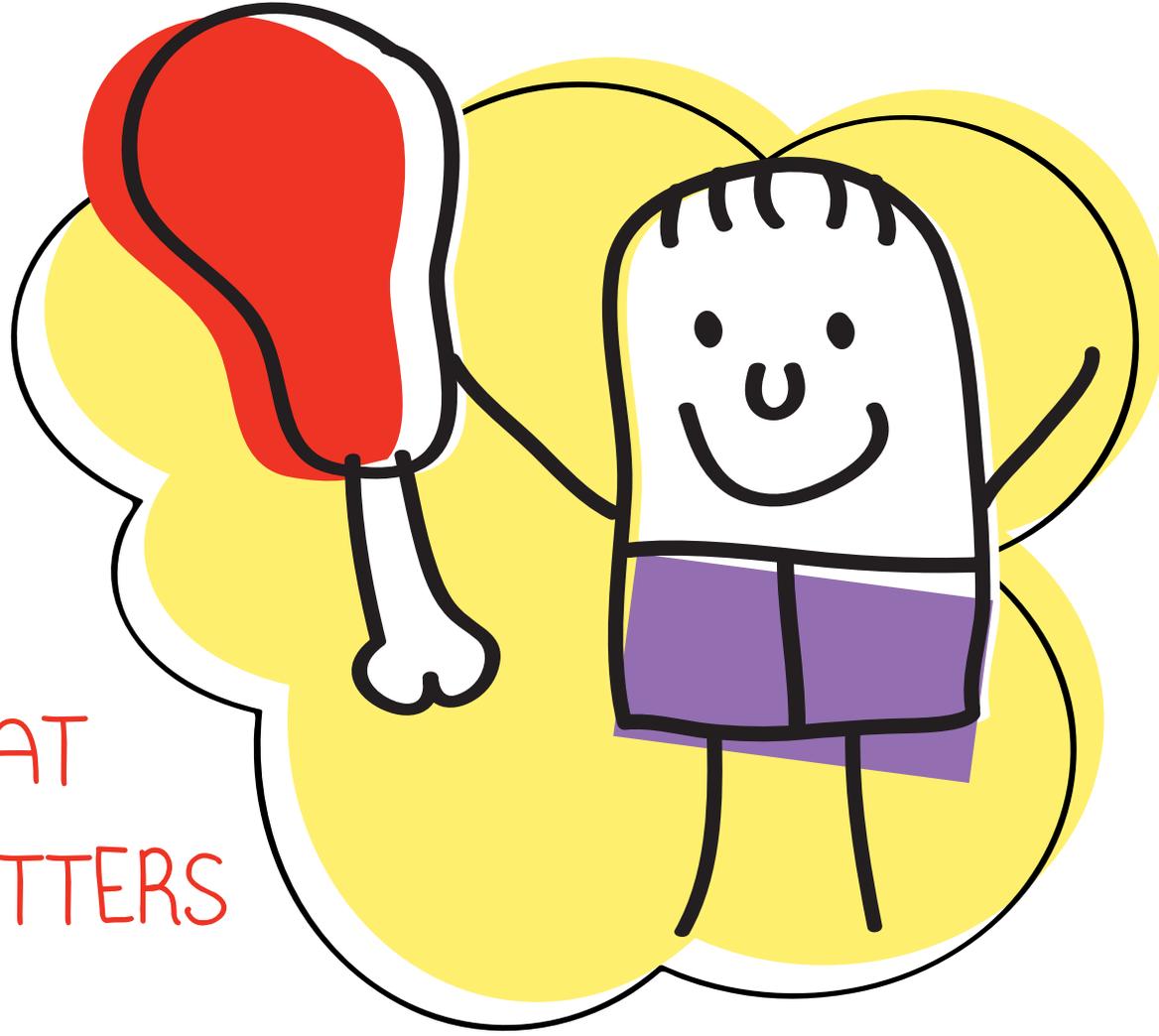
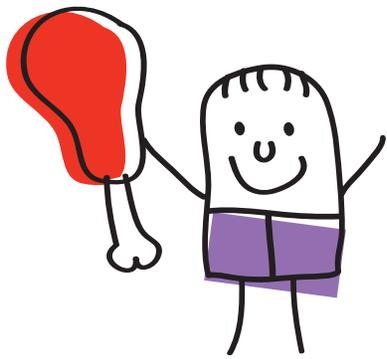


MEAT
MATTERS



MEATS / MEAT ALTERNATES



MEATS / MEAT ALTERNATES

Birth - 11 months

AGE	 RECOMMENDED	 NOT RECOMMENDED
0 - 3 months	Breast milk (preferred) Iron-fortified infant formula	Other foods at this age
4 - 7 months	Breast milk (preferred) Iron-fortified infant formula Fruits Vegetables Iron-fortified cereal	Other foods at this age
8 - 11 months	<p>Protein sources such as lean meat (beef, veal, and/or pork), skinless poultry (chicken, turkey), fish, cooked beans and peas (legumes), eggs, yogurt and cheeses are recommended.</p> <p>Meat poultry and fish should have no more than 35% of calories from fat and no more than 10% of calories from saturated fat. (See sample food label in Appendix). Eggs and dairy foods such as yogurt and cheese are good sources of protein that are highly digestible.</p> <p>Foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix). The Dietary Guidelines for Americans recommend keeping trans fatty acid consumption as low as possible to reduce the risk for cardiovascular disease.</p> <p>Meats and meat alternates should be soft, pureed, ground, mashed or finely chopped to prevent choking.</p>	<p>Pre-fried baked foods such as chicken nuggets and fish sticks</p> <p>Processed meats, such as hot dogs, bologna, bacon and sausage</p> <p>Deep-fat fried foods</p> <p>Nut and seeds because they are choking hazards for children this age</p> <p>Pre-mixed commercially prepared meals</p> <p>Fat, honey, sugar or salt added to meat and meat alternates</p>

Rationale

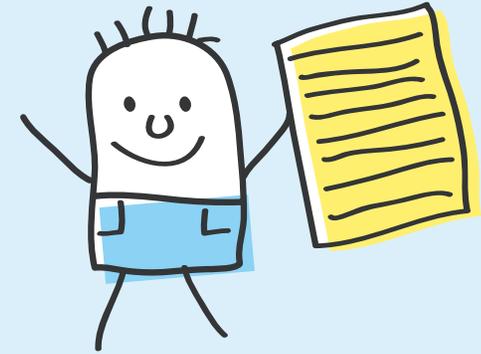
Why are meat and meat alternates important?

- Meats, beans, and eggs offer protein and other nutrients such as zinc, iron and B vitamins.
- Protein supplies amino acids that build, repair and maintain body tissues.

Portion Size

Watch for hunger and fullness cues.

AGE	ITEM	MEALS
8 – 11 months	Chicken, meat, egg, cooked beans or peas	1 – 4 Tbsp.
	Cottage cheese or yogurt	1 – 4 oz.
	Cheese	1/2 oz. – 2 oz.



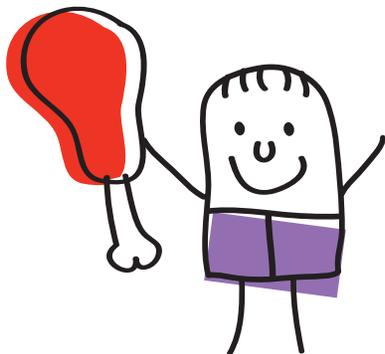
Sample policy support for program, staff, and family handbooks

Program and Staff

- We at (name of the program) support your child's healthy food choices by:
 - Role-modeling positive behaviors by eating only healthy foods in the presence of the children.
 - Providing nutrition education.
- To support children's healthy eating habits, hunger and fullness cues will be observed and supported.
- For meals brought from home, commercial prepackaged lunches and/or baked pre-fried or high fat meats such as chicken nuggets and hot dogs are not permitted.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed meals from home, please provide protein such as lean meat, skinless poultry, fish, cooked beans or peas, eggs, yogurt or cheese. Pre-packed lunches and other baked pre-fried or high fat meats such as chicken nuggets and hot dogs are not permitted.



MEATS / MEAT ALTERNATES

1 - 2 years

GO RECOMMENDED

- Protein sources such as lean meat (beef, veal, and/or pork), skinless poultry (chicken, turkey), fish, cooked beans and peas (legumes), nut butters, eggs, fat-free or low-fat yogurt and cheeses are recommended.
- Meat, poultry and fish should have no more than 35% of calories from fat and no more than 10% of calories from saturated fat. (See sample food label in Appendix). Nuts, nut butters and seeds are excluded from this fat restriction because the majority of their fat is unsaturated which promotes cardiovascular health. Eggs and dairy foods such as yogurt and cheese are good sources of protein that are highly digestible.
- Foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix). The dietary Guidelines for American advise keeping trans fatty acid consumption as low as possible to reduce the risk of cardiovascular disease. Try to limit sodium to 200 mg per serving. (See sample food label in Appendix).
- Meat should be cut into bite-size pieces to prevent choking.

STOP NOT RECOMMENDED

- Baked pre-fried food items, such as chicken nuggets and fish sticks
- Deep-fat frying in food preparation
- Processed meats, such as hot dogs, bologna, bacon and sausage
- Processed cheese food
- Nuts and seeds for children under 4 years old (choking hazard). If you do serve nuts and/or seeds to children under 4 years old, the USDA recommends they be served ground or finely chopped in a prepared food.
- Chicken or turkey with skin
- Shark, swordfish, king mackerel, tile fish, albacore tuna (potential for high level of mercury)

Rationale

Why are meat and meat alternates important?

- Meats, beans, and eggs offer protein and other nutrients such as zinc, iron and B vitamins.
- Protein supplies amino acids that build, repair and maintain body tissues.

Sample policy support for program, staff, and family handbooks



Program and Staff

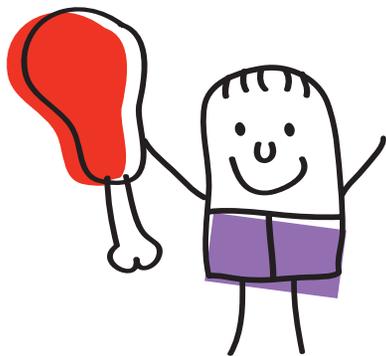
- Our program is committed to children's nutrition; therefore, fried or baked pre-fried foods, such as chicken nuggets and fish sticks, or high fat items such as sausage, bacon, and bologna are offered no more than once per month.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed meals from home, please provide protein, such as lean meat, skinless poultry or cheese. Pre-packaged lunches and other baked pre-fried or high fat items such as chicken nuggets and hot dogs are discouraged.

Portion Size

ITEM	LUNCH	SNACKS
Meat, poultry, boneless fish, or alternate protein product	1 oz.	1/2 oz.
Cheese	1/8 cup (1oz. or 2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Egg	1/2 egg	
Beans or peas	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
Nut butters (peanut or soy)	1 oz. (2 Tbsp.)	1/2 oz. (1 Tbsp.)
Nuts and/or seeds	1/16 cup (1/2 oz. or 1 Tbsp.)	
Yogurt	1/2 cup (4 oz.)	1/4 cup (2 oz.)



MEATS / MEAT ALTERNATES

3 - 5 years

GO RECOMMENDED

- Protein sources such as lean meat (beef, veal, and/or pork), skinless poultry (chicken, turkey), fish, cooked beans and peas (legumes), nut butters, eggs, fat-free or low-fat yogurt and cheeses are recommended.
- Meat poultry and fish should have no more than 35% of calories from fat and no more than 10% of calories from saturated fat. (See sample food label in Appendix). Nuts, nut butters and seeds are excluded from this fat restriction because the majority of their fat is unsaturated which promotes cardiovascular health. Eggs and dairy foods such as yogurt and cheese are good sources of protein that are highly digestible. Low-fat or fat free yogurts and reduced-fat, low-fat, part-skim or fat-free cheeses are preferred.
- Foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix). The Dietary Guidelines for Americans advises keeping trans fatty acid consumption as low as possible to reduce the risk for cardiovascular disease.
- Try to limit sodium to 200 mg per serving. (See sample food label in Appendix).
- Cheese should be reduced-fat, low-fat, part-skim or fat-free.

STOP NOT RECOMMENDED

- Baked pre-fried food items, such as chicken nuggets and fish sticks
- Deep-fat frying in food preparation
- Processed meats, such as hot dogs, bologna, bacon and sausage
- Processed cheese food or product
- Nuts and seeds for children under 4 years old (choking hazard). If served, the USDA recommends they be served ground or finely chopped in a prepared food.
- Chicken or turkey with skin
- Shark, swordfish, king mackerel, tile fish, albacore tuna (potential for high mercury levels)

Rationale

Why are meat and meat alternates important?

- Meats, beans, and eggs offer protein and other nutrients such as zinc, iron and B vitamins.
- Protein supplies amino acids that build, repair and maintain body tissues.

Sample policy support for program, staff, and family handbooks



Program and Staff

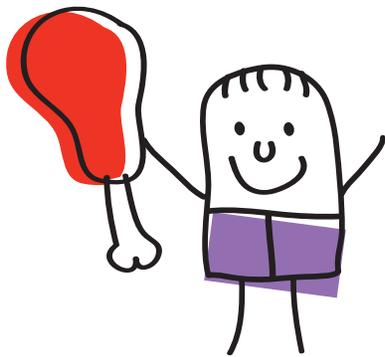
- Our program is committed to children's nutrition; therefore, fried or baked pre-fried foods, such as chicken nuggets and fish sticks, or high fat items such as sausage, bacon, and bologna are offered no more than once per month.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed meals from home, please provide protein, such as lean meat, skinless poultry or cheese. Pre-packaged lunches and other baked pre-fried or high fat items such as chicken nuggets and hot dogs are discouraged.

Portion Size

ITEM	LUNCH	SNACKS
Meat, poultry, boneless fish, or alternate protein product	1 1/2 oz.	1/2 oz.
Cheese	1 1/2 oz. (3 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Egg	3/4 egg	1/2 egg
Beans or peas	3/8 cup (3 oz. or 6 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
Nut butters (peanut or soy)	1 1/2 oz. (3 Tbsp.)	1/2 oz. (1 Tbsp.)
Nuts and/or seeds	3/4 oz. (1 1/2 Tbsp.)	1/2 oz. (1 Tbsp.)
Yogurt	3/4 cup (6 oz.)	1/4 cup (2 oz.)



MEATS / MEAT ALTERNATIVES

6 - 12 years

GO RECOMMENDED

- Protein sources such as lean meat (beef, veal, and/or pork), skinless poultry (chicken, turkey), fish, cooked beans and peas (legumes), nut butters, eggs, fat-free or low-fat yogurt and cheeses are recommended.
- Meat, poultry and fish should have no more than 35% of calories from fat and no more than 10% of calories from saturated fat. (See sample food label in Appendix). Nuts, nut butters and seeds are excluded from this fat restriction because the majority of their fat is unsaturated which promotes cardiovascular health. Eggs and dairy foods such as yogurt and cheese are good sources of protein that are highly digestible. Low-fat or fat-free yogurts and reduced-fat, low-fat, part-skim or fat-free cheeses are preferred.
- Foods must have less than 0.5 grams of trans fat. (See sample food label in Appendix). The Dietary Guidelines for Americans advises keeping trans fatty acid consumption as low as possible to reduce the risk for cardiovascular disease.
- Try to limit sodium to 200 mg per serving. (See sample food label in Appendix).
- Cheese should be reduced-fat, low-fat, part-skim or fat-free.

STOP NOT RECOMMENDED

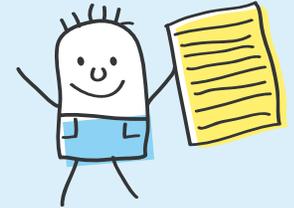
- Baked pre-fried food items, such as chicken nuggets and fish sticks
- Deep-fat frying in food preparation
- Processed meats, such as hot dogs, bologna, bacon and sausage
- Processed cheese food
- Chicken or turkey with skin
- Shark, swordfish, king mackerel, tile fish, albacore tuna (potential for high level of mercury)

Rationale

Why are meat and meat alternates important?

- Meats, beans, and eggs offer protein and other nutrients such as zinc, iron and B vitamins.
- Protein supplies amino acids that build, repair and maintain body tissues.

Sample policy support for program, staff, and family handbooks



Program and Staff

- Our program is committed to children's nutrition; therefore, fried or baked pre-fried foods, such as chicken nuggets and fish sticks, or high fat items such as sausage, bacon, and bologna are offered no more than once per month.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For meals brought from home, please provide protein, such as lean meat, skinless poultry, fish, cooked beans or peas, nut butters, eggs or cheese. Commercial pre-packed lunches and/or baked pre-fried or high fat items such as chicken nuggets and hot dogs are discouraged.

Portion Size

ITEM	LUNCH	SNACKS
Meat, poultry, boneless fish, or alternate protein product	2 oz.	1 oz.
Cheese	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
Egg	1 egg	1/2 egg
Beans or peas	1/2 cup (4 oz. or 8 Tbsp.)	1/4 cup (2 oz. or 4 Tbsp.)
Nut butters (peanut or soy)	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
Nuts and/or seeds	1/8 cup (1 oz. or 2 Tbsp.)	
Yogurt	1 cup (8 oz.)	1/2 cup (4 oz.)