

# INFANT MEAL PATTERN REQUIREMENTS

A CACFP Meal Pattern Requirements Supplemental Training





## Infant Meal Pattern Requirements

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Participant's Workbook



PROJECT COORDINATOR Lutina Cochran, MS, PDS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

www.theicn.org/cacfpmp

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## **双** Table of Contents

Introdu	uction	1
	Training Overview and Objectives	1
	Ground Rules	2
	Training-At-A-Glance	3
Hando	uts and Worksheets	5
	CACFP in the Last 30 Years	5
	Summaries of the Updated Meal Standards	6
	Handout: Infant Meal Pattern	7
	Previous vs. Updated Infant Meal Pattern Requirements	11
	Breastfeeding Friendly Child Care Environment	13
	Creditable Infant Formula	14
	Pair and Share	15
	Developmental Readiness	16
	Apply in Three	17
	Yogurt and Added Sugars Guide	19
	Yogurt, Is it Creditable?	21
	Breakfast Cereal and Added Sugars Guide	23
	Breakfast Cereal, Is it Creditable?	25
	Cooking Methods	27
	Key Points to Remember	29
Appen	dix	31
	Answer Keys	33
	Training Resources	39
	Key Terms	40
	References	41

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## **S** INTRODUCTION

#### **Background Information**

The CACFP Meal Pattern Requirements training was developed based on the updated Child and Adult Care Food Program (CACFP) meal pattern requirements, published on April 25, 2016. This eight-hour training includes an introduction lesson and four core-content lessons: (1) Infant Meal Pattern Requirements, (2) Child and Adult Meal Pattern Requirements, (3) Child and Adult Meal Service, and (4) Optional Best Practices.

To better meet the needs of those in the field, the CACFP Meal Pattern Requirements materials now feature the following supplemental trainings:

- Infant Meal Pattern Requirements
- Child and Adult Meal Pattern Requirements
- Optional Best Practices

#### **Training Overview and Objectives**

This *Infant Meal Pattern Requirements* training features the updated requirements for serving infants based on their growth and development. Through this two-hour training, participants will explore each update to the infant meal pattern, as well as provide tips and strategies for implementation.

At the end of this training, participants will be able to:

- recall at least four changes to the updated infant meal pattern charts,
- summarize at least two requirements for serving breast milk and infant formula based on the updated meal pattern,
- state three strategies that support infants and their developmental readiness for solid foods, and
- identify at least four new requirements for serving more nutritious solid foods to infants.

#### **Target Audience**

This training is designed specifically for individuals operating the CACFP in a child care setting. Target audiences may include, but are not limited to, the following program types:

- Child Care Centers
- Family Child Care Homes

Affiliates, such as sponsoring organizations and State agencies, may also find this training useful when managing or assisting the aforementioned program types.

#### **Functional Area and Competencies**

The core competencies, knowledge, and skills, represented in Functional Area #5: Nutrition and Meal Management, in the Institute of Child Nutrition's *Competencies, Knowledge, and Skills for Child Care Providers in CACFP Operations*, establishes the foundation for providing nutritious meals to all CACFP participants as well as creating an environment supportive to learning healthy eating behaviors. Therefore, this training focuses on the following competencies:

Competency 5.1: Assures appropriate implementation of meal planning, food purchasing, and meal management that meets CACFP meal pattern requirements.

Competency 5.3: Develops procedures to collaborate with CACFP stakeholders to ensure goals for healthy eating and menu planning are met.

Source: Institute of Child Nutrition. (2015). *Competencies, knowledge and skills for child care providers in CACFP operations*. http://www.theicn.org/ResourceOverview.aspx?ID=579

#### **Ground Rules**

To help this training run smoothly and allow all participants to benefit from the course, please refer to the ground rules below.

- Be a team player.
- Be respectful of everyone.
- Share ideas with the class.
- Be on time for all sessions.
- Stand up when your mind goes on vacation.
- Always ask for clarification if you do not understand.
- Turn your mind on and your electronic devices to silent or off.

You can also find these rules on the ICN website at http://theicn.org/Resource Overview.aspx?ID=267

## TRAINING-AT-A-GLANCE

#### Introduction

- Infant Meal Pattern Requirements Major Themes
- Training Overview
- Define Training Success
- Pre-Assessment

Objective 1: Participants will be able to recall at least four changes to the updated infant meal pattern charts.

- Previous vs. Updated Meal Pattern Requirements
- Age Groups

#### BREAK 1

**Objective 2:** Participants will be able to summarize at least two requirements for serving breast milk and infant formula based on the meal pattern.

- Breast Milk
- Infant Formula
- Meal Accommodations

**Objective 3**: Participants will be able to state three strategies that support infants and their developmental readiness for solid foods.

- Developmental Readiness
- The American Academy of Pediatrics (AAP) Developmental Readiness Guidelines
- Optional Written Statement
- Approved Meal Components

#### BREAK 2

**Objective 4:** Participants will be able to identify at least four requirements for serving nutritious solid foods to infants.

- Meals and Snack Requirements
- Nutritious Food Choices

#### Conclusion

- Training Summary
- Post-Assessment

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## HANDOUTS AND WORKSHEETS

#### CACFP in the Last 30 Years



Since 1968, the Child and Adult Care Food Program (CACFP) has been one of the most rewarding federally funded programs available. In fact, it serves nutritious meals and snacks to over 4 million children and nearly 120,000 adults each day as part of the care received in facilities operating this program. Not only has it provided nutritious meals, but this program has also contributed to the overall health and wellness of young children and adults. However, the nutritional needs and the eating habits of children and adults are quite different today from those when the program first started.

According to the *Dietary Guidelines for Americans* (DGA), the overall health status of this country has shifted from deficiencies

in essential nutrients, such as a lack of vitamins A and C, to chronic diseases, such as hypertension, heart disease, type 2 diabetes, and even some forms of cancer. In addition, there has been a shift in eating habits. The DGA reports many Americans are eating diets high in added sugars, saturated fats, and sodium. In addition, about 75% of Americans' diets are low in vegetables, fruits, and dairy. Last, about one in three children are overweight or obese, which is often due to poor eating habits and lack of physical activity.

Because of these shifts, Congress called for United States Department of Agriculture to review and revise the CACFP meal pattern requirement to better align with the DGA and to address the current health status of children and adults. Following this call to action, USDA published the new nutritional standards featuring the updated meal pattern requirements on Monday, April 25, 2016.

The updated meal pattern requirements are expected to enhance the overall nutritional quality of meals and snacks served in CACFP settings. Additionally, these improvements are projected to help young children develop healthy eating habits early and safeguard the overall wellness of adult participants.

In April 2024, USDA FNS published the final rule titled, "Child Nutrition Programs: Meal Patterns Consistent With the 2020—2025 Dietary Guidelines for Americans," which is the next step in continuing the science-based improvement of CACFP meals, as well as advancing USDA's commitment to nutrition security.

#### Summaries of the Updated Meal Standards

USDA recently revised the CACFP meal pattern requirements to ensure infants, children, and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern requirements support breastfeeding and the consumption of vegetables and fruits without added sugars. In addition, these changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input.

#### Encourage and support breastfeeding

- In addition to serving expressed breast milk provided by a parent or guardian, providers may also receive reimbursement for meals when a breastfeeding mother comes to the child care setting and directly breastfeeds her infant.
- Only breast milk and infant formula are served to infants, birth through the end of 5 months, as developmentally appropriate.

#### Developmentally appropriate meals

- There are two age groups, instead of three: birth through the end of 5 months and 6 months through the end of 11 months.
- Solid foods are gradually introduced around 6 months, as developmentally appropriate.

#### More nutritious meals

- The updated meal pattern requirements:
  - o Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months
  - o Juice, cheese food, or cheese spread is not allowed to be served
  - o Allows ready-to-eat cereals for snack only

Adapted Source: USDA, (2016). Updated Child and Adult Care Food Program Meal Patterns: Infant Meals. http://bit.ly/2lylarF.



#### Handout: Infant Meal Pattern



Breakfast					
Component	Birth through 5 months	6 through 11 months			
Breast milk or Iron-fortified infant formula	4–6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	6–8 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup> ; and			
Infant cereal, Meats/meat alternates, or A combination		0-½ ounce equivalent infant cereal; <sup>2</sup> or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; <sup>3</sup> or 0-4 tablespoons (¼ cup) or 2.2 ounces tofu <sup>4</sup> ; or a combination of the above; <sup>5</sup> and			
Vegetable, Fruit, or A combination of both		0–2 tablespoons vegetable or fruit or a combination of both <sup>5,6</sup>			

<sup>&</sup>lt;sup>1</sup> Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more. <sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>&</sup>lt;sup>3</sup> Yogurt may be regular or soy, plain or flavored, unsweetened or sweetened. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

<sup>&</sup>lt;sup>4</sup> The minimum serving amount of commercially prepared tofu for infants 6 through 11 months must contain at least 5 grams of protein.

<sup>&</sup>lt;sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>&</sup>lt;sup>6</sup> Fruit and vegetable juices must not be served.











Lunch and Supper				
Component	Birth through 5 months	6 through 11 months		
Breast milk or Iron-fortified infant formula	4–6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	6–8 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup> ; and		
Infant cereal, Meats/meat alternates, or A combination		0-½ ounce equivalent infant cereal; <sup>2</sup> or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; <sup>3</sup> or 0-4 tablespoons (¼ cup) or 2.2 ounces tofu <sup>4</sup> ; or a combination of the above; <sup>5</sup> and		
Vegetable, Fruit, or A combination of both		0–2 tablespoons vegetable or fruit or a combination of both <sup>5,6</sup>		

 $<sup>^{|1}</sup>$  Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more. <sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>&</sup>lt;sup>3</sup> Yogurt may be regular or soy, plain or flavored, unsweetened or sweetened. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

<sup>&</sup>lt;sup>4</sup> The minimum serving amount of commercially prepared tofu for infants 6 through 11 months must contain at least 5 grams of protein.

<sup>&</sup>lt;sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>&</sup>lt;sup>6</sup> Fruit and vegetable juices must not be served.



Snack					
Component	Birth through 5 months	6 through 11 months			
Breast milk or Iron-fortified infant formula	4–6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	2–4 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup> ; and			
Grains		0-½ ounce equivalent bread or bread-like items; <sup>3</sup> or 0-½ ounce equivalent crackers; <sup>3</sup> or 0-½ ounce equivalent infant cereal; <sup>2,3</sup> or 0-½ ounce equivalent ready-to-eat breakfast cereal; <sup>3,4,5</sup> and			
Vegetable, Fruit, or A combination of both		0–2 tablespoons vegetable or fruit or a combination of both <sup>5,6</sup>			

<sup>&</sup>lt;sup>1</sup> Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

<sup>&</sup>lt;sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>&</sup>lt;sup>3</sup> A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

<sup>&</sup>lt;sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>&</sup>lt;sup>5</sup> Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

<sup>&</sup>lt;sup>6</sup> Fruit and vegetable juices must not be served.

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## Previous vs. Updated Infant Meal Pattern Requirements

	PREVIOUS			UPDATED		
	0–3 MONTHS	4–7 MONTHS	8–11 MONTHS	0–5 MONTHS	6–11 MONTHS	
	4–6 fl oz breast milk or formula	4–8 fl oz breast milk or formula; and	6–8 fl oz breast milk or formula; and	4–6 fl oz breast milk or formula	6–8 fl oz breast milk or formula; and	
BREAKFAST	A C fl oz	0–3 tbsp infant cereal	2–4 tbsp infant cereal; and  1–4 tbsp vegetable, fruit or both  6–8 fl oz breast milk or formula	4. C. fl. oz broost	0-½ oz eq infant cereal, 0-4 tbsp, meat, fish, poultry, whole eggs, cooked dry beans, peas, or lentils; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt or soy yogurt; or 0-4 tbsp (1/4 cup) or 2.2 ounces tofu; or a combination*; and 0-2 tbsp vegetable, fruit or both*	
LUNCH OR SUPPER	4–6 fl oz breast milk or formula	4–8 fl oz breast milk or formula; and	6–8 fl oz breast milk or formula	4–6 fl oz breast milk or formula	6–8 fl oz breast milk or formula; and	
		0–3 tbsp infant cereal; and	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; and		0-½ oz eq infant cereal, 0-4 tbsp, meat, fish, poultry, whole eggs, cooked dry beans, peas, or lentils; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt or soy yogurt; or 0-4 tbsp (1/4 cup) or 2.2 ounces tofu; or a combination*; and	
		0–3 tbsp vegetable, fruit or both	1–4 tbsp vegetable, fruit or both		0–2 tbsp vegetable, fruit or both*	

×	4–6 fl oz breast milk or formula	4–6 fl oz breast milk or formula	2–4 fl oz breast milk, formula, or fruit juice; and	4–6 fl oz breast milk or formula	2–4 fl oz breast milk or formula; and
SNACK			0–½ bread slice or 0−2 crackers		0-½ oz eq bread or bread-like item; or 0-½ oz eq crackers; or 0-½ oz eq infant cereal or 0-½ oz eq ready-to- eat breakfast cereal*; and
					0–2 tbsp vegetable, fruit or both*

<sup>\*</sup>Required when infant is developmentally ready.

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

#### **Breastfeeding Friendly Child Care Environment**

Establishing a breastfeeding friendly environment is one of the most essential ways to show your commitment to infants and their healthy growth and development. Although there are a number of ways to complete this rewarding task, keep these tips and strategies in mind as you move forward.

#### **Essential Items for Breastfeeding Area**

The basic items for establishing a breastfeeding area may include:

- A private area with a door, wall, or curtain
- Appropriate signage identifying the area as a breastfeeding space
- Comfortable chair and small table
- Access to running water and soap
- Flectrical outlets

#### **Establishing Breastfeeding Area Checklist**

Ш	Designate an individual or group to be responsible for development and implementation of the 10 Steps.
	Establish a supportive breastfeeding policy and require that all staff are aware of and follow the policy.
	Establish a supportive worksite policy for staff members who are breastfeeding.
	Train all staff so that they are able to carry out breastfeeding promotion and support activities.
	Create a culturally appropriate breastfeeding friendly environment.
	Inform expectant and new families and visitors about your breastfeeding friendly policies.
	Provide appropriate learning activities for children to learn about breastfeeding.
	Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate
	families and staff that a mother may breastfeed her child wherever they have a legal right to be.
	Establish and maintain connections with your local breastfeeding coalition or other community resources.
	Maintain an updated resource file of community breastfeeding services and resources in an accessible
	area for families.

For additional tips and strategies, refer to the Wisconsin Department of Health Services, 10 Steps to Breastfeeding Friendly Child Care Centers Resource Kit, the original source of this document, at https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf.

#### Creditable Infant Formula

The Food and Drug Administration (FDA) regulates infant formulas marketed in the U.S. These infant formulas meet specific nutrient standards and safety requirements, making them creditable for reimbursement in the CACFP. However, a formula purchased outside the U.S. is not likely to be regulated by the FDA, and therefore, not creditable in the CACFP.



When selecting infant formula, it is important to choose those that meet the criteria for a reimbursable meal. Iron-fortified infant formula must:

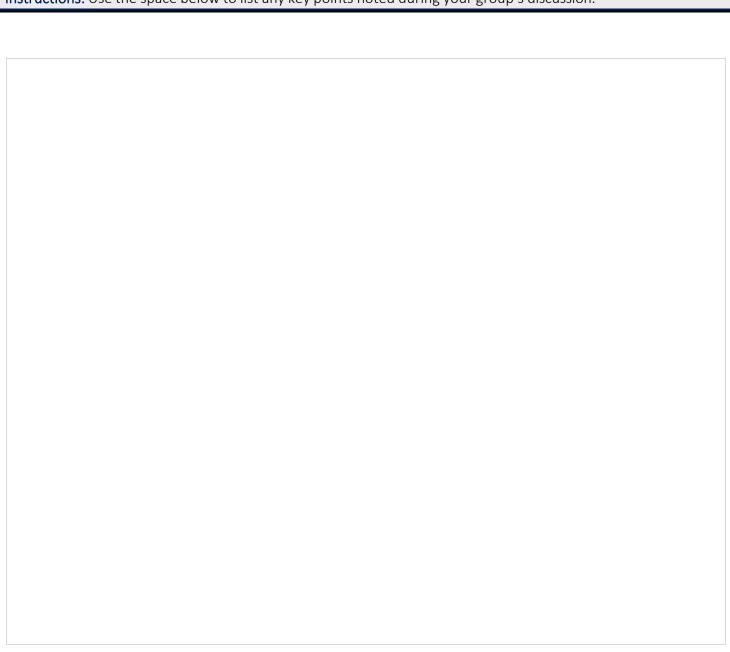
- state "Infant Formula with Iron" or a similar statement on the front of the package. All iron-fortified infant formulas must have this type of statement on the package.
- list 1 milligram of iron per 100 calories on the Nutrition Facts Label.
- not be a Food and Drug Administration (FDA) Exempt Infant Formula. These types of formulas are specifically for infants who have inborn errors of metabolism, lower birth weight, or other special dietary needs.

For additional information on feeding infants, refer to the CACFP 06-2017 Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers.

#### Pair and Share

Purpose: The purpose of this activity is to ensure participants can summarize key requirements for applying the
nformation.

**Instructions:** Use the space below to list any key points noted during your group's discussion.



#### **Developmental Readiness**

Developmental readiness for solid foods is one of the most important times for infants, parents, and guardians. However, when is an infant ready for solid foods? This question is very important because of the significance of the associated health challenges of introducing solid foods to infants too early.

According the American Academy of Pediatrics (AAP), introducing solid foods to infants before they are ready increases an infant's risk of weight gain during the early



years and being overweight later in life. In addition, when infants are not physically ready to accept solid foods, they are at a higher risk of choking because they have not developed the necessary skills for eating solid foods. Another major challenge of serving solid foods too early is infants may consume less breast milk or iron-fortified formula and not get enough essential nutrients for proper growth and development. Therefore, it is important to introduce solid foods to infants around six months when they are developmentally ready to accept them.

There is no single, direct signal to determine when an infant is developmentally ready to accept solid foods. An infant's readiness depends on his or her rate of development. The AAP provides the following guidelines to help determine when an infant is developmentally ready to accept solid foods:

- The infant is able to sit in a high chair, feeding seat, or infant seat with good head control;
- The infant opens his or her mouth when food comes his or her way. He or she may watch others eat, reach for food, and seem eager to be fed;
- The infant can move food from a spoon into his or her throat; and
- The infant has doubled his or her birth weight.

As an early childhood professional working in a Child and Adult Care Food Program (CACFP) setting, it is important to maintain constant communication with infants' parents or guardians about when and what solid foods should be served while the infant is in care. You may find it useful when talking to parents and guardians to use the AAP guidelines to help determine if an infant is developmentally ready to begin eating solid foods. Another great way to ensure you are meeting the needs of the infant is to request in writing when you should start serving solid foods to their infant.

For additional information on developmental readiness, refer to the following resources:

- American Academy of Pediatrics' Infant Food and Feeding
- CACFP 06-2017: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers
- Feeding Infants: A Guide for Use in the Child Nutrition Programs

Con

#### Apply in Three

**Purpose:** The purpose of this activity is to identify the most important information from this section of the training and methods for applying it in a CACFP setting.

**Instructions:** Write at least three things you learned about supporting developmental readiness and some ways in which you can apply this information in your CACFP setting. Once you have finished, find someone from a different group, and share your responses.

1.	What did I learn?	How can I apply it in my CACFP setting?
2.	What did I learn?	How can I apply it in my CACFP setting?
3.	What did I learn?	How can I apply it in my CACFP setting?

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#### Yogurt and Added Sugars Guide

Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

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

#### Table Method

#### Example #1: Serving Size in Ounces

- Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz), on the yogurt. Write it here: <u>6 ounces</u>
- Step 2: Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars. Write it here: 10 grams
- Step 3: Find the serving size, identified in Step 1, in the table below.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Is it creditable? <u>Yes, this yogurt meets the added sugars limit because 10</u> grams of added sugars is less than the added sugars limit of 12g for a 6-oz <u>serving size</u>.

7 servings per contain Serving size	6 oz (170g
Amount Per Serving  Calories	130
	% Daily Value
Total Fat 0g	09
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 10mg	39
Sodium 65mg	39
Total Carbohydrate 17g	69
Dietary Fiber 0g	0°
Total Sugars 14g	
Includes 10g Added S	ugars 20°
Protein 13g	269
Not a significant source of vitamin D, o	calcium, iron, and

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

#### Example #2: Serving Size in Grams

- Step 1: Use the Nutrition Facts label to find the Serving Size, in grams (g), on the yogurt. If the serving size lists "one container," check the front of the package to see how many ounces or grams are in the container. Write it here: 85 grams
- Step 2: Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars. Write it here: <u>9 grams</u>
- Step 3: Find the serving size, identified in Step 1 in the table below.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your yogurt has that amount of added sugars or less, the yogurt meets the added sugars requirement.

Is it creditable? No, this yogurt does not meet the added sugars limit because 9 grams of added sugars is more than the added sugars limit of 6 grams for an 85g serving size.

4 servings per container	
Serving size 1	I/2 cup (85g
Amount Per Serving	400
Calories	100
	% Daily Value
Total Fat 0g	09
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 5mg	29
Sodium 65mg	39
Total Carbohydrate 15g	59
Dietary Fiber 0g	09
Total Sugars 14g	
Includes 9g Added Suga	ars 189
Protein 5g	109
Not a significant source of vitamin D, cal potassium	cium, iron, and

day is used for general nutrition advice.

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

#### Yogurt, Is it Creditable?

**Purpose:** The purpose of this activity is to determine if each yogurt meets the added sugars limit requirements for the CACFP.

**Instructions:** Review each label and use the Added Sugars Limits Table to determine if the yogurt is creditable.

Greek Vogurt with Ranana

	Greek rogare with building
•	Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz
	or grams (g), on the yogurt.
	Write it here:
•	Step 2: Find the amount for Added Sugars.
	Write it here:
•	Step 3: Use the serving size identified in Step 1 to find the serving size o

## your yogurt in the Added Sugars Limit Table. Step 4: In the table, look at the number to the right of the serving size

• **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

io it of cartable.				

#### **Nutrition Facts** 1 servings per container Serving size 5.3 oz (150g) Amount Per Serving **Calories** Total Fat 2.5g Saturated Fat 1.5g Trans Fat 0g Cholesterol 15mg 5% Sodium 50mg 2% Total Carbohydrate 17g 6% Dietary Fiber 1g 4% Total Sugars 14g Includes 8g Added Sugars 16% Protein 11g 22% Not a significant source of vitamin D, calcium, iron, and potassium 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.

#### **Plain Yogurt**

•	<b>Step 1:</b> Use the Nutrition Facts label to find the Serving Size, in ounce
	(oz) or grams (g), on the yogurt.

Write it here:

Is it creditable?

• Step 2: Find the amount for Added Sugars.

Write it here: \_\_\_\_\_

- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

Is it creditable?

Nutrition	racts
4 servings per container	
Serving size	8 oz (227g)
Amount Per Serving	222
Calories	220
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 7g Added Suga	rs 14%
Protein 20g	40%
Not a significant source of vitamin D, calc potassium	ium, iron, and

day is used for general nutrition advice.

Raspl	berry	/ Soy	/ Yog	gurt
-------	-------	-------	-------	------

١	•	<b>Step 1:</b> Use the Nutrition Facts label to find the Serving Size, in ounces
		(oz) or grams (g), on the yogurt.

Write it here:

• Step 2: Find the amount for Added Sugars.

Write it here: \_\_\_\_\_

- Step 3: Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

Is it creditable?

#### **Nutrition Facts**

1 servings per container

Serving size 6 oz (170g)

Amount Per Serving Calories

160

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 16g Added Sugars	32%
Protein 8g	16%

Not a significant source of vitamin D, calcium, iron, and potassium

#### Yogurt with Mixed Berry

• Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.

Write it here: \_\_\_\_\_

• Step 2: Find the amount for Added Sugars.

Write it here:

- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

Is it creditable?

#### **Nutrition Facts**

4 servings per container

Serving size 2.5 oz (71g)

## Amount Per Serving Calories

120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 85mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

<sup>\*</sup>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.

<sup>\*</sup>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.

#### **Breakfast Cereal and Sugar Guide**

**Requirement:** Breakfast cereals must meet the CACFP added sugars limit. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

#### WIC-Approved Breakfast Cereals List

Use any State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list for creditable breakfast cereals. Similar to CACFP, all WIC-approved breakfast cereals meet the added sugars limit.

Website: www.fns.usda.gov/wic/wic-contacts

#### **Table Method**

- Step 1: Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal. Write it here: <u>30 grams</u>
- Step 2: Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars. Write it here: 5 grams
- Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your breakfast cereal has that amount of added sugars or less, it meets the added sugars limit. Is it creditable? <u>Yes, this cereal is creditable because 5 grams of added sugars is below the added sugars limit of 6 grams for a 30g serving size.</u>

5 servings per con	
Serving size	3/4 cup (30g
Amount Per Serving Calories	100
	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20	g <b>7</b> %
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 5g Adde	d Sugars 10%
Protein 5g	10%

Added	Sugars	Limits	Table
Auueu	Jugais	LIIIIII	Ianic

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

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#### Breakfast Cereal, Is it Creditable?

Purpose: The purpose of this activity is to determine if each food item meets the breakfast cereal guidelines for the CACFP meal pattern.

**Instructions:** Review each label and use the Added Sugars Limits Table to determine if the cereal is creditable.

Mu	lti-Co	olor F	Round	lς
IVIU	U	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	(Ourid	ı

- **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here:
- **Step 2:** Find the amount for Added Sugars.

Write it here:

- Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars, or less, your cereal meets the added sugars requirement.

Is it creditable?
-------------------

#### Nutrition Facts

8 servings per container

Serving size 1 cup (32g)

Amount Per Serving

120

Calories	130	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 180mg	8%	
Total Carbohydrate 27g	10%	
Dietary Fiber 3g	11%	
Total Sugars 23g		
Includes 10g Added Sugars	20%	
Protein 1a	2%	

Not a significant source of vitamin D, calcium, iron, and

\*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.

#### Honey Frosty O's

- **Step 1**: Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here:
- Step 2: Find the amount for Added Sugars.

Write it here:

- Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars, or less, your cereal meets the added sugars requirement.

Is it creditable?	

#### **Nutrition Facts**

12 servings per container

Serving size 3/4 cup (30g)

## Amount Per Serving

Calories	120
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 12g Added Sugars	24%
Protein 1g	2%

Not a significant source of vitamin D, calcium, iron, and

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.



ice		

• Step 1: Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here: \_\_\_\_\_

• Step 2: Find the amount for Added Sugars.

Write it here:

- Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars, or less, your cereal meets the added sugars requirement.

Is it creditable?

#### **Nutrition Facts**

12 servings per container

Serving size 3/4 cup (28g)

Amount Per Serving

110

Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

#### **Champion Flakes**

- **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here:
- Step 2: Find the amount for Added Sugars.

Write it here:

- Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars, or less, your cereal meets the added sugars requirement.

Is it creditable? \_\_\_\_\_

#### **Nutrition Facts**

1 servings per container

Serving size 1 bowl (33g)

## Amount Per Serving Calories

120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

## **Cooking Methods**

#### Roasting or Baking

- Cooking meat, poultry, fish, or vegetables in the oven without liquid and no cover on the cooking vessel.
- Remove all visible fat from poultry or beef.
- Add appropriate seasonings and flavorings to replace the flavor lost when fat is removed. Since salt
  penetrates meat only about an inch and delays browning, most recipes suggest adding salt at the
  end of cooking. Do not add salt unless the recipe calls for it.
- When using a meat thermometer, place it in the thickest part of the meat, away from bone or fat.
- Place in the cooking dish/pan. Do not cover or add any liquid to meat or poultry. Place meat on a rack when appropriate so fat will drain, and hot air can circulate on all sides.
- Follow the recipe for the oven temperature until the food reaches the appropriate internal temperature as specified in the recipe.
- Remove from the oven and serve. For large pieces of meat, like a turkey or a large roast, allow the meat to sit in a warm place for about 15 minutes before carving or slicing. This makes the meat firmer, juicier, and easier to slice. Slice meat across the grain.
- If meat or poultry is not served immediately, cover it and keep it in a warmer at the correct temperature or chill it in the refrigerator. Never hold a meat product at room temperature.

#### Sautéing

- Sautéing uses high heat and a small amount of fat to rapidly cook vegetables, meat, poultry, and fish.
   Searing and stir-frying are sautéing techniques.
- Prepare the meat or poultry by making sure it is dry. If a marinade is used, drain it thoroughly and pat the food dry. Food with a lot of moisture will steam rather than sauté.
- Add oil to the pan according to the recipe. Measure the oil carefully.
- Heat the oil; add the meat, poultry, or fish to the pan in a single layer. If the pieces are touching, the product will steam, not sauté.
- Cook the meat by turning until browned on all sides and cooked evenly. Some recipes suggest that the cooked meat be removed from the pan and the remaining juices be used to make a sauce. Follow the recipe.
- Cook sautéed meals in batches just in time for service. Covering sautéed food during holding causes it to steam, and the advantages of the sauté technique are lost. Serve immediately. Never hold a meat product at room temperature.

#### **Braising and Stewing**

- Braising and stewing are a combination of dry-heat and moist-heat cooking used for less tender cuts of meat. Braising is used for large cuts of meat. The same technique is called stewing when used for bite-sized pieces of meat, poultry, or fish.
- Trim fat and prepare meat according to the recipe.
- Sear the meat on all sides. Searing meat before braising or stewing adds color and flavor. Follow the recipe to use a small amount of oil or, preferably, no oil. Use a pan in the oven or a steam-jacketed kettle for large pieces of meat. For smaller pieces, use a grill or brown them in a hot oven.
- Remove the meat from the pan and add any vegetables or seasonings called for in the recipe.
- Add the seared meat back to the cooking pan along with the liquid for cooking.
- Cover tightly and simmer until tender. Follow the recipe for the temperature and time for the equipment being used. Do not allow the liquid to boil. The size of the cut of meat and the kind of meat will influence the cooking time. Braised or stewed meat is done when it is tender.
- Remove the meat from the cooking liquid. Some recipes suggest that the liquid be cooked for an additional time to reduce the volume and concentrate the flavor. The cooking liquid may also be thickened with a roux.
- If the meat, poultry, or fish are not served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator.

## Key Points to Remember

**Purpose:** The purpose of this activity is to reflect on the information covered in this lesson and to list any key points needed for later use.

**Instructions:** Think about the information covered in this lesson. List some key points you wish to remember for when you return to your facility.

Key Point 1:	
Key Point 2:	
Key Point 3:	
Key Point 4:	



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## APPENDIX

Answer Keys	33
Training Resources	39
Key Terms	
References	

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### **Answer Key**

\* There are no right or wrong answers for this activity. These points are simply some potential responses.

#### Answer Key: Pair and Share\*

- Requirement: Meals may be claimed when a mother breastfeeds her infant on-site.
   Application: Establish a private, comfortable, and sanitary area for mothers to breastfeed on-site.
- Requirement: Some infants may not consume the entire serving of breast milk. In these situations, meals are reimbursable as long as the remaining portion is offered later if the infant will consume more.
- Application: Serve infants based on their eating habits, making certain to never force-feed infants.
   Requirement: Infant formula must be regulated by FDA. If purchased and/or marketed in the U.S., it is regulated by the FDA. However, if purchased outside the U.S. it may not be regulated by the FDA; therefore, not creditable.
  - Application: Purchase infant formula marketed in the U.S.
- Requirement: Write "breastfed on-site," "mother on-site," or similar statements on infant meal record sheets when a mother directly breastfeeds her infant on-site.
  - Application: Work with my State agency to identify the best form to document on-site breastfeeding.

Answer Key: Apply in Three*		
1. What did I learn?	How can I apply it in my CACFP setting?	
Serving infants: Infants may be served before or after 6 months.	<ul> <li>I will train my staff on the importance of serving infants solid foods when they are developmentally ready to accept them.</li> </ul>	
2. What did I learn?	How can I apply it in my CACFP setting?	
<ul> <li>Recognizing signals: There is no direct signal to determine when an infant is developmentally ready to accept solid foods.</li> </ul>	<ul> <li>I can use the AAP guidelines to help parents identify when an infant is developmentally ready for solid foods.</li> </ul>	
3. What did I learn?	How can I apply it in my CACFP setting?	
<ul> <li>Parent communication: Requesting a written statement from parents is ideal for meeting the needs of infants and parents when serving new foods.</li> </ul>	<ul> <li>I can request a written statement from all parents to ensure I am meeting their needs when first serving new foods to infants.</li> </ul>	



#### Answer Key: Yogurt, Is it Creditable?

#### Greek Yogurt with Banana

- Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: <u>5.3 ounce</u>
- Step 2: Find the amount for Added Sugars. Write it here: 8 grams
- Step 3: Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. Is it creditable? <u>Yes, because 8 grams of added sugars is less than the added sugars limit of 10g for a 5.3-oz serving size</u>

1 servings per conf Serving size	5.3 oz (150
Amount Per Serving Calories	130
	% Daily Valu
Total Fat 2.5g	3
Saturated Fat 1.5g	8
Trans Fat 0g	
Cholesterol 15mg	5
Sodium 50mg	2
Total Carbohydrate 17	g 6
Dietary Fiber 1g	4
Total Sugars 14g	
Includes 8g Added	d Sugars 16
Protein 11g	22

#### Plain Yogurt

- Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: <u>8 ounces</u>
- Step 2: Find the amount for Added Sugars. Write it here: 7 grams
- Step 3: Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. Is it creditable? <u>Yes, because 7 grams of added sugars is less than the added sugars limit of 16g for an 8-oz serving size</u>

# A servings per container 4 servings per container Serving size 8 oz (227g) Amount Per Serving Calories 220 Total Fat 11g 4% Saturated Fat 8g 40% Trans Fat 0g Cholesterol 30mg 10% Sodium 80mg 3% Total Carbohydrate 9g 3% Total Sugars 8g Includes 7g Added Sugars 14% Protein 20g 40% Includes 7g Added Sugars 14% Includes 7g Added Sugars Includes 7g Added Sugars Includes 7

#### Raspberry Soy Yogurt

- Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: <u>6 ounces</u>
- Step 2: Find the amount for Added Sugars. Write it here: 16 grams
- Step 3: Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. Is it creditable? <u>No, because 16 grams of added sugars is</u> above the added sugars limit of 12q for a 6-oz serving size

Serving size	6 oz (170g
Amount Per Serving Calories	160
	% Daily Valu
Total Fat 2.5g	3
Saturated Fat 1.5g	8
Trans Fat 0g	
Cholesterol 10mg	3
Sodium 105mg	5
Total Carbohydrate 23g	8
Dietary Fiber 0g	0
Total Sugars 21g	
Includes 16g Added Sug	ars 32
Protein 8g	16
Not a significant source of vitamin D, call potassium	cium, iron, and

#### Yogurt with Mixed Berry

- Step 1: Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: <u>2.5 ounces</u>
- Step 2: Find the amount for Added Sugars. Write it here: 10 grams
- Step 3: Use the serving size identified in Step 1 to find the serving size of your yogurt
  in the Added Sugars Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. Is it creditable? <u>No, because 10 grams of added sugars is above the sugar limit of 5q for a 2.5-oz serving size</u>

#### **Nutrition Facts** 4 servings per container 2.5 oz (71g) Serving size nount Per Servi 120 **Calories** Total Fat 1g Saturated Fat 0g 1% Trans Fat 0g Cholesterol 20mg Sodium 85mg 4% Total Carbohydrate 15g 5% 4% Total Sugars 14g Includes 10g Added Sugars 20% 4%

#### Answer Key: Breakfast Cereal, Is it Creditable?

#### **Multi-Color Rounds**

- Step 1: Use the Nutrition Facts label to find the Serving Size on the cereal.
   Write it here: 32 grams
- Step 2: Find the amount for Added Sugars. Write it here: 10 grams
- Step 3: Find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement. Is it creditable? No, because 10 grams of added sugars is higher than the added sugars limit of 7g for a 32g serving size

Nutrition	гас
8 servings per containe	er
Serving size	1 cup (32
Amount Per Serving	40
Calories	130
	% Daily Val
Total Fat 0g	(
Saturated Fat 0g	(
Trans Fat 0g	
Cholesterol 0mg	(
Sodium 180mg	8
Total Carbohydrate 27g	10
Dietary Fiber 3g	11
Total Sugars 23g	
Includes 10g Added Su	igars 20
Protein 1g	2
Not a significant source of vitamin D, co potassium	alcium, iron, and

#### Honey Frosty O's

- Step 1: Use the Nutrition Facts label to find the Serving Size on the cereal.
   Write it here: <u>30 grams</u>
- Step 2: Find the amount for Added Sugars. Write it here: <u>12 grams</u>
- Step 3: Find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement. Is it creditable? <u>No, because 12</u> grams of added sugars is higher than the added sugars limit of 6g for a 30g serving size

#### **Nutrition Facts** 12 servings per container 3/4 cup (30g) Serving size 120 **Calories** Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg Total Carbohydrate 27g 10% Dietary Fiber 0g Total Sugars 17g Includes 12g Added Sugars Not a significant source of vita 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.

#### **Rice Puffs**

- Step 1: Use the Nutrition Facts Label to find the Serving Size on the cereal.
   Write it here: <u>28 grams</u>
- Step 2: Find the amount for Added Sugars. Write it here: 9 grams
- Step 3: Find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement. Is it creditable? No, because 9 grams of added sugars is higher than the added sugars limit of 6g for a 28g serving size

# Nutrition Facts 12 servings per container Serving size 3/4 cup (28g) Amount Per Serving Calories 110 \*\*Losily Value\* Total Fat 1.5g 22% Saturated Fat 0g 0%, Trans Fat 0g Cholesterol 0mg 0%, Sodium 160mg 7%, Dotal Carboydrate 22g 8%, Dietary Fiber 2g 7%, Total Sugars 14g 16cludes 9g Added Sugars 18%, Protein 2g 4%, Not a significant source of vitamin D, calcium, non, and other serving of hod contributes to a clark give 12, 2000 calciums a serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as serving of hod contributes to a clark give 12, 2000 calciums as a clark give 12, 2000 calc

#### **Champion Flakes**

- **Step 1**: Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here: *33 grams*
- Step 2: Find the amount for Added Sugars. Write it here: <u>3 grams</u>
- Step 3: Find the serving size of your cereal in the Added Sugars Limits Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement. Is it creditable? <u>Yes, because 3</u> grams of added sugars is less than the added sugars limit of 7g for a 33g serving size





#### Answer Key: Recall that Term

- Term Card 1: Breast Milk
  - Only breast milk (or infant formula) should be served to infants, birth through 6 months of age. Child care providers may be reimbursed for meals when a mother directly breastfeeds her infant on-site or when a parent or guardian supplies expressed breast milk.
- Term Card 2: Gradual Introduction
  - o Infants should be gradually introduced to solid foods around 6 months of age, as they are developmentally ready to accept them.
- Term Card 3: Infant Age Groups
  - o Infant age groups consist of birth through the end of 5 months and 6 months through the end of 11 months.
- Term Card 4: Ready-to-Eat Cereals
  - O During snack meals, ready-to-eat cereals may be served to meet the grains component. Ready-to-eat cereals must contain no more than 6 grams of added sugars per dry ounce.
- Term Card 5: 4–6 Fluid Ounces
  - o Infants ages zero through the end of 5 months must be served 4 to 6 fluid ounces of breast milk or infant formula at each meal.
- Term Card 6: Vegetables and Fruits
  - All meals and snacks must include vegetables and fruits when the infant is developmentally ready to accept them.
- Term Card 7: Juice
  - o Juice is not reimbursable for infant meals or snacks.
- Term Card 8: Cheese Spreads
  - o Cheese foods or cheese spreads are not reimbursable for infant meals or snacks.
- Term Card 9: Developmental Readiness
  - O Solid foods must be served when an infant is developmentally ready. Communicate with parents or guardians to determine when and what solid foods should be served.
- Term Card 10: Yogurt Added Sugars Limit
  - o Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

#### Answer Key: Key Points to Remember\*

**Key Point 1:** There are two age groups: birth through the end of 5 months and 6 months through the end of 11 months.

**Key Point 2:** Infants should be gradually introduced to solid foods around 6 months, as developmentally appropriate.

**Key Point 3:** Juice, cheese food, or cheese spread do not credit as part of a reimbursable meal for infant meals or snacks.

**Key Point 4:** Ready-to-eat cereals credit as part of a reimbursable snack only.

#### Assessments

- 1. The CACFP meal patterns include \_\_\_\_\_\_.
  - D. All of the above
- 2. How many times can a CACFP operator serve juice to infants in a single day?
  - C. 0 times per day
- 3. Breast milk may be served to participants of any age. True or False?
  - True
- 4. Yogurt must contain no more than grams of added sugars per ounces.
  - C. 12 grams, 6 ounces
- 5. Breakfast cereals must contain no more than grams of added sugars per dry ounce.
  - C six
- 6. The infant meal pattern requirements allow ready-to-eat cereals to be served during
  - C. snack
- 7. What are the two infant age groups?
  - B. birth through the end of 5 months and 6 months through the end of 11 months
- 8. Cheese foods and cheese spreads are creditable items. True or False?
  - B. False
- 9. Which frying method is not allowed as an approved method for preparing meals on-site in CACFP settings?
  - B. Deep-fat frying
- 10. Choose the correct statement regarding eggs and infant meals and snacks.
  - B. Only whole eggs are allowed as part of a reimbursable meal or snack.

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## **Training Resources**

Resource	Link
7 CFR 226.20(g)(3)	http://bit.ly/2nfl4BC-ICN
Final Rule - Child Nutrition Programs: Meal Patterns Consistent With the 2020—	https://rb.gy/9p3pno
2025 Dietary Guidelines for Americans	
CACFP 06-2017 Feeding Infants and Meal Pattern Requirements in the Child	http://bit.ly/2kPs2g7ICN
and Adult Care Food Program; Questions and Answers	
CACFP 09-2017 Vegetable and Fruit Requirements in CACFP: Q&A	http://bit.ly/2paPxUY
CACFP 13-2017: Transition Period for the Updated Child and Adult Care Food	http://bit.ly/2yIOnmM-ICN
Program Meal Patterns and the Updated Meal National School Lunch Program	
and School Breakfast Program Infant and Preschool Meal Patterns	
CACFP 14-2017 Modifications to Accommodate Disabilities in the Child and	http://bit.ly/2y1qlXl
Adult Care Food Program and Summer Food Service Program	
Child and Adult Care Food Program: Meal Pattern Revisions Related to the	http://bit.ly/2cH2iUF-ICN
Healthy, Hunger-Free Kids Act of 2010	
FDA Exempt Infant Formula, refer to the Exempt Infant Formulas Marketed in	http://bit.ly/2bUSCVw-ICN
the United States By Manufacturer and Category	
Feeding Infants: A Guide for Use in the Child Nutrition Programs	http://bit.ly/2cilGWf_ICN
Feeding Infants: A Guide for Use in the Child Nutrition Programs	http://bit.ly/2ciIGWf_ICN
Food Buying Guide for Child Nutrition Program Exhibit A	http://bit.ly/2cekmmR-ICN
Team Nutrition Resource Library	http://bit.ly/2bZfTnz-ICN
Ten Steps to Breastfeeding Friendly Child Care Centers Resource Kit	http://bit.ly/2bZmluE-ICN



## **Key Terms**

Key Terms	Definition
Dietary Guidelines for Americans	The nation's trusted resource for evidence-based nutrition recommendations. This resource provides policy makers and professionals with the information they need to help the public make informed choices about their diets at home, school, work, and within their communities.
Expressed milk	Milk that is produced and expelled from the breast, bottled, and served to the infant.
Family-style meal service	A type of meal service that allows children and adults to serve themselves from common platters of food with assistance of supervising adults.
Grain-based desserts	Grain-based desserts are those items in USDA's Food Buying Guide for Child Nutrition Programs that are denoted as desserts with superscripts 3 and 4.  This definition of grain-based desserts includes cakes, cookies, sweet piecrusts, fruit turnovers, doughnuts, cereal, breakfast, and granola bars, toaster pastries, sweet rolls, sweet crackers, and brownies.
Meal components	Food categories that make up a reimbursable meal, including fluid milk, vegetables, fruits, grains, and meats/meat alternates.
Meal pattern	A specific template with meal components and minimum serving sizes for different age groups that must be followed for the meal to be reimbursed. The template is customized for breakfast, lunch, supper, and snacks.
Offer Versus Serve (OVS)	OVS is a concept that applies to menu planning and the menu service.  OVS allows participants to decline some of the food offered in a reimbursable breakfast, lunch or supper. OVS is not allowed for snacks and can only be used in at-risk afterschool programs and adult day care centers.
Reimbursable meal	Meals that meet all applicable meal pattern requirements.
Whole grain-rich	Term designated by the USDA Food and Nutrition Service (FNS) to indicate that the grain content of a product is between 50 and 100 percent whole grain, with any remaining grains being enriched.



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