Degermed</b>	1 Cup	138 g
<b>Cornmeal, Whole Grain</b>	1 Cup	122 g
Corn Flour, Yellow (Not Creditable)	-	-
<b>Corn Flour, Whole Grain</b>	1 Cup	117 g
<b>Cracked Wheat</b>	1 Cup	160 g
Flaxseed (Not Creditable as a Grain)	-	-
Lentil Flour (Not Creditable as a Grain)	-	-
<b>Oat Bran</b>	1 Cup	94 g
Oat Fiber (Not Creditable)	-	-
<b>Oat Flour, Whole Grain</b>	1 Cup	120 g
<b>Oats, Quick-Cooking or Rolled</b>	1 Cup	81 g
<b>Rice Flour, Brown</b>	1 Cup	158 g
<b>Rice Flour, Enriched</b>	1 Cup	160 g
Rice Flour, Unenriched (Not Creditable)	-	-
<b>Self-Rising Flour, Enriched</b>	1 Cup	125 g
Sorghum Flour (Not Creditable)	-	-
Tapioca Flour (Not Creditable)	-	-
<b>USDA Foods White Whole Wheat/Enriched 60/40 Blend</b>	1 Cup	120 g
<b>Wheat Bran</b>	1 Cup	58 g
Wheat Flour, Unenriched (Not Creditable)	-	-
<b>Wheat Germ</b>	1 Cup	115 g
<b>White Flour, Enriched</b>	1 Cup	125 g
White Flour, Unenriched (Not Creditable)	-	-
<b>Whole-Wheat Flour</b>	1 Cup	120 g

# Try It Out!

Use the Homemade Grains Worksheet to determine how many oz eq of grains are in one serving of the recipe.

## Multigrain Muffins

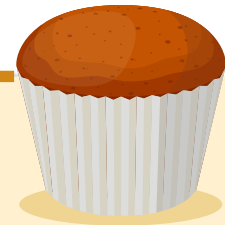
Yield: 15 servings

1 cup whole-wheat flour

1 cup oat bran

½ cup enriched all-purpose flour

⅓ cup flaxseeds



## Homemade Grains Worksheet:

1 Grain Ingredient	2 Amount		3 Conversion Factor		4 Grams of Grains
		x		=	
		x		=	
		x		=	
		x		=	
5 Total Grams of Creditable Grains					

6 \_\_\_\_\_ grams of creditable grains ÷ \_\_\_\_\_ number of servings = \_\_\_\_\_ grams of creditable grains per serving

7 \_\_\_\_\_ grams of creditable grains per serving ÷ 16 grams of grains per oz eq = \_\_\_\_\_ oz eq of grains per serving

8 Round amount of oz eq down to nearest 0.25 oz eq = \_\_\_\_\_ oz eq of grains per serving

8 Round amount of oz eq down to nearest 0.25 oz eq = 1 oz eq of grains per serving

7 18.43 grams of creditable grains per serving ÷ 16 grams of grains per oz eq = 1.15 oz eq of grains per serving

6 276.5 grams of creditable grains ÷ 15 number of servings = 18.43 grams of creditable grains per serving

1 Grain Ingredient	2 Amount	3 Conversion Factor	4 Grams of Grains
Whole-Wheat Flour	1 cup	x	120 g
Enriched All-Purpose Flour	½ cup	x	62.5 g
Oat Bran	1 cup	x	94 g
5 Total Grams of Creditable Grains			276.5

## Homemade Grains Worksheet: Multigrain Muffins

### ANSWER KEY

More training, menu planning, and nutrition education materials for the CACFP can be found at [TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov).

# Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grains in a portion of food.



## How Much is 1 Ounce Equivalent?

0.8 ounce (22 grams)  
of **Cheese Crackers**



= 1 oz eq of grains

1 ounce (28 grams)  
of **Toasted O's Cereal**



= 1 oz eq of grains

2 ounces (55 grams)  
of **Blueberry Muffin**




= 1 oz eq of grains

# Using the Grains Measuring Chart for Single-Serving Packages

To see how many single-serving packages of grains are needed to meet CACFP meal pattern requirements, follow the steps below:

- 1 Look at the Grains Measuring Chart for Single-Serving Packages on pages 2-3 and find the item you are serving under the "Grain Item and Package Weight" column. Grain items are listed in alphabetical order. If the item is not listed, see "What If My Grain is Different?" on page 5.
- 2 Each item on the chart lists a minimum package weight by the name of the item. Look at the package you are serving and find its weight listed on the Nutrition Facts label or on the front of the package. Check that the package weighs the same as, or more than, the weight listed on the chart (see page 4).
- 3 Look at the chart and find the column for the age group of your participants and the meal or snack you are serving. This column lists the number of packages you need to serve to meet the CACFP meal pattern requirement for grains. You may serve more than this amount.

Grains Measuring Chart for Single-Serving Packages			
Grain Item and Package Weight*	Child and Adult Care Food Program 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	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...
 <p><b>Bagel Chips</b> at least 28 grams or 1 ounce</p>	½ package	1 package	2 packages
<b>Cereal, Ready-to-Eat, All Types**</b> at least 28 grams or 1 ounce	½ package	1 package	2 packages
<b>Corn Chips</b> at least 28 grams or 1 ounce	½ package	1 package	2 packages

\*Check that the package you want to serve weighs this amount, or more. See "Finding the Weight of Single-Serving Packages" on page 4 for more information.

\*\*Must contain 6 grams of sugar or less per dry ounce.

All grains served in the CACFP must be whole grain-rich, enriched, or fortified.

## Grains Measuring Chart for Single-Serving Packages

Grain Item and Package Weight*	Child and Adult Care Food Program 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	Adults at Breakfast, Lunch, Supper
	Serve at Least <b>½ oz eq</b> , which equals about...	Serve at Least <b>1 oz eq</b> , which equals about...	Serve at Least <b>2 oz eq</b> , which equals about...
<b>Crackers, Savory</b> (e.g., cheese, saltines, whole-wheat, etc.) at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
<b>Crackers, Sweet</b> (e.g., animal, graham, etc.) at least 28 grams or 1 ounce	½ package	1 package	2 packages
<b>Croissant</b> at least 34 grams or 1.2 ounces	½ package	1 package	2 packages
<b>Grits, Dry</b> at least 28 grams or 1 ounce	½ package	1 package	2 packages
<b>Muffin, All Types</b> (except corn) at least 55 grams or 2 ounces	½ package	1 package	2 packages
<b>Muffin, Corn</b> at least 34 grams or 1.2 ounces	½ package	1 package	2 packages
<b>Oatmeal, Dry</b> (unflavored or flavored)** at least 28 grams or 1 ounce	½ package	1 package	2 packages
<b>Pita Chips</b> at least 28 grams or 1 ounce	½ package	1 package	2 packages
<b>Pretzels, Hard***</b> at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
<b>Popcorn***</b> at least 14 grams or 0.5 ounce	1 package	2 packages	4 packages
<b>Rice Cakes</b> at least 22 grams or 0.8 ounces	½ package	1 package	2 packages
<b>Tortilla Chips</b> at least 28 grams or 1 ounce	½ package	1 package	2 packages

\*Check that the package you want to serve weighs this amount, or more. See “Finding the Weight of Single-Serving Packages” on page 4 for more information.

\*\*Must contain 6 grams of sugar or less per dry ounce.

\*\*\*Choking hazard for children under the age of 4.

**All grains served in the CACFP must be whole grain-rich, enriched, or fortified.**

# Finding the Weight of Single-Serving Packages

All items in the Grains Measuring Chart list weights by the name of the item. Follow the steps below to see if the package of grains you want to serve meets the minimum weight listed in the chart.

1. Find the grain item and the package weight in the Grains Measuring Chart.

For example, a package of hard pretzels must weigh at least 22 grams or 0.8 ounces.

Grain Item and Package Weight*	Child and Adult Care Food Program Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack <b>Adults</b> at Snack	<b>Adults</b> 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...
<b>Pretzel, Hard</b> at least 22 grams or 0.8 ounces	½ package	1 package	2 packages

2. Look at the Nutrition Facts label of the item you are serving. Find the serving size and make sure that it is listed as "1 package" or other similar wording. If the serving size is not listed as 1 package, look for the weight of one package on the front of the package, as shown in the picture below. If the weight of one package is shown on the front of the package, go to Step 4. If the serving size is not 1 package, and the weight of the package is not on the front of the package, see "What If My Grain Is Different?" on page 5.

3. Find the weight of one package. In this example, one package of **Brand P Hard Pretzels** weighs 28 grams.



If the weight of one package is not written on the Nutrition Facts label, look for the weight on the front of the package.

4. Compare the weight of one package to the weight listed in the Grains Measuring Chart. Is this package weight the same as, or heavier than, the weight listed in the Grains Measuring Chart?

**Yes:** Use the Grains Measuring Chart to see how many packages you need to serve to meet CACFP meal pattern requirements.

In this example, a package of hard pretzels must weigh at least 22 grams or 0.8 ounces to use the Grains Measuring Chart. Because 1 package of Brand P hard pretzels weighs 28 grams, you may use the row for "Pretzels, Hard" in the chart to see how many packages of Brand P hard pretzels are needed to meet CACFP meal pattern requirements.

**No:** Use another method to determine how many packages you need to serve to meet CACFP meal pattern requirements. See "What if My Grain Is Different?" on page 5.



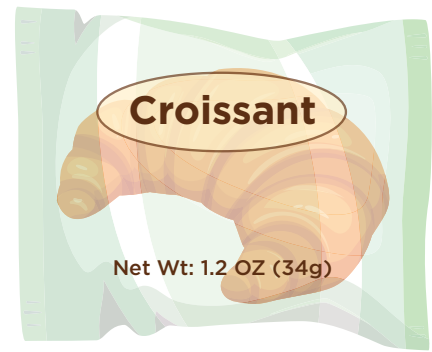
## What If My Grain Is Different?

If the package of grains you are serving:

- is lighter in weight than the item listed in the Grains Measuring Chart, or
- does not list the weight of one package, or
- is not listed on the Grains Measuring Chart,

you will need to use another method to determine how many packages are needed to meet CACFP meal pattern requirements. To do this, you could:

- Use the “Food Buying Guide for Child Nutrition Programs (FBG) Exhibit A Grains Tool” available at [foodbuyingguide.fns.usda.gov](http://foodbuyingguide.fns.usda.gov).
- Use Team Nutrition’s “Calculating Ounce Equivalents for Grains in the CACFP” worksheet available at [TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov).
- Contact your State agency or sponsoring organization for assistance.



## Are There Other Menu Planning Considerations?

If you serve a package that weighs more than what is listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The serving amounts listed in the meal pattern are minimums, so you are allowed to serve more than that amount. However, the tools described under “What If My Grain Is Different?” can also help you determine how much of an item is needed to meet the meal pattern requirements without serving more than what is required. Work with your vendors to purchase single-serving packages of grains that provide the right amount for your participants.

### Answer Key:

See “Try It Out!” practice questions on page 6.

1. You should serve each child at least half (1/2) of a corn muffin. Because each corn muffin weighs 1.2 ounces (34 grams), you may use the row for “Muffin, Corn” in the Grains Measuring Chart (Page 3) to see how many muffins to serve each child.
2. You should serve each participant 2 boxes of Brand B bran flakes cereal. Because one box of this cereal weighs 1 ounce, you may use the row for “Cereal, Ready-to-Eat, All Types” in the Grains Measuring Chart (Page 2) to see how many boxes to serve each participant. You may also serve each participant 1 box of Brand B bran flakes, and serve 1 oz eq of another grain item.
3. No, you should not use the Grains Measuring Chart to see how many bags of Brand S savory crackers to serve. A package of savory crackers must weigh at least 0.8 ounces or 22 grams in order to use the chart. One bag of Brand S savory crackers weighs 0.75 ounces. Because 0.75 ounces is less than 0.8 ounces, you must use another method to see how many packages of Brand S savory crackers to serve.

# Try It Out!

Use the information in this worksheet to answer the questions below.  
See page 5 for the Answer Key.

**1** You want to serve individually wrapped corn muffins at lunch to 3-year-olds. Each corn muffin weighs 1.2 ounces (34 grams). How many corn muffins should you serve each child to meet the minimum amount of grains required at lunch in the CACFP?

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**2** Your adult day care wants to offer single-serving boxes of ready-to-eat cereal at breakfast. One box of Brand B bran flakes weighs 1 ounce (28 grams). How many boxes of bran flakes should you serve each participant to meet the minimum amount of grains required at breakfast?

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**3** Your at-risk afterschool program wants to serve single-serving bags of Brand S savory crackers at snack to 10-year-olds. One single-serving bag of Brand S savory crackers weighs 0.75 ounces (21 grams). Should you use the Grains Measuring Chart to determine how many bags of Brand S savory crackers to serve? Why or why not?

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# Calculating Ounce Equivalents of 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, minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.



Below are three ways you can determine how much of an item you need to serve at CACFP meals and snacks:

- 1 Grains Measuring Chart for the CACFP:** This chart shows the amount of common grain items equal to a ½ ounce equivalent, 1 ounce equivalent, and 2 ounce equivalents. Find the chart in the “Using Ounce Equivalents for Grains in the Child and Adult Care Food Program” worksheet at [fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp](https://fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp).
- 2 Food Buying Guide for Child Nutrition Programs (FBG):** Use this application’s “Exhibit A Grains Tool” to enter information from the Nutrition Facts label of the grain product. It will calculate how many ounce equivalents are in one serving. Use the application’s “Recipe Analysis Workbook” to determine the ounce equivalents of grains in a serving of a standardized recipe. The FBG is available at [foodbuyingguide.fns.usda.gov](https://foodbuyingguide.fns.usda.gov).
- 3 Calculation Method:** Use the information on the item’s Nutrition Facts label, and follow the steps for “Calculating Ounce Equivalents for Grains” beginning on page 2 of this worksheet.

# Calculating Ounce Equivalents for Grains

## What is the requirement?

- 1 Determine the minimum amount of grains you need to serve. Look at the table below. Find the age group of your participants and the meal or snack you are serving.

Write the minimum amount of grains required here: \_\_\_ ounce equivalent(s).

**Example:** You want to serve grains at lunch to 4-year-olds. The minimum amount of grains required at lunch for 1- through 5-year-olds is a ½ ounce equivalent.



Age Group and Meal	Minimum Amount of Grains Required
1- through 5-year-olds at Breakfast, Lunch, Supper, and Snack	½ ounce equivalent
6- through 18-year-olds at Breakfast, Lunch, Supper, and Snack	1 ounce equivalent
Adults at Snack	1 ounce equivalent
Adults at Breakfast, Lunch, and Supper	2 ounce equivalents

- 2 Find the grain item you are serving on the Grains Ounce Equivalents Chart on pages 4 and 5.

Next, find the amount of required ounce equivalent(s) (from Step 1).

Write the weight of the required ounce equivalent(s) here: \_\_\_\_\_ grams (g)

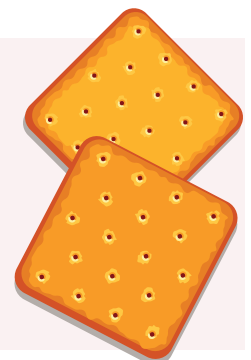
ITEM	¼ oz eq equals	½ oz eq equals	¾ oz eq equals	1 oz eq equals	2 oz eq equals
Bread Sticks (hard)	6 g	11 g	17g	22 g	44 g
Bread-Type Coating	6 g	11 g	17g	22 g	44 g
Chow Mein Noodles	6 g	11 g	17g	22 g	44 g
Crackers, Savory	6 g	11 g	17g	22 g	44 g

### Example:

You are serving savory whole-wheat crackers at lunch to **4-year-olds**.

Step 1 shows that you must serve at least a **½ ounce equivalent** of grains at lunch.

The Grains Ounce Equivalents Chart shows that a **½ ounce equivalent** of savory crackers weighs **11 grams**.



# Calculating Ounce Equivalents for Grains

## How much is needed to meet the requirement?

### Brand C Cheese Crackers

Nutrition Facts	
about 16 servings per container	
Serving Size <b>16 pieces (32g)</b>	
Amount per serving	
<b>Calories</b>	<b>140</b>
_____ % Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>8%</b>
<b>Total Carbohydrate</b> 48g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0.87 mg	4%
Potassium 90mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**3** Now look at the Nutrition Facts label of the grain item you are serving. Find the serving size. Write the weight of one serving here:

\_\_\_\_\_ grams

*One serving of these crackers weighs 32 grams.*

**4** Find the number of items or pieces in one serving. Write the number of items here:

\_\_\_\_\_ items

*There are 16 crackers (pieces) in one serving.*

**5** Divide the weight (grams) of one serving (from Step 3) by the number of items (pieces) in one serving (from Step 4):

\_\_\_\_\_ grams ÷ \_\_\_\_\_ items = \_\_\_\_\_ grams per item

*32 grams ÷ 16 crackers = 2 grams per cracker*

**6** Divide the weight of the required ounce equivalent(s) (from Step 2) by the weight per item (from Step 5):

\_\_\_\_\_ grams ÷ \_\_\_\_\_ grams per item = \_\_\_\_\_ items

*11 grams ÷ 2 grams per cracker = 5.5 crackers*

**7** [As Needed] If the answer in Step 6 ends in a fraction (such as 5 ½) or a decimal (such as 5.5), round the number up to the next whole number.

*Five and a half (5.5) rounds up to 6 crackers. Serve at least 6 Brand C cheese crackers to 4-year-olds to meet the minimum amount of grains required at lunch for this age group in the CACFP.*

More training, menu planning, and nutrition education materials for the CACFP can be found at [TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov).

# Grains Ounce Equivalents Chart



ITEM	¼ oz eq equals	½ oz eq equals	¾ oz eq equals	1 oz eq equals	2 oz eq equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Bulgur/Cracked Wheat*	7 g	14 g	21 g	28 g	56 g
Buns	7 g	14 g	21 g	28 g	56 g
Cereal, Breakfast (all types, including grits, oatmeal, ready-to-eat, etc.)*	7 g	14 g	21 g	28 g	56 g
Cereal Grains (barley, quinoa, etc.)*	7 g	14 g	21 g	28 g	56 g
Chow Mein Noodles (ready-to-eat)	6 g	11 g	17 g	22 g	44 g
Corn Muffins	9 g	17 g	26 g	34 g	68 g
Cornbread	9 g	17 g	26 g	34 g	68 g
Crackers, Savory	6 g	11 g	17 g	22 g	44 g
Crackers, Sweet	7 g	14 g	21 g	28 g	56 g
Croissants	9 g	17 g	26 g	34 g	68 g
Croutons	6 g	11 g	17 g	22 g	44 g

oz eq = ounce equivalent(s)

g = grams

\*Weights listed refer to the dry/uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.



# Grains Ounce Equivalents Chart



ITEM	¼ oz eq equals	½ oz eq equals	¾ oz eq equals	1 oz eq equals	2 oz eq equals
Egg Roll Wrappers	7 g	14 g	21 g	28 g	56 g
English Muffins	7 g	14 g	21 g	28 g	56 g
French Toast	18 g	35 g	52 g	69 g	138 g
Muffins (all, except corn)	14 g	28 g	42 g	55 g	110 g
Pancakes	9 g	17 g	26 g	34 g	68 g
Pasta (whole grain-rich or enriched; all types)*	7 g	14 g	21 g	28 g	56 g
Pie Crust (for savory pies)	9 g	17 g	26 g	34 g	68 g
Pita Bread	7 g	14 g	21 g	28 g	56 g
Pizza Crust	7 g	14 g	21 g	28 g	56 g
Pretzels, Hard	6 g	11 g	17 g	22 g	44 g
Pretzels, Soft	7 g	14 g	21 g	28 g	56 g
Rice*	7 g	14 g	21 g	28 g	56 g
Rolls	7 g	14 g	21 g	28 g	56 g
Stuffing (weights apply to bread in stuffing)*	6 g	11 g	17 g	22 g	44 g
Taco Shells	7 g	14 g	21 g	28 g	56 g
Tortilla Chips	7 g	14 g	21 g	28 g	56 g
Tortillas	7 g	14 g	21 g	28 g	56 g
Waffles	9 g	17 g	26 g	34 g	68 g

oz eq = ounce equivalent(s)

g = grams

\*Weights listed refer to the dry/uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.



# Try It Out!

Follow the steps on pages 2-3 to answer the questions below.

**A**

You want to serve **Brand P hard pretzels** at snack at your afterschool center to children ages 7 to 10 years old. How many pretzels do you need to serve to meet the minimum amount of grains required for this age group?

## Nutrition Facts

11 Servings Per Container

**Serving Size 20 Pretzels (30g)**



**B**

You want to serve brown rice and **Brand T soft flour tortillas** at supper to your adult participants. You will serve 1 ounce equivalent of brown rice. How many tortillas do you need to serve to meet the remaining 1 ounce equivalent of grains required?

## Nutrition Facts

10 Servings Per Container

**Serving Size 2 Tortillas (56g)**



Step	Brand P hard pretzels	Brand T soft flour tortilla
1	Minimum Amount of Grains Required	1 oz eq
2	Weight of Required Oz Eq	22 g
3	Weight of One Serving of Grain Item	30 g
4	Number of Items in One Serving	20 pretzels
5	Weight of One Item (Weight of One Serving ÷ Number of Items)	1.5 grams (30 grams ÷ 20 pretzels)
6	Number of Items to Serve (Weight of Required Oz Eq ÷ Weight of One Item)	14.6 pretzels (22 grams ÷ 1.5 grams)
7	[As Needed] Round Up Items	15 pretzels

You need to serve at least **15 Brand P hard pretzels** to meet minimum serving amounts for grains at snack for this age group.

You need to serve **1 Brand T soft flour tortilla** to meet the remaining 1 ounce equivalent of grains required at supper for this age group.

Answers

**A**

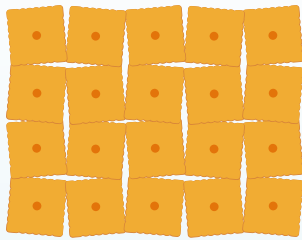
**B**



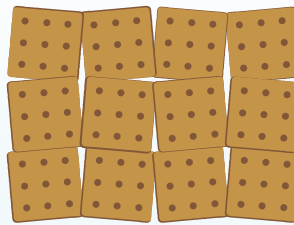
# Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

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.

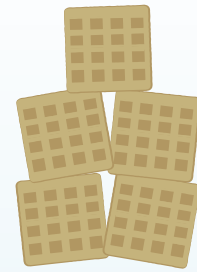
## How Much Is 1 Ounce Equivalent?



**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:
- 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.

**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.

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

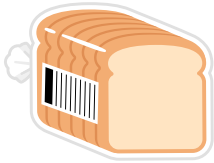
# Grains Measuring Chart for the Child and Adult Care Food Program

 <b>Grain Item and Size</b>	<b>Age Group and Meal</b>		
	<b>1- through 5-year-olds</b> at Breakfast, Lunch, Supper, Snack  <b>Serve at Least</b> ½ oz. eq., which equals about...	<b>6- through 18-year-olds</b> at Breakfast, Lunch, Supper, Snack <b>Adults</b> at Snack only  <b>Serve at Least</b> 1 oz. eq., which equals about...	<b>Adults</b> at Breakfast, Lunch, Supper  <b>Serve at Least</b> 2 oz. eq., which equals about...
<b>Pasta</b> (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
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
<b>Popcorn</b>	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
<b>Pretzel, Hard, Mini-Twist</b> (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
<b>Pretzel, Hard, Thin Stick</b> (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
<b>Pretzel, Soft</b> at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
<b>Rice</b> (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
<b>Rice Cake</b> at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
<b>Rice Cake, Mini</b> (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
<b>Taco or Tostada Shell, Hard</b> at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
<b>Tortilla, Soft, Corn</b> (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
<b>Tortilla, Soft, Flour</b> (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
<b>Tortilla, Soft, Flour</b> (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
<b>Waffle</b> 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
<b>Serve at Least</b> ½ oz. eq., which equals about...	<b>Serve at Least</b> 1 oz. eq., which equals about...	<b>Serve at Least</b> 2 oz. eq., which equals about...	
<b>Pancake</b> 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 <b>3 Pancakes</b> (117g)	
Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	

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

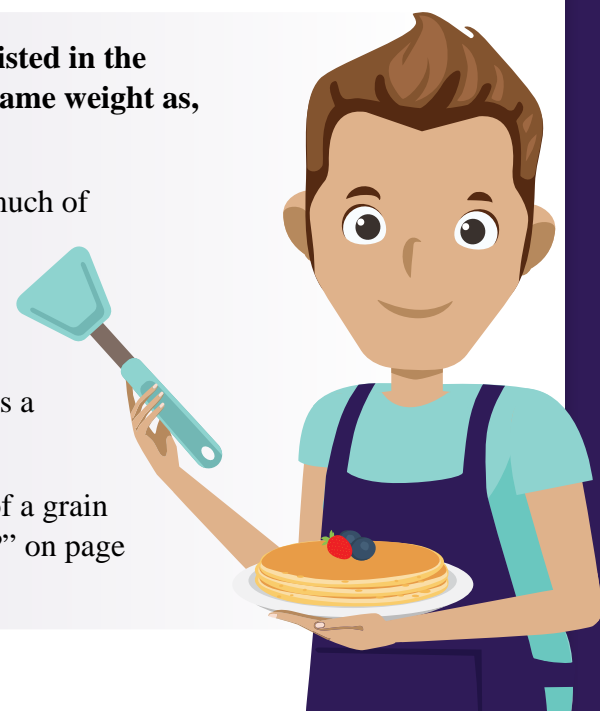
**Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?**



**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?

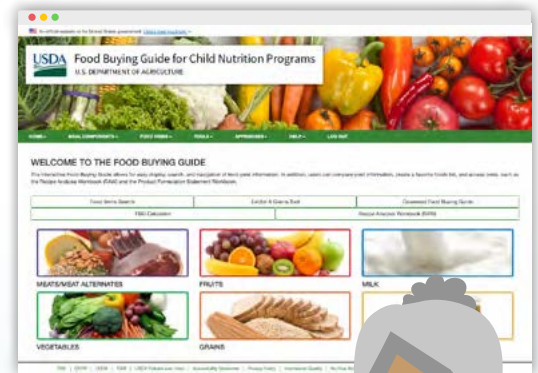
Is the grain item you want to serve:

- 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*.<sup>\*</sup> 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)*<sup>\*</sup> to determine the ounce equivalents per serving for standardized recipes.

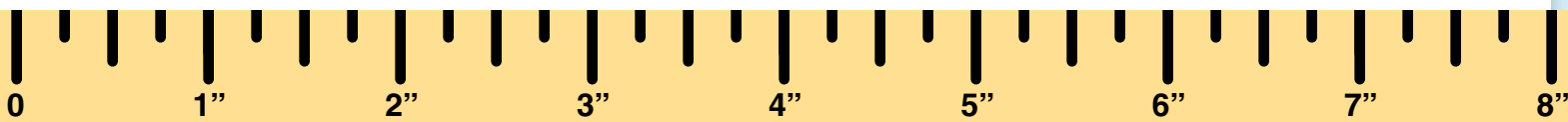
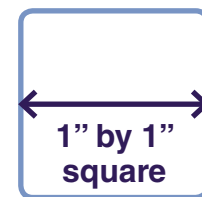
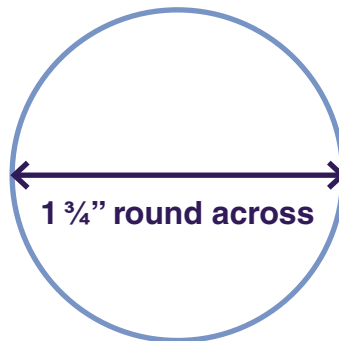
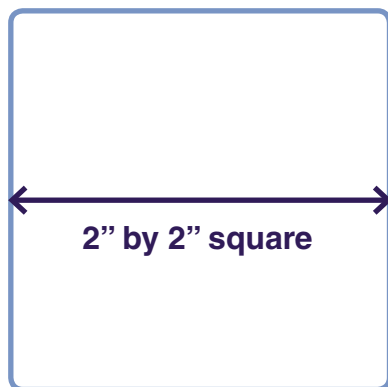
<sup>\*</sup>Available at <https://foodbuyingguide.fns.usda.gov>.



## 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.**



# 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.

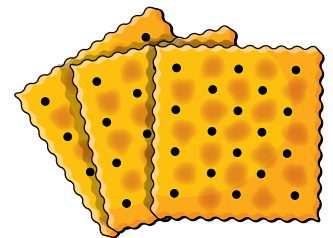


As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

## What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

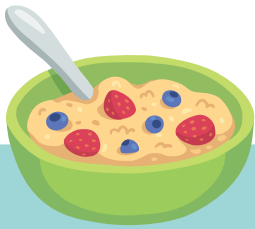
Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> <li>• Brownies</li> <li>• Cakes, including coffee cake and cupcakes</li> <li>• Cereal bars, breakfast bars, and granola bars</li> <li>• Cookies, including vanilla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



**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.”

<b>Instead of serving:</b>	<b>Try:</b>	<b>Other Choices:</b>
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!**



# 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](https://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](https://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](https://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.

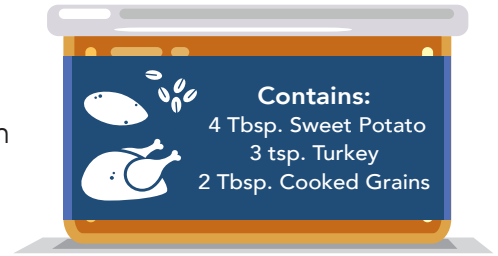


## How Do I Credit Combination Baby Foods? (continued)

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](https://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

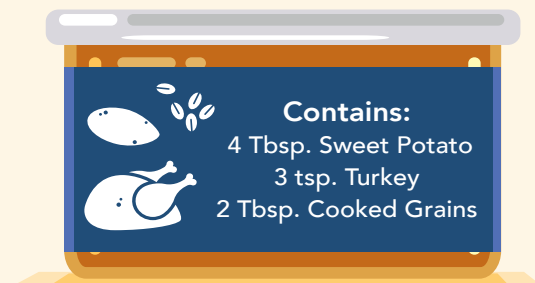
### Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

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?**

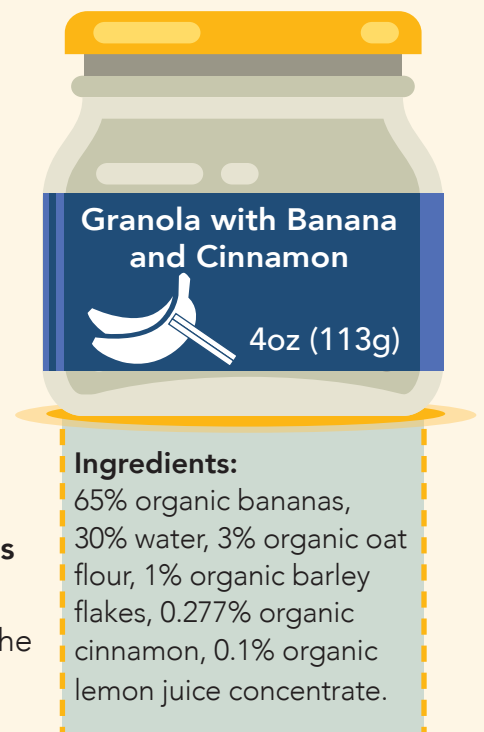
**No.** The food also contains water, oat flour, barley flakes, and other items that do not credit toward the vegetables/fruit component.

**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](http://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](http://fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf).





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

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

## UPDATED INFANT MEAL PATTERN:



### Encourage and Support Breastfeeding:

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



### Developmentally Appropriate Meals:

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

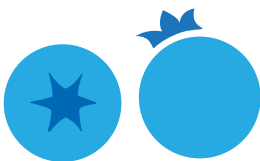


### More Nutritious Meals:

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

## Learn More

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



## PREVIOUS AND UPDATED INFANT MEAL PATTERNS: LETS COMPARE

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

\*Required when infant is developmentally ready.

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