APPENDICES

CACFP MEAL PATTERN FOR CHILDREN[1]

CACFP MEAL PATTERN	AGES 1 AND 2	AGES 3–5	AGES 6–12[2]
BREAKFAST			
Milk, fluid	½ cup[3]	¾ cup	1 cup
Vegetables and Fruits			
Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above vegetables and fruits	¼ cup	½ cup	½ cup
Grains and Breads[4]			
Bread or	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	½ serving	½ serving	1 serving
Cold dry cereal or	¼ cup or 1/3 ounce[5]	1/3 cup or ½ ounce	¾ cup or 1 ounce
Cooked cereal or	¼ cup	¼ cup	½ cup
Cooked pasta or noodle products or	¼ cup	¼ cup	½ cup
Cooked cereal grains or	¼ cup	¼ cup	½ cup
An equivalent quantity of any combination of the above grains and breads			
SNACK (SUPPLEMENT) Serve any two of the following four components (must be two DIFFERENT components):			
Milk, fluid	½ cup[3]	½ cup	1 cup
Vegetables and Fruits			
Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice[6] or An equivalent quantity of any combination of the above vegetables and fruits	½ cup	½ cup	¾ cup
Grains and Breads[4]			
Bread or	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	½ serving	½ serving	1 serving
Cold dry cereal[5] or	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce
Cooked cereal or	¼ cup	¼ cup	½ cup
Cooked pasta or noodle products or	¼ cup	¼ cup	½ cup
Cooked cereal grains or	¼ cup	¼ cup	½ cup
An equivalent quantity of any combination of the above grains and breads			
Meat and Meat Alternates			
Lean meat or poultry or fish[7] or	½ ounce	½ ounce	1 ounce
Alternate protein products[8] or	½ ounce	½ ounce	1 ounce
Cheese or	½ ounce	½ ounce	1 ounce
Cottage cheese or	⅛ cup	⅛ cup	¼ cup
Eggs or	½ large egg	½ large egg	½ large egg
Cooked dry beans or peas or	⅛ cup	⅛ cup	¼ cup
Peanut butter or soynut butter or other nut or seed butters or	1 tablespoon	1 tablespoon	2 tablespoons
Peanuts or soynuts or tree nuts or seeds[9] or	½ ounce	½ ounce	1 ounce
Yogurt[10], plain or flavored, unsweetened or sweetened or	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup
An equivalent quantity of any combination of the above meat and meat alternates			

CACFP MEAL PATTERN FOR CHILDREN[1], continued

CACFP MEAL PATTERN	AGES 1 AND 2	AGES 3–5	AGES 6–12[2]
LUNCH/SUPPER			
Milk, fluid	½ cup[3]	¾ cup	1 cup
Vegetables and Fruits[11]			
Vegetable(s) and/or fruit(s)	¼ cup total	½ cup total	¾ cup total
Grains and Breads[4]			
Bread or	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. or	½ serving	½ serving	1 serving
Cooked pasta or noodle products or	¼ cup	¼ cup	½ cup
Cooked cereal grains or	¼ cup	¼ cup	½ cup
An equivalent quantity of any combination of the above grains and breads			
Meat and Meat Alternates			
Lean meat or poultry or fish[7] or	1 ounce	1 ½ ounces	2 ounces
Alternate protein products[8] or	1 ounce	1 ½ ounces	2 ounces
Cheese or	1 ounce	1 ½ ounces	2 ounces
Cottage cheese or	⅛ cup	⅛ cup	¼ cup
Eggs or	½ large egg	¾ large egg	1 large egg
Cooked dry beans or peas or	¼ cup	⅜ cup	½ cup
Peanut butter or soynut butter or other nut or seed butters or	2 tablespoons	3 tablespoons	4 tablespoons
Peanuts or soynuts or tree nuts or seeds[9,12] or	½ ounce[12] = 50%	¾ ounce[12] = 50%	1 ounce[12] = 50%
Yogurt[10], plain or flavored, unsweetened or sweetened or	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
An equivalent quantity of any combination of the above meat and meat alternates			

1 The meal pattern chart shows the minimum amounts of each component that the CACFP facility must make available to each child by in order to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.

2 Emergency shelters can serve CACFP meals to residents ages 18 or younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks to students ages 18 or younger.

3 For the purposes of the requirements, a cup means a standard measuring cup (8 fluid ounces).

4 Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour. Cereal must be whole grain or enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in "Serving Sizes for Grains/Breads in the CACFP" (see *Nutrition Policies and Guidance: Crediting Foods — Grains/Breads* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326).

5 Either volume (cup) or weight (ounce), whichever is less.

6 Juice cannot be served when milk is the only other snack component.

7 Edible portion as served, e.g., cooked lean meat without bone.

8 Alternate protein products must meet the requirements specified by the USDA (see "Alternate Protein Products" in *Nutrition Policies and Guidance: Crediting Foods — Meat/Meat Alternates* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326).

9 Tree nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped.

10 To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

11 Serve two or more different kinds of vegetables and/or fruits. Full-strength 100 percent vegetable or fruit juice may be counted to meet not more than half of this requirement.

12 At lunch or supper, no more than half the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds equals 1 ounce of cooked lean meat, poultry or fish.

CACFP INFANT MEAL PATTERN

MEAL	BIRTH — 3 MONTHS	4 MONTHS — 7 MONTHS	8 MONTHS — 11 MONTHS
Breakfast	4–6 fluid ounces (fl. oz.) breast milk[1, 2] or iron-fortified formula[3, 4]	4–8 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 5] 0–3 tablespoons (Tbsp.) iron-fortified dry infant cereal (optional)[6, 7]	6–8 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 8] 2–4 Tbsp. iron-fortified dry infant cereal[7, 8] 1–4 Tbsp. fruit and/or vegetable[8]
Lunch or Supper	4–6 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 4]	4–8 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 5] 0–3 Tbsp. iron-fortified dry infant cereal (optional)[6, 7] 0-3 Tbsp. fruit and/or vegetable (optional)[6]	6–8 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 8] 2–4 Tbsp. iron-fortified dry infant cereal[7, 8] and/or 1–4 Tbsp. meat, fish, poultry, egg yolk or cooked dry beans or peas or ½–2 oz. cheese or ⅛–½ cup cottage cheese or 1–4 oz. cheese food or cheese spread[8] 1–4 Tbsp. fruit and/or vegetable[8]
Snack	4–6 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 4]	4–6 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 4]	2–4 fl. oz. breast milk[1, 2] or iron-fortified formula[3, 5] or fruit juice[9] 0–½ slice bread or 0–2 crackers[10] (optional)[6]

1 Breast milk or formula or portions of both may be served. The USDA recommends that breast milk be served in place of formula from birth through 11 months.

2 Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less, with additional breast milk offered if the infant is still hungry.

3 All infant formulas provided must meet CACFP requirements (see Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326).

4 Either the CACFP facility or parent must provide formula. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the caregiver feeds the infant the meal.

5 Either the CACFP facility or parent must provide formula. Reimbursement may be claimed for meals containing parent-provided formula as the only component if 1) the infant is not yet developmentally ready for the optional meal components; and 2) the caregiver feeds the infant the meal.

6 A serving of this component is required only when the infant is developmentally ready to accept it. If optional foods are required, reimbursement may be claimed for meals containing parent-provided components when the CACFP facility provides (pays for) at least one component; and a complete meal, i.e., all the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

7 Only iron-fortified dry infant cereal counts as a meal component in the CACFP Infant Meal Pattern. Adult cereals (ready-to-eat cold dry breakfast cereals and cooked breakfast cereals) do not count as a meal component. Adult cereals can be fed only as additional foods to older babies (at least 8 months) if the parent/guardian requests that they be served. All other required foods must also be served.

8 For 8 through 11 months, reimbursement may be claimed for meals containing parent-provided components when 1) the CACFP facility provides (pays for) at least one component; and 2) a complete meal, i.e., all the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

9 Full-strength 100 percent fruit juice must be served.

10 Made from whole-grain or enriched meal or flour.

CONNECTICUT CHILD CARE NUTRITION STANDARDS

The Connecticut State Department of Education (CSDE) strongly recommends that all child care programs follow the Connecticut Child Care Nutrition Standards (CCCNS) for all foods and beverages available on site, including CACFP meals and snacks, celebrations, learning experiences, meetings and any other activities where foods and beverages are provided by the child care program or families. The CCCNS provides the healthiest choices in child care by promoting whole or minimally processed, nutrient-rich foods that are low in fat, added sugars and sodium. The standards reflect current nutrition science and national health recommendations from the Dietary Guidelines for Americans and national organizations, such as the National Academy of Sciences Institute of Medicine, American Academy of Pediatrics, American Dietetic Association and American Heart Association.

The CCCNS includes best practices, rationale and implementation strategies for the four CACFP meal pattern components. Foods and beverages that do not meet the CACFP meal pattern requirements are eliminated. The CCCNS also eliminates CACFP-creditable foods that are not nutrient rich, such as sweetened grain-based desserts, grain-based snack chips, fried or baked pre-fried vegetables and fried, baked pre-fried or high-fat meats and meat alternates. The standards for children are provided first, followed by the standards for infants. The chart below summarizes the CCCNS categories and the ages they address.

CATEGORIES OF THE CONNECTICUT CHILD CARE NUTRITION STANDARDS	
Children (Ages 1-12)*	**Infants (Birth through 11 months)**
• Grains and Breads	• Iron-fortified Infant Cereal, Bread and Crackers
• Vegetables and Fruits	• Vegetables and Fruits
• Meat and Meat Alternates	• Meat, Fish, Poultry, Egg Yolk and Cooked Dry Beans or Peas
• Milk	• Breast Milk, Iron-fortified Infant Formula and Fruit Juice
* The CACFP serves children from ages 1-12 in child care centers and family day care homes. Emergency shelters participating in the CACFP can serve meals to residents up through 18 years old and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks and suppers to students ages 18 or younger.	

The CCCNS exceeds the menu planning requirements of CACFP regulations to provide the healthiest foods and beverages for infants and children. For specific information regarding the CACFP meal requirements, consult the CACFP Meal Pattern for Children (appendix A), the CACFP Infant Meal Pattern (appendix B) and the CSDE's *Nutrition Policies and Guidance for the Child and Adult Care Food Program* (http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326).

The Nutrition Facts label and ingredients list on food packages can be used to determine whether commercially prepared foods meet the CCCNS (see appendix D). Appendix E contains information on evaluating products for compliance with the CCCNS. For foods made from scratch, compliance can be determined by a nutrient analysis of the standardized recipe. For more information, see *Nutrient Analysis* in the CSDE's *Nutrition-Related Resources* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf.

The Connecticut Child Care Nutrition Standards are *recommendations* not requirements. They represent best practices for serving healthy foods throughout the child care environment. The CSDE strongly recommends implementing the CCCNS in all Connecticut child care programs, regardless of whether they participate in the CACFP.

The CCCNS is based on the following national guidelines and standards.

- *A Food Labeling Guide — Appendix C.* U.S. Food and Drug Administration. Center for Food Safety and Applied Nutrition, Revised April 2008. http://www.cfsan.fda.gov/~dms/2lg-xc.html
- *Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy.* The Nemours Foundation, 2008. http://static.nemours.org/www-filebox/nhps/grow-up-healthy/cacfp-guideline.pdf
- *Breastfeeding and the Use of Human Milk Policy Statement (American Academy of Pediatrics Policy Statement).* Pediatrics, 115(2), February 2005. http://aappolicy.aappublications.org/cgi/reprint/pediatrics;115/2/496.pdf
- *Code of Federal Regulations (CFR) for the Child and Adult Care Food Program (7 CFR 226).* U.S. Department of Agriculture, January 1, 2010. http://www.fns.usda.gov/cnd/Care/Regs-Policy/policymemo/226.pdf
- *Code of Federal Regulations (CFR) for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages, Interim Rule (7 CFR 246).* U.S. Department of Agriculture, December 6, 2007. http://www.fns.usda.gov/wic/regspublished/wicfoodpkginterimrulepdf.pdf
- *Connecticut Nutrition Standards for Food in Schools*. Connecticut State Department of Education, 2009. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTnutritionStandards.pdf
- *Dietary Guidelines for Americans.* U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005. http://www.healthierus.gov/dietaryguidelines/
- *Dietary Sugars Intake and Cardiovascular Health, A Scientific Statement from the American Heart Association.* Circulation, Volume 120, September 15, 2009. http://circ.ahajournals.org/cgi/reprint/120/11/1011
- *Dietary Recommendations for Children and Adolescents — A Guide for Practitioners, Consensus Statement from the American Heart Association.* Circulation, Volume 112, 2005. http://circ.ahajournals.org/cgi/reprint/112/13/2061
- *Feeding Infants: A Guide for Use in the Child Nutrition Programs.* U.S. Department of Agriculture, 2001. http://www.fns.usda.gov/tn/Resources/feeding_infants.html
- *MyPyramid for Kids (6–11).* U.S. Department of Agriculture, 2005. http://www.mypyramid.gov/kids/index.html
- *MyPyramid for Preschoolers.* U.S. Department of Agriculture, 2008. http://www.mypyramid.gov/preschoolers/index.html
- *Nutrition Guidance for Healthy Children Aged 2 to 11 Years (Position of the American Dietetic Association).* Journal of the American Dietetic Association, 108(6), June 2008. http://www.eatright.org/About/Content.aspx?id=8371
- *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth.* Institute of Medicine of the National Academies, The National Academies Press, 2007. http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx
- *Optimizing Bone Health and Calcium Intakes of Infants, Children, and Adolescents (American Academy of Pediatrics Clinical Report).* Pediatrics, 117(2), February 2006. http://aappolicy.aappublications.org/cgi/reprint/pediatrics;117/2/578.pdf
- *The Use and Misuse of Fruit Juice in Pediatrics (American Academy of Pediatrics Policy Statement).* Pediatrics, 107(5), May 2001. http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/5/1210.pdf

CACFP MEAL PATTERN COMPONENT — GRAINS AND BREADS[1]

NUTRITION STANDARDS FOR GRAINS AND BREADS

A serving contains:

- no more than 35 percent of calories from fat and no chemically altered fat substitutes.[2]
- less than 10 percent of calories from saturated fat.
- less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
- no more than 35 percent of calories from sugars and no artificial sweeteners, nonnutritive sweeteners or sugar alcohols.[2]
- no more than 200 milligrams of sodium.

See appendices D and E for information on using food labels to determine whether a product meets these standards.

Practices to Meet the Standards

- Serve only products that meet the *Nutrition Standards for Grains and Breads* (see box) in portion sizes that are consistent with the CACFP Meal Pattern for Children (see appendix A).[3]
- Choose whole grains for most breads, grains, pastas and cereals (see "Determining if a Product is Whole Grain" under *Rationale and Guidance* on the next page). Look for whole grain to be listed as the first ingredient or that the food contains the entire grain kernel.
- Serve whole grains for at least half of the CACFP grains and breads servings at meals and snacks each day.
- Read labels and choose foods that are good sources of fiber (at least 2.5 grams per serving) most often.
- Prepare grains and breads with minimal or no added fat. If fat is used, choose polyunsaturated and monounsaturated fats (see definitions in the Glossary). Do not serve any foods made with hydrogenated or partially hydrogenated oils.
- Serve whole-grain breakfast cereals that meet the *Nutrition Standards for Grains and Breads* and that contain at least 2.5 grams of fiber per serving.
- Limit condiments, such as margarine, butter, jelly, jam, syrup and cream cheese.[4] If served, provide low-fat or fat-free, low-sugar and low-sodium varieties separately from the food so children can decide whether to add them.[2] Use portion control measures as age appropriate, such as preportioned servings or portion control (PC) packets.

Do Not Serve

- Sweetened grain-based baked goods such as cinnamon rolls, doughnuts, pastries, toaster pastries, croissants, muffins, cookies (including animal and graham crackers), cereal or grain bars, cakes, cup cakes, brownies, cheesecakes, pies and rice cereal treats.[5]
- Grain-based snack chips (regular and reduced fat), such as corn-based chips (e.g., Doritos, Fritos and Sunchips), tortilla chips and puffed corn snacks (e.g., Cheetos and Jax).

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[1] Children younger than 4 are at the highest risk of choking. Avoid grains and breads that could cause choking, such as hard pretzels, bread sticks, tortilla chips, granola bars, croutons, rice cakes and ready-to-eat cold or cooked breakfast cereals with nuts, seeds, raisins and hard pieces of whole-grain kernels or other hard food pieces.

[2] Do not serve any foods containing chemically altered fat substitutes (e.g., Olestra, Olean and Simplesse), artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

[3] The CACFP serving sizes for grains and breads depend on the type of food. For more information, see *Serving Sizes for Grains/Breads in the Child and Adult Care Food Program* at http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Crediting_Foods/ServingsGB_CACFP.pdf.

[4] Condiments do not contribute to the CACFP Meal Pattern for Children, but they can increase the palatability and acceptance of many nutrient-rich foods. Their use should be limited since they are generally high in fat, sugars and sodium with little nutritional value.

[5] Some sweetened grain-based baked goods (such as animal crackers, graham crackers, whole-grain low-fat muffins and carrot-raisin cookies made with whole-grain flour) may be acceptable if they meet the specified *Nutrition Standards for Grains and Breads* above. Many muffins are high in fat and sugars and are nutritionally equivalent to cake.

RATIONALE AND GUIDANCE

Whole Grains: The Dietary Guidelines for Americans recommend a variety of grains daily, especially whole grains. At least half the recommended daily servings of grains should be whole grains. Whole grains are nutrient rich. They contain vitamins, minerals, fiber, antioxidants and other health-enhancing substances. Whole-grain products (such as whole-wheat bread and brown rice) provide more nutrients than refined enriched products (such as white bread and white rice). For more information, see "whole grains" in the Glossary.

Determining if a Product is Whole Grain: A whole-grain food is one labeled as a whole-grain product or with a whole grain listed first in the product's ingredients label. Examples include whole wheat/whole-wheat flour; whole oats/oatmeal; whole-grain cornmeal; whole-grain corn, whole ground corn; whole rye; whole-grain barley; wild rice; brown rice; bulgur (cracked wheat); buckwheat; triticale; millet; quinoa; and sorghum. The Food and Drug Administration (FDA) labeling laws allow products to state "whole grain" if they contain at least 51 percent whole grain by weight and the entire grain kernel. While these foods contain whole grain they are not 100 percent whole grain. Read labels carefully to choose products that are 100 percent whole grain most often.

Sweetened Grains and Grain-Based Snack Chips: The CACFP Meal Pattern for Children allows sweetened grain-based foods (e.g., doughnuts, sweet rolls, toaster pastries, cookies and cake) and grain-based snack chips (e.g., wheat or corn tortilla chips). However, the CCCNS eliminates these foods because they are not nutrient-rich choices. They are generally made from enriched flour; contain few nutrients; and are high in fat, sugars and sodium. Research indicates that most children consume too many of these unhealthy choices (see *Rationale for Healthy Foods and Beverages in Child Care* in section 4). Eliminating these foods in child care helps parents balance children's food choices at home and gives children a better chance of meeting their daily MyPyramid recommendations.

Fiber: The Dietary Guidelines recommend 14 grams of fiber per 1,000 calories consumed. This equals 19 grams of fiber daily for children ages 1 to 3 and 25 grams of fiber for ages 4 to 8. For ages 9 to 13, girls need 26 grams of fiber and boys need 31 grams of fiber. The FDA defines good sources of fiber as foods with at least 2.5 grams of fiber per serving. High-fiber foods contain at least 5 grams of fiber per serving. The Nutrition Facts label indicates the amount of fiber per serving (see appendix D). Read labels and choose good or high sources of fiber most often.

Fat: The Dietary Guidelines recommend keeping total fat intake between 30 to 35 percent of calories for children ages 2 to 3 and between 25 to 35 percent of calories for children and adolescents ages 4 to 18, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils. Higher fat intakes generally increase saturated fat and make it more difficult to avoid consuming excess calories. The Dietary Guidelines recommend limiting saturated fat to less than 10 percent of total calories. High intakes of saturated fats, trans fats and cholesterol increase the risk of unhealthy blood lipid levels, which may increase the risk of coronary heart disease.

Trans fats: Due to their negative impact on children's health, the CCCNS does not allow foods containing artificial trans fats. The FDA regulations allow food labels to state "0 grams" trans fats if a serving contains less than 0.5 gram. To avoid artificial trans fats, read ingredients and select products without hydrogenated or partially hydrogenated oils. For more information, see definition for "trans fats" in the Glossary.

Sugars: Added sugars provide calories without any nutrients, unlike the naturally occurring sugars in nutrient-rich foods such as fruits, some vegetables and milk. The Nutrition Facts label lists total sugars and does not differentiate between those that are added or naturally occurring (see appendix D). The Institute of Medicine (IOM) recommends that foods contain no more than 35 percent of calories from total sugars. The Dietary Guidelines recommend choosing foods and beverages without added sugars. The American Heart Association recommends no more than half of daily discretionary calories from added sugars. Most children consume about four times that amount. For more information, see "added sugars" and "discretionary calories" in the Glossary.

Artificial and Nonnutritive Sweeteners: The CCCNS does not advocate reducing sugars through the use of any nonnutritive sweeteners (artificial or natural) or sugar alcohols because the philosophy of the CCCNS is to focus on whole or minimally processed foods that are naturally nutrient rich and low in added sugars. Children need to learn to enjoy the natural favors of healthy foods that have not been artificially enhanced with a sweet taste. There is little evidence on the long-term safety of nonnutritive sweeteners in childhood. Some research suggests that nonnutritive sweeteners can increase cravings for sweet foods and lead to increased calorie consumption. For more information, see "artificial sweeteners" and "nonnutritive sweeteners" in the Glossary.

Sodium: The sodium limit for grains and breads is based on the IOM standard of no more than 200 milligrams of sodium. Processed foods account for the majority of sodium in the diet. Most children exceed the Dietary Guidelines' recommended daily sodium limit due to consumption of processed foods. For more information, see "sodium" in the Glossary.

CACFP MEAL PATTERN COMPONENT — VEGETABLES AND FRUITS[1]

NUTRITION STANDARDS FOR VEGETABLES AND FRUITS

BEST CHOICE

Whole Vegetables and Fruits

- Serve only whole vegetables and fruits (fresh, frozen, canned and dried) prepared and packaged without added fats, sugars or sodium.[1]

LIMIT

Processed Vegetables and Fruits
(prepared or packaged with added fats, sugars or sodium)

- Serve no more than once per week between all meals and snacks. No more than once per cycle menu is strongly recommended.

A serving contains:

- no more than 35 percent of calories from fat and no chemically altered fat substitutes.[2]
- less than 10 percent of calories from saturated fat.
- less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
- limited added sugars.
- no artificial sweeteners, nonnutritive sweeteners or sugar alcohols.[2]
- no more than 200 milligrams of sodium. For soups, no more than 480 milligrams of sodium.

See appendices D and E for information on using food labels to determine whether a product meets these standards.

Practices to Meet the Standards

Whole Vegetables and Fruits[1]

- Serve fresh vegetables and fruits (whole or cut up) whenever possible, but at least three times a week at meals.[1]
- Offer a different fruit and a different vegetable every day and include a variety at every meal, such as fresh or frozen fruit; fresh or frozen vegetables; canned fruits in their natural juices or water; canned vegetables with no or low sodium; and dried fruit and vegetables without added sugars or sweeteners.[1, 2]
- Serve vegetables from each of the following groups several times a week: dark green (broccoli, spinach and most greens); orange (carrots, sweet potatoes, winter squash and pumpkin); legumes (cooked dry beans or peas); starchy (corn, white potatoes and green peas); and other vegetables (tomatoes, cabbage, celery, cucumber, lettuce, onions, peppers, green beans, cauliflower, mushrooms and summer squash).[1, 2, 3]
- Serve a good source of vitamin C every day and a good source of vitamin A at least three times per week.[4]
- **Meals and Snacks:** At breakfast, lunch and supper, serve only whole vegetables and fruits instead of juice.[1] At lunch and supper, serve a vegetable for at least one of the two required servings of vegetables/fruits, not including fried or baked pre-fried vegetables, e.g., french fries, potato puffs and hash brown patties. At snack, serve whole fruits and vegetables at least twice a week.[1]
- **Juice (100 percent):** Best choice is not to serve any juice. If 100 percent juice is served, limit to two servings total per week: one serving per week at breakfast and one serving per week at snack on two different days. A serving is limited to 2 fluid ounces (¼ cup) for ages 12 to 24 months and 4 fluid ounces (½ cup) for ages 2 and older.[5]

Processed Vegetables and Fruits[1]

- If processed vegetables and fruits are served, choose only products that meet the nutrition standards for Processed Vegetables and Fruits (see box) in portion sizes that are consistent with the CACFP Meal Pattern for Children (see appendix A). Limit to no more than once per week. No more than once per cycle menu is ideal.
- Limit condiments, such as salad dressings and sauces.[6] If served, provide low-fat or fat-free, low-sugar and low-sodium varieties separately from the food so children can decide whether to add them.[2] Use portion control measures as age appropriate, such as preportioned servings or portion control (PC) packets.

Do Not Serve

- Fruits or vegetables that can cause choking.[1]
- Fruits or vegetables with artificial sweeteners, nonnutritive sweeteners and sugar alcohols.
- Fruit-based drinks that contain less than 100 percent real fruit juice.
- Unpasteurized juices. These juices pose a high risk of foodborne illness.
- 100 percent juice with added sugars or sweeteners (natural, artificial or nonnutritive), sugar alcohols or other added ingredients such as artificial flavors and colors, preservatives, flavor enhancers and emulsifiers or thickeners. For more information, see *Juice Ingredients* in *Rationale and Guidance* on the next page.
- Canned fruit in heavy syrup.
- Fried or baked pre-fried vegetables, e.g., french fries, potato puffs and hash brown patties.

- Commercially prepared fruit snacks that are not made with 100 percent fruit, such as Fruit Roll-Ups and similar items. These products are not fruit and are not creditable as a vegetable/fruit in the CACFP Meal Pattern for Children.
- Dried fruit with added sweeteners (natural, artificial or nonnutritive) or sugar alcohols.[2]

RATIONALE AND GUIDANCE

Recommended Daily Servings: The Dietary Guidelines encourage consumption of a variety of fruits and vegetables daily. The daily recommendation for ages 2 to 5 is at least 1 cup vegetables and 1 cup fruit; and for ages 6 to 11, at least 2½ cups vegetables and 1½ cups fruit. These amounts vary depending on a child's age, gender and activity level. Few children consume the recommended amounts of fruits and vegetables.

Whole Fruits and Vegetables: Fruits and vegetables provide essential vitamins, minerals and other health-enhancing substances that may protect against many chronic diseases. They are high in fiber and help children feel fuller longer. To ensure adequate fiber and nutrient intake, the Dietary Guidelines recommend that most servings are from whole fruits and vegetables (fresh, frozen, canned and dried) instead of 100 percent juice. Whole fruits and vegetables provide nutrients and fiber that may be lost in the processing of juice.

Juice Limits: The AAP recommends that most fruits and vegetables come from whole food rather than juice. Juice does not offer any nutritional benefits over whole fruits and vegetables. The AAP recommends limiting daily juice consumption to 4-6 ounces for ages 1 to 6 and 8-12 ounces for ages 7 to 18. Excessive juice consumption may be linked to children becoming overweight or obese and is associated with tooth decay and diarrhea. Continuous consumption of juice during the day can decrease children's appetite for nutritious foods. The CCCNS limits the serving size and frequency of juice in child care to ensure that children's overall daily consumption does not exceed the AAP's recommended limits.

Juice Ingredients: The FDA labeling regulations allow 100 percent juice to contain added ingredients and still be labeled "100% juice." However, the CCCNS does not allow these ingredients because they are not needed in children's diets. Examples include artificial flavors, artificial colors (e.g., red 40, blue 1, yellow 5 and 6 and titanium dioxide), preservatives (e.g., sodium benzoate and potassium sorbate), flavor enhancers (e.g., ethyl maltol) and emulsifiers or thickeners (e.g., glycerol esters of wood rosin, xanthan gum and guar gum). Read labels to identify 100 percent juice products without these added ingredients.

Fat: Same rationale as previously indicated (see *Grains and Breads* in this section). The fat limits apply only to vegetables and fruits with added fat.

Sugars: Same rationale as previously indicated (see *Grains and Breads* in this section). The CCCNS does not address the naturally occurring sugars contained in fruits and some vegetables. Naturally occurring sugars are not a concern because fruits and vegetables are nutrient rich, containing vitamins, minerals, fiber and other health-enhancing substances. Read ingredients to identify processed products with added sugars and limit to no more than once per week. No more than once per cycle menu is ideal. For more information, see "added sugars" in the Glossary.

Artificial and Nonnutritive Sweeteners: Same rationale as previously indicated (see *Grains and Breads* in this section).

Sodium: The sodium limit applies only to processed vegetables and fruits. It is based on the IOM standard of no more than 200 milligrams of sodium. The sodium limit of no more than 480 milligrams for soups is based on the FDA's definition of "healthy" entrees and the IOM sodium standard for entrees. Child care programs are encouraged to further reduce sodium content by preparing soups from scratch when possible and reading labels to purchase varieties lowest in sodium. For more information, see "sodium" in the Glossary.

[1] Children younger than 4 are at the highest risk of choking. Do not serve the following fruits and vegetables to children younger than 4: dried fruit and vegetables; raw vegetables; cooked or raw whole corn kernels; hard pieces of raw fruit such as apple, pear or melon; and whole grapes, berries, cherries, melon balls and cherry or grape tomatoes. Cut fresh and frozen vegetables and fruits into bite-size pieces and cook before serving.

[2] Do not serve any foods containing chemically altered fat substitutes (e.g., Olestra, Olean and Simplesse), artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

[3] In the CACFP Meal Pattern for Children, legumes (cooked dry beans or peas) can be counted as either a vegetable or a meat alternate, but not both in the same meal.

[4] For good sources of vitamins A and C, see the CSDE's *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Planning Healthy Menus* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

[5] For ages 6 to 12 at snack, the required CACFP portion size for a vegetable or fruit is ¾ cup. Since the CCCNS limits a serving of juice to ½ cup, an additional ¼ cup of fruit or vegetable must be served to meet the snack requirements for this age group.

[6] Condiments do not contribute to the CACFP Meal Pattern for Children, but they can increase the palatability and acceptance of many nutrient-rich foods. Their use should be limited since they are generally high in fat, sugars and sodium with little nutritional value.

CACFP MEAL PATTERN COMPONENT — MEAT AND MEAT ALTERNATES[1]

NUTRITION STANDARDS FOR MEAT AND MEAT ALTERNATES

A serving contains:

- no more than 35 percent of calories from fat, except for eggs, low-fat or reduced fat natural cheese, nuts, seeds and nut or seed butters without added fat. No chemically altered fat substitutes.[2]
- less than 10 percent of calories from saturated fat, except for eggs, low-fat or reduced fat natural cheese, nuts, seeds and nut or seed butters without added fat.
- no more than 35 percent of calories from sugars and no artificial sweeteners, nonnutritive sweeteners or sugar alcohols.[2] For yogurt, no more than 4 grams total sugars per ounce.
- less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
- no more than 200 milligrams of sodium for meat and meat alternates served at snack and no more than 480 milligrams of sodium for meat and meat alternates served at meals including combination entrees.[3]

See appendices D and E for information on using food labels to determine whether a product meets these standards.

Practices to Meet the Standards

- Serve only products that meet the *Nutrition Standards for Meat and Meat Alternates* (see box) in portion sizes that are consistent with the CACFP Meal Pattern for Children (see appendix A).
- Serve lean meat; skinless poultry; fish; cooked dry beans or peas (legumes); nuts; seeds; nut or seed butters, such as peanut, almond, cashew and sunflower (without added fat, sugars or sodium); eggs; low-fat yogurt; and low-fat, part-skim or reduced fat natural cheese, e.g., low-fat cheddar and part-skim mozzarella.[1, 4]
- Prepare meat and meat alternates with minimal or no added fat. If fat is used, choose polyunsaturated and monounsaturated fats (see definitions in the Glossary). Do not serve any meat or meat alternates made with hydrogenated or partially hydrogenated oils.
- When meat or meat alternate entree items include bread or grains, choose whole grains most often (see *Grains and Breads* in this section).
- Limit condiments, such as margarine, butter, ketchup, mustard, mayonnaise, sauces and gravies.[5] If served, provide low-fat or fat-free, low-sugar and low-sodium varieties separately from the food so children can decide whether to add them.[2] Use portion control measures as age appropriate, such as preportioned servings or portion control (PC) packets.

Do Not Serve

- High-fat foods such as sausage, hot dogs and processed luncheon meats, e.g., pepperoni, salami and bologna.
- Fried foods or baked commercially prepared pre-fried foods, such as chicken nuggets, fish sticks and corn dogs, unless they meet the specified *Nutrition Standards for Meat and Meat Alternates*.

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[1] For children younger than 4, meat should be cut into bite-size pieces to avoid choking. Any nuts or seeds should be in a prepared food and ground or finely chopped. Nut butters should be thinly spread. Check for food allergies before serving.

[2] Do not serve any foods containing chemically altered fat substitutes (e.g., Olestra, Olean and Simplesse), artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

[3] Combination entree items include at least two CACFP food components (e.g., grains/breads and meat/meat alternates), such as pizza, bean burrito, beef stew, hamburger on a bun, and turkey and cheese sandwich. For more information, see *Evaluating Combination Foods* under *Rationale and Guidance* on the next page.

[4] In the CACFP Meal Pattern for Children, legumes (cooked dry beans or peas) can be counted as either a vegetable or a meat alternate, but not both in the same meal. Yogurt is counted as a meat alternate for children ages 1 and older.

[5] Condiments do not contribute to the CACFP Meal Pattern for Children, but they can increase the palatability and acceptance of many nutrient-rich foods. Their use should be limited since they are generally high in fat, sugars and sodium with little nutritional value.

- Full-fat, natural cheese (e.g., cheddar and Colby) except for children younger than 2.
- Process cheese foods, process cheese spreads and process cheese products, e.g., Velveeta and Cheez Whiz.
- Yogurt containing artificial or nonnutritive sweeteners, e.g., "light" yogurt.[2]
- Shark, swordfish, king mackerel, tile fish and albacore tuna. These foods have potentially high mercury levels that are dangerous to children.

RATIONALE AND GUIDANCE

Evaluating Combination Foods: Combination entree items are foods containing at least two CACFP food components that are prepared together, e.g., lasagna, beef stew and pizza. For example, pizza contains crust (grain/bread) and cheese (meat/meat alternate). Combination entree items are evaluated for compliance with the CCCNS based on the specified *Nutrition Standards for Meat and Meat Alternates* (see previous page). If the entree item contains at least two food components that are prepared separately and then assembled (e.g., hamburger on a bun), each component can be evaluated separately under the standards for the appropriate category. For example, the hamburger is evaluated under the *Nutrition Standards for Meat and Meat Alternates* and the bun is evaluated under the *Nutrition Standards for Grains and Breads* (see *Grains and Breads* in this section).

Fat: Same rationale as previously indicated (see *Grains and Breads* in this section). Meat and dairy products account for the majority of saturated fat in the American diet. Cheese provides the most saturated fat, followed by beef. For children ages 2 and older, choosing lean meat and meat alternates and low-fat, part-skim and reduced-fat natural cheese can significantly lower the amount of fat and saturated fat in children's diets. A diet lower in fat is associated with lower risk of overweight, obesity, cardiovascular disease and some cancers. Full-fat, nutrient-rich foods (e.g., cheese and yogurt) should not be restricted for children younger than 2. This age group needs sufficient fat for normal growth and development.

Exemptions to Fat Limits: The CCCNS allows exemptions to the fat limits for certain nutrient-rich foods that are naturally high in fat, including eggs, natural low-fat and reduced-fat cheese, nuts, seeds, and nut and seed butters. Eggs are good sources of easily digestible protein. Natural low-fat and reduced-fat cheese is a good source of protein and calcium. The majority of fat in nuts, seeds and nut and seed butters is unsaturated, which promotes cardiovascular health.

Trans fats: Same rationale as previously indicated (see *Grains and Breads* in this section).

Sugars: Same rationale as previously indicated (see *Grains and Breads* in this section). Meat and meat alternates generally do not contain added sugars with the exception of yogurt (see *Exemptions to Sugar Limits* below).

Exemptions to Sugar Limits: Yogurt is a nutrient-rich food. Most yogurt exceeds 35 percent of calories from sugars because it contains naturally occurring sugars. To avoid eliminating yogurt based on sugar content, the CCCNS for yogurt addresses *total sugars* instead of percentage of calories from sugars. Plain low-fat yogurt contains about 18 grams of naturally occurring sugars in 8 ounces (2.25 grams per ounce). Flavored yogurt also contains added sugars. Many popular brands contain close to 5 grams of total sugars (naturally occurring and added) per ounce. The standard of no more than 4 grams of total sugars per ounce limits *added* sugars for most yogurt to about 35 percent of calories. Acceptable products can contain 16 grams of total sugars in 4 ounces (½ cup), 24 grams of total sugars in 6 ounces (¾ cup) and 32 grams of total sugars in 8 ounces (1 cup). To further decrease sugar content, mix equal parts of plain yogurt with a sweetened yogurt that contains no more than 4 grams of sugars per ounce.

Artificial and Nonnutritive Sweeteners: Same rationale as previously indicated (see *Grains and Breads* in this section). Meat and meat alternates generally do not contain artificial or nonnutritive sweeteners with the exception of light yogurt. Read labels for commercially prepared meat and meat alternates to ensure that they do not contain artificial or nonnutritive sweeteners. For more information, see "artificial sweeteners" and "nonnutritive sweeteners" in the Glossary.

Sodium: The sodium limit for meat and meat alternates is based on standards from the FDA and the IOM. The IOM recommends that snacks contain no more than 200 milligrams of sodium and entree items contain no more than 480 milligrams of sodium. To meet the FDA food labeling definition for "healthy," an entree item cannot contain more than 480 milligrams of sodium. For more information, see "sodium" in the Glossary.

CACFP MEAL PATTERN COMPONENT — MILK

NUTRITION STANDARDS FOR MILK

- Unflavored whole milk for ages 12 to 23 months.
- Unflavored low-fat (1%) or fat-free (nonfat or skim) milk for ages 24 months or older.

Practices to Meet the Standards

- Ages 12 to 23 months: Serve only unflavored whole milk or lactose-free whole milk.[1]
- Ages 24 months or older: Serve only unflavored, low-fat (1%) milk, fat-free (nonfat) milk or lactose-free milk (1% or nonfat).[1]
- Serve nutritionally equivalent nondairy beverages such as soy or rice milk to children only if an appropriate medical statement is provided.[2]
- Serve plain water as an additional beverage item only if it is not offered as a choice instead of milk. Water is not a component of the CACFP Meal Pattern for Children and does not contribute to a reimbursable meal or snack. (For more information, see *Access to Drinking Water* in section 4.) If served, water cannot contain any added ingredients, such as sweeteners (natural, artificial or nonnutritive), sugar alcohols, caffeine and flavors.[3]

Do Not Serve

- Flavored milk, e.g., chocolate, strawberry and vanilla.
- Milk with added sugars, sweeteners (natural, artificial or nonnutritive) or sugar alcohols.[3]
- Low-fat or nonfat milk to ages 12 to 23 months.
- Whole milk to ages 24 months or older.
- Raw milk, e.g., raw cow's milk. Raw milk can be contaminated with harmful bacteria. Only pasteurized milk products can be used.

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[1] Lactose-free milk counts as fluid milk in the CACFP Meal Pattern for Children and can be substituted for regular milk.

[2] CACFP facilities can provide milk substitutions for children only when an appropriate medical statement is completed and on file. This statement must be signed by a licensed physician if the child is disabled or by a recognized medical authority if the child is not disabled but has other medical or special dietary needs. For more information, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Accommodating Special Dietary Needs* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

[3] Do not serve any beverages containing artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

RATIONALE AND GUIDANCE

Recommended Daily Servings: The Dietary Guidelines recommend that children ages 2 to 8 should consume 2 cups per day of nonfat or low-fat milk or equivalent milk products. Children ages 9 and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products. The CACFP Meal Pattern for Children requires fluid milk as a meal component for all breakfasts, lunches and suppers. Milk can be served as one of the two required snack components. For more information, see the CACFP Meal Pattern for Children (appendix A).

Fat Content of Milk: Children younger than 2 should be served only whole milk. Reduced-fat milk (2%), low-fat milk (1%) and nonfat (skim) milk are not appropriate for this age group as young children need adequate amounts of fat for normal growth and development. Whole and 2% milk are major sources of saturated fat in children's diets. After age 2, children do not need the added fat and saturated fat from whole or 2% milk. For children ages 2 and older, the AAP recommends serving low-fat (1%) or fat-free milk. Low-fat and fat-free milk provide a significant amount of calcium and other needed nutrients while helping to lower children's fat and saturated fat consumption. Low-fat and fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Sugars: The Dietary Guidelines recommend choosing foods and beverages without added sugars. The American Heart Association (AHA) recommends a limit for added sugars to maintain a healthy weight, decrease cardiovascular risk and meet essential nutrient needs. The AHA specifies that added sugars should not be more than half of an individual's discretionary calorie allowance. (For more information, see "discretionary calories" in the Glossary.) For children ages 4-8, this means limiting added sugars from all foods and beverages to about 5 ¼ teaspoons per day. Most children consume four times this amount.

A 1-cup serving of flavored milk provides about 3 teaspoons of added sugars. When children drink flavored milk they can quickly reach their limit of added sugars before consuming any other foods, such as sweetened beverages, sweetened breakfast cereals and desserts. The CCCNS allows only unflavored milk to help children meet the AHA's recommended limits for added sugars and to encourage children to learn to enjoy the natural taste of plain milk.

Artificial and Nonnutritive Sweeteners: Same rationale as previously indicated (see Grains and Breads in this section). Artificial or nonnutritive sweeteners are not found in plain unflavored milk but may be found in some flavored milks. Many flavored waters also contain these ingredients. For more information, see "artificial sweeteners" and "nonnutritive sweeteners" in the Glossary.

OTHER FOODS

NUTRITION STANDARDS FOR OTHER FOODS

- Serve only foods and beverages that meet the CACFP Meal Pattern for Children and the CCCNS.
- Do not serve other foods and beverages.

Other foods include "noncreditable" foods and beverages that do not count toward the four food components (meat/meat alternates, vegetables/fruits, grains/breads and milk) of the CACFP Meal Pattern for Children. Other foods generally contain fat, added sugars and sodium with little nutritional value.

The CCCNS eliminates these foods and beverages in child care because they provide extra calories with few nutrients, and children have many opportunities to consume these less nutritious choices outside child care. Serving only healthy foods in child care helps parents balance children's food choices at home and gives children a better chance of meeting their daily MyPyramid recommendations. Current research on children's eating habits supports this approach because most children consume too many calories from fats and sugars (see *Rationale for Healthy Foods and Beverages in Child Care* in section 4).

This list of other foods is not all inclusive. The CCCNS also eliminates some foods that are creditable in the CACFP Meal Pattern for Children but contain fat, sugars and sodium with few nutrients, such as:

- sweetened grain-based desserts (e.g., cakes, cookies, doughnuts and brownies);
- grain-based snack chips (e.g., tortilla chips, corn chips and Sunchips);
- fried or baked pre-fried vegetables (e.g. french fries and potato puffs); and
- fried, baked pre-fried or high-fat meats and meat alternates (e.g., chicken nuggets, fish sticks, processed luncheon meats, full-fat cheese and process cheese foods).

For more information, see the CCCNS for *Grains and Breads, Vegetables and Fruits* and *Meat and Meat Alternates* in this section.

Practices to Meet the Standards

- ▶ Serve only beverages that meet the CACFP Meal Pattern for Children (see appendix A) and the nutrition standards specified in this section for milk and juice. For more information, see the CCCNS for *Milk and Vegetables and Fruits* in this section.
- ▶ Serve only foods that meet the CACFP Meal Pattern for Children (see appendix A) and the nutrition standards specified in this section for grains, breads, vegetables, fruits, meat and meat alternates. For more information, see the CCCNS for *Grains and Breads, Vegetables and Fruits* and *Meat and Meat Alternates* in this section.
- ▶ Do not serve other foods and beverages, such as the examples listed below.
  - Soft drinks, regular or diet.
  - Sports drinks or energy drinks, regular or diet.
  - Sugary beverages, such as fruit-based drinks with added sweeteners; sweetened iced teas; punch; hot chocolate; and lemonade.
  - Artificially sweetened beverages such as diet soft drinks, teas, lemonade and punch.
  - Coffee, decaffeinated coffee, herbal coffee and iced coffee.
  - Tea, decaffeinated tea, herbal tea and iced tea (regular or diet).
  - Waters with added sugars or sweeteners (natural, artificial or nonnutritive), sugar alcohols or other ingredients. For more information, see definitions in the Glossary.
  - Any other beverages that are not part of the CACFP Meal Pattern for Children (see appendix A) and that do not meet the nutrition standards specified in this section for milk or juice. For more information, see the CCCNS for *Milk* and *Vegetables and Fruits* in this section.
  - Candy and chocolate (all kinds, including sugar free).
  - Potato chips, regular, reduced fat and baked.

- Snack chips, regular, reduced fat and baked.
- Popcorn, regular and reduced fat, e.g., Smartfood popcorn.
- Caramel popcorn and popcorn cakes.
- Gelatin, flavored or sugar free.
- Commercially prepared fruit snacks that are not made with 100 percent fruit, such as fruit roll-ups and similar items. These are generally made with juice from concentrates and contain other ingredients such as corn syrup, sugar, modified food starch, starch, fruit puree, gelatin and artificial flavors and colors.
- Ice cream, sherbet, frozen yogurt, Italian ice, popsicles and frozen novelties.
- Pudding.
- Marshmallows.
- Bacon.
- Canned soups that are not creditable in the CACFP Meal Pattern for Children, e.g., beef barley, beef noodle, turkey or chicken noodle and turkey or chicken rice.
- Any other foods that do not meet the nutrition standards specified in this section for grains, breads, vegetables, fruits, meat and meat alternates. For more information, see the CCCNS for *Grains and Breads, Vegetables and Fruits* and *Meat and Meat Alternates.*

CACFP INFANT MEAL PATTERN COMPONENT — IRON-FORTIFED INFANT CEREAL, BREAD AND CRACKERS[1]

NUTRITION STANDARDS FOR INFANT BREADS AND CRACKERS

A serving contains:

- less than 0.5 gram of trans fat, no hydrogenated or partially hydrogenated oils and no chemically altered fat substitutes.[2]
- no more than 35 percent of calories from sugars and no artificial sweeteners, nonnutritive sweeteners or sugar alcohols.[2]
- no more than 200 milligrams of sodium.

See appendices D and E for information on using food labels to determine whether a product meets these standards.

Practices to Meet the Standards

- For infants who are at least 4 months old and developmentally ready, serve iron-fortified infant cereal. Introduce iron-fortified rice cereal first followed by iron-fortified oat and barley infant cereal.[1]
- For infants who are at least 8 months old and developmentally ready, serve commercially prepared whole-grain or enriched age-appropriate bread and crackers for snack only. Allowable bread and crackers include teething biscuits, strips of dry bread or toast, and plain crackers low in salt and without nuts, seeds or hard pieces of whole-grain kernels, e.g., soda crackers or graham crackers without honey.[3, 4]
- Serve only products that meet the *Nutrition Standards for Infant Breads and Crackers* (see box) in portion sizes that are consistent with the CACFP Infant Meal Pattern (see appendix B).
- For infants who are at least 8 months old and developmentally ready for adult breakfast cereals, serve only whole-grain cereals containing no more than 6 grams of sugars per serving.[5]
- Do not use condiments (such as margarine, butter, jelly, jam, syrup and cream cheese) with bread and crackers. These foods do not contribute to the CACFP Infant Meal Pattern and add unnecessary fat, sugars and sodium to infants' diets.

Do Not Serve

- Sweetened grain-based baked goods such as cinnamon rolls, donuts, pastries, toaster pastries, croissants, muffins, cookies, cereal or grain bars, cakes, cup cakes, brownies, cheesecakes, pies and rice cereal treats. These foods contain added sugars and fat and are not appropriate for infants.
- Baked goods containing artificial trans fats, e.g., hydrogenated or partially hydrogenated oils.
- Baked goods made with whole eggs such as pancakes, waffles or muffins. These foods can cause allergic reactions.
- Foods that could cause choking such as hard pretzels, bread sticks, tortilla chips, granola bars, croutons, rice cakes and breads or crackers containing nuts, seeds or hard pieces of whole-grain kernels.
- Adult breakfast cereals (cold or hot) for infants less than 8 months, e.g., Cheerios, Kix, Life and oatmeal.[5]
- Commercially prepared cereal mixtures such as commercial jarred baby food cereals.

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[1] The CACFP Infant Meal Pattern does not contain the extensive grains/breads component of the CACFP Meal Pattern for Children. It includes only iron-fortified infant cereal and, when infants are developmentally ready (at least 8 months of age), bread and crackers. These foods should only be introduced in consultation with parents. The AAP recommends that infants are at least 6 months before solid foods are introduced.

[2] Do not serve any foods containing chemically altered fat substitutes (e.g., Olestra, Olean and Simplesse), artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

[3] Bread and crackers can be served to infants at snack only when they are at least 8 months old are developmentally ready. Consult with families about bread and crackers being introduced at home so the CACFP facility can serve the same food at the same time.

[4] Honey and foods containing honey (even prepared foods such as honey graham crackers) cannot be served to infants. Honey can cause allergies and foodborne illness.

[5] Adult ready-to-eat cold dry breakfast cereals and cooked breakfast cereals can be served to infants at least 8 months old when they are developmentally ready, if parents request that they be served. However, they are not creditable as a food component in the CACFP Infant Meal Pattern. For more information, see *Adult Cereals* under *Rationale and Guidance* on the next page.

RATIONALE AND GUIDANCE

Solid Foods: The AAP recommends exclusive consumption of breast milk for at least the first six months of life, followed by the gradual introduction of solid foods from 6 to 12 months. The CACFP Infant Meal Pattern allows the introduction of solid foods between 4 to 6 months based on an infant's developmental readiness. The child care program should consult with parents regarding their infant's developmental readiness and any solid foods being introduced at home.

Allowable Grain-Based Foods: Iron-fortified infant cereal and specific types of bread and crackers are the only allowable grain-based foods in the CACFP Infant Meal Pattern. Additional grains and breads can be served to infants when parents request that they be served and infants are at least 8 months old and developmentally ready to accept them. However, these additional foods are not creditable as food components in the CACFP Infant Meal Pattern. The CCCNS addresses additional nutrition standards for these foods, since most commercially prepared grain-based foods (such as breads and crackers) contain added fat, sugars and sodium.

Adult Cereals: Adult ready-to-eat cold dry breakfast cereals (e.g., Cheerios, Kix and Life) and cooked breakfast cereals (e.g., oatmeal and cream of wheat) are not part of the CACFP Infant Meal Pattern. They should not be served to babies younger than 8 months. These cereals often contain mixed grains and are usually higher in salt and sugars than infant cereals. They may also contain hard pieces of food that could cause choking such as raisins, dates, nuts or uncooked whole grain flakes. Adult cereals can be fed only as an additional food to older babies (at least 8 months) if the family requests that they be served. To provide a reimbursable infant meal, the child care program must serve all other required foods specified in the CACFP Infant Meal Pattern (see appendix B).

Commercially Prepared Cereal Mixtures: Commercially prepared cereal mixtures are not an allowable component in the CACFP Infant Meal Pattern because the portion of each food component in the mixture is not specified. They also have the potential to cause an allergic reaction because they may contain a new food that the infant has not tried.

Sweetened Grain-Based Baked Goods: Most baked goods (such as cinnamon rolls, doughnuts, pastries, toaster pastries, croissants, muffins, cookies, cereal or grain bars, cakes, cupcakes, brownies, cheesecakes, pies and rice cereal treats) are inappropriate for infants because they provide calories but few nutrients. Babies have small stomachs and can fill up easily. They need nutritious foods to ensure they get the nutrients needed for healthy growth and development. Baked goods may be a choking risk. They can also contain ingredients that cause food allergies and promote tooth decay.

Added Fat: The CCCNS for Infants does not restrict the natural fat content of nutrient-rich foods such as natural cheese and yogurt. Infants need full-fat, nutrient-rich foods for normal growth and development. However, the CCCNS for Infants restricts foods with added fats and artificial trans fats because they are not needed in infants' diets (see *Trans Fats* below).

Trans Fats: Due to their negative impact on children's health, the CCCNS does not allow foods containing artificial trans fats. Food labeling regulations allow food labels to state "0 grams" trans fats if a serving contains less than 0.5 gram. To avoid artificial trans fats, read ingredients and select products without hydrogenated or partially hydrogenated oils. For more information, see "trans fats" in the Glossary.

Sugars: Sweetened foods may fill up infants without providing essential nutrients. Sugars eaten alone, added to foods or in prepared foods provide unnecessary calories and promote the development of tooth decay. Sugars should not be added to infant foods to provide flavor. It is best for children to develop a liking for the natural flavor of foods. Honey should never be fed to babies less than 1 year old, including honey alone (e.g., yogurt with honey or peanut butter with honey) or in cooking, baking or prepared foods (e.g., honey graham crackers). Honey may contain botulism spores that can cause a serious type of foodborne illness. After babies' digestive systems mature, honey can be tolerated. For more information, see "added sugars" in the Glossary.

Artificial and Nonnutritive Sweeteners: Artificially sweetened foods or beverages are not appropriate for infants. Infants are growing rapidly and have no need for low calorie foods and drinks. Artificial sweeteners, nonnutritive sweeteners and sugar alcohols have not been proven safe for consumption by infants. For more information, see "artificial sweeteners," "nonnutritive sweeteners" and "sugar alcohols" in the Glossary.

Sodium: Infants do not need foods with added sodium. Salt should not be added in cooking. When commercial bread or crackers are purchased, they should be low in sodium. The sodium limit for infant breads and crackers is based on the IOM standard of no more than 200 milligrams of sodium. For more information, see "sodium" in the Glossary.

CACFP INFANT MEAL PATTERN COMPONENT — VEGETABLES AND FRUITS[1, 2]

NUTRITION STANDARDS FOR INFANT VEGETABLES AND FRUITS

A serving contains:

- no added fat or chemically altered fat substitutes.[3]
- less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
- no added sugars, artificial sweeteners, nonnutritive sweeteners or sugar alcohols.[3]
- no added salt and no more than 200 milligrams of sodium.

Practices to Meet the Standards

- Serve only fruits and vegetables that meet the *Nutrition Standards for Infant Vegetables and Fruits* (see box) in portion sizes that are consistent with the CACFP Infant Meal Pattern (see appendix B).
- Offer a variety of different fruits and vegetables including:
  - commercially prepared baby fruits
  - commercially prepared baby vegetables
  - fresh or frozen fruits[4, 5]
  - fresh or frozen vegetables[4, 5]
  - canned fruits in their natural juices or water[4, 5]
  - canned vegetables with no added sodium[4, 5]
- Serve fruits and vegetables plain, without added fat, salt, honey, sugars or other sweeteners (including natural, artificial or nonnutritive) or sugar alcohols.[3] Do not serve any fruits or vegetables made with hydrogenated or partially hydrogenated oils.
- Do not use condiments (such as margarine, butter, mustard, ketchup, mayonnaise, salad dressings, sour cream and sauces) with vegetables and fruits. These foods do not contribute to the CACFP Infant Meal Pattern and add unnecessary fat, sugars and sodium to infants' diets.

Do Not Serve

- Fruits and vegetables with added fat, salt, honey, sugars or other sweeteners (including natural, artificial or nonnutritive) or sugar alcohols.[3]
- 100 percent fruit and vegetable juices until infants are at least 12 months of age and can drink from a cup. For more information, see *Vegetables and Fruits* in the CCCNS for Children.
- Fruit-based drinks containing less than 100 percent real fruit juice and added sweeteners (natural, artificial or nonnutritive) or sugar alcohols.
- Commercially prepared baby food dinners listing a fruit or vegetable as the first ingredient.
- Fried or baked pre-fried vegetables, e.g., french fries, potato puffs and hash brown patties.
- Commercially prepared fruit snacks that are not made with 100 percent fruit, such as Fruit Roll-Ups and similar items. These products are not fruit and are a choking hazard for infants.
- Home-prepared high-nitrate vegetables such as beets, carrots, collard greens, spinach and turnips to babies less than 6 months old. For more information, see *Home-Prepared Vegetables High in Nitrates* under *Rationale and Guidance* on the next page.
- Fruits and vegetables that are choking hazards for infants. For more information, see *Fruit and Vegetable Choking Hazards* under *Rationale and Guidance* on the next page.

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[1] The CACFP Infant Meal Pattern includes an optional vegetable/fruit component at lunch/supper for infants 4 months and older (when they are developmentally ready to accept it) and for infants at least 8 months old at breakfast and lunch/supper. These foods should only be introduced in consultation with parents. The AAP recommends that infants are at least 6 months before solid foods are introduced.

[2] Do not serve any vegetables or fruits until an infant is at least 4 months old and developmentally ready to accept them. Consult with families to verify that children do not have food allergies before serving a fruit or vegetable for the first time.

[3] Do not serve any foods containing chemically altered fat substitutes (e.g., Olestra, Olean and Simplesse), artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

[4] For ages 4 through 7 months, mash, strain or puree all fruits and vegetables to prevent choking. For ages 8 through 11 months, cut vegetables and fruit into bite-size pieces and cook before serving. Corn should be pureed and cooked before serving.

[5] Citrus fruits (e.g., orange, tangerine and grapefruit), pineapple or tomato juices or tomato products may cause allergic reactions and should not be given before 6 months of age.

RATIONALE AND GUIDANCE

Fruit and Vegetable Choking Hazards: Some fruits and vegetables pose a choking risk and cannot be served to children under age 4. These include:

- dried fruit and vegetables;
- raw vegetables;
- cooked or raw whole corn kernels;
- hard pieces of raw fruit such as apple, pear or melon; and
- whole grapes, berries, cherries, melon balls, or cherry or grape tomatoes.

Commercially Prepared Baby Food Dinners: Commercially prepared baby food dinners that contain more than one food item (e.g., baby food dinners with vegetables and meat) are not creditable as a food component in the CACFP Infant Meal Pattern. They do not specify the amount of each CACFP food component and may contain a new food that could cause an allergic reaction.

Home-Prepared Vegetables High in Nitrates: Home-prepared vegetables such as beets, carrots, collard greens, spinach and turnips are high in nitrates and should only be fed to babies ages 6 months and older. The naturally occurring nitrates in these vegetables can be converted to nitrites in very young babies. Nitrites bind iron in the blood and make it difficult to carry oxygen. If the nitrites are high enough, this can result in a condition called methemoglobinemia, in which a baby has blue skin and difficulty breathing. Commercially prepared baby food spinach, beets and carrots contain only traces of nitrates and are not considered a risk to babies less than 6 months old.

Juice: Vegetable juice is not part of the CACFP Infant Meal Pattern and cannot be served to infants younger than 12 months. Fruit juice is not part of the *Vegetables and Fruits* component of the CACFP Infant Meal Pattern. It is an additional beverage that can be offered to infants 8 months and older at snack only. However, the CCCNS is stricter and allows 100 percent juice only for infants 12 months and older. Whole baby food fruits and vegetables are better for infants than juice because they provide nutrients and fiber that may be lost when juice is processed. For more information on the juice recommendations of the CCCNS for Infants, see *Infant Beverages* in this section.

Added Fat: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section).

Trans Fats: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Read labels for commercially prepared vegetables and fruits to ensure that they do not contain hydrogenated or partially hydrogenated oils.

Sugars: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). The CCCNS does not address the naturally occurring sugars contained in fruits and some vegetables. Naturally occurring sugars are not a concern because fruits and vegetables are nutrient rich, containing vitamins, minerals, fiber and other health-enhancing substances. Read labels for commercially prepared vegetables and fruits to ensure that they do not contain added sugars.

Artificial and Nonnutritive Sweeteners: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Read labels for commercially prepared vegetables and fruits to ensure that they do not contain artificial or nonnutritive sweeteners.

Sodium: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Read labels for commercially prepared vegetables and fruits to ensure that they do not contain added sodium.

CACFP INFANT MEAL PATTERN COMPONENT — MEAT AND MEAT ALTERNATES[1, 2]

NUTRITION STANDARDS FOR INFANT MEAT AND MEAT ALTERNATES

A serving contains:

- no added fat or chemically altered fat substitutes.[3]
- less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
- no added sugars, artificial sweeteners, nonnutritive sweeteners or sugar alcohols.[3]
- no added salt and no more than 200 milligrams of sodium.

Practices to Meet the Standards

- Serve only meat and meat alternates that meet the *Nutrition Standards for Infant Meat and Meat Alternates* (see box) in portion sizes that are consistent with the CACFP Infant Meal Pattern (see appendix B).
- Serve lean meat, skinless poultry (chicken, turkey), fish, cooked dry beans or peas (legumes), egg yolks and natural cheese, e.g., cheddar, mozzarella, muenster and provolone.[2, 4]
- Serve meat and meat alternates plain without added fat, salt, honey, sugars, sweeteners (including natural, artificial or nonnutritive) or sugar alcohols.[3] Do not serve any meat or meat alternates made with hydrogenated or partially hydrogenated oils.
- Do not use condiments (such as margarine, butter, ketchup, mustard, mayonnaise, sauces and gravies) with meat and meat alternates. These foods do not contribute to the CACFP Infant Meal Pattern and add unnecessary fat, sugar and sodium to infants' diets.

Do Not Serve

- Sausage, bacon and processed luncheon meats, e.g., pepperoni, salami and bologna.
- Baked pre-fried foods, e.g., chicken nuggets, fish sticks and corn dogs.
- Fried foods.
- Process cheese food, cheese spread and cheese products, e.g., Velveeta and Cheez Whiz.
- Nuts, seeds, and nut and seed butters, e.g., peanut, almond, cashew and sunflower. These foods are choking hazards and can cause possible food allergies.
- Shark, swordfish, king mackerel, tile fish and albacore tuna. These foods have potentially high mercury levels that are dangerous to children.
- Shellfish, e.g., shrimp, lobster, crab, crawfish, scallops, oysters and clams. These types of seafood can cause severe allergic reactions in some babies.
- Commercially prepared baby food meals.
- Meat and meat alternates with added fat, salt, honey, sugars or other sweeteners (natural, artificial or nonnutritive) and sugar alcohols.[3]
- Yogurt containing artificial or nonnutritive sweeteners, e.g., "light" yogurt.[3, 5]

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[1] The CACFP Infant Meal Pattern includes a meat/meat alternate component for ages 8 through 11 months at lunch and supper. For infants, the meat/meat alternate category is limited to lean meat, boneless fish, poultry, cheese, egg yolk, cooked dry beans or peas and cheese. These foods should only be introduced in consultation with parents.

[2] Do not serve any meat or meat alternates until an infant is at least 8 months old. Before serving a meat or meat alternate for the first time, consult with families to verify that the infant has tried the food at home and does not have food allergies.

[3] Do not serve any foods containing chemically altered fat substitutes (e.g., Olestra, Olean and Simplesse), artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

[4] All meat and meat alternates should be pureed, ground, mashed or finely chopped to prevent choking.

[5] Yogurt is not creditable in the CACFP Infant Meal Pattern. However, it may be served as an additional food item when infants are at least 8 months old and are developmentally ready to eat it, if parents request that it be served.

RATIONALE AND GUIDANCE

Commercially Prepared Baby Food Meals: Commercially prepared baby food meals may contain a new food that the infant has not tried and may cause an allergic reaction. The portion of each food component in the mixture is not specified and cannot be counted as a food component in the CACFP Infant Meal Pattern.

Process Cheese Products: While process cheese products are allowed in the CACFP Infant Meal Pattern, the CCCNS is stricter and does not allow these foods. Process cheese food, cheese spread and cheese products contain additional ingredients that are not in natural cheese. They are higher in moisture content and lower in protein content than natural cheese, and they are often high in sodium. The CCCNS allows natural cheese for infants. For more information, see "natural cheese" in the Glossary.

Yogurt: Yogurt is not a creditable food in the CACFP Infant Meal Pattern. It should not be served to babies younger than 8 months. Yogurt can be fed only as an additional food to older babies (at least 8 months) if they are developmentally ready to accept it and the family requests that it is served. To provide a reimbursable infant meal, the child care program must serve all other required foods specified in the CACFP Infant Meal Pattern (see appendix B).

Full-fat yogurt can be served to infants. Yogurt is a nutrient-rich food but flavored yogurt is often high in added sugars. Limit added sugars by serving only plain yogurt sweetened with mashed fruit. Alternatively, mix equal parts of plain yogurt with a sweetened yogurt that contains no more than 4 grams of sugars per ounce. For more information, see *Exemptions to Sugar Limits* under *Rationale and Guidance* in the *Meat and Meat Alternates* section of the CCCNS for Children.

Added Fat: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section).

Trans Fats: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Read labels for commercially prepared meat and meat alternates to ensure that they do not contain hydrogenated or partially hydrogenated oils.

Sugars: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Read labels for commercially prepared meat and meat alternates to ensure that they do not contain added sugars.

Artificial and Nonnutritive Sweeteners: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Meat and meat alternates generally do not contain artificial or nonnutritive sweeteners with the exception of light yogurt. Read labels for commercially prepared meat and meat alternates to ensure that they do not contain artificial or nonnutritive sweeteners. For more information, see "artificial sweeteners" and "nonnutritive sweeteners" in the Glossary.

Sodium: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section). Read labels for commercially prepared meat and meat alternates to ensure that they do not contain added sodium.

CACFP INFANT MEAL PATTERN COMPONENT — INFANT BEVERAGES (BREAST MILK, IRON-FORTIFIED INFANT FORMULA AND FRUIT JUICE)

NUTRITION STANDARDS FOR INFANT BEVERAGES

- Breast milk (preferred).
- Iron-fortified infant formula.[1]
- Water from a cup for infants 7 months and older.
- No 100 percent juice until 12 months.
- No other beverages.

Practices to Meet the Standards

- Serve only breast milk (preferred) or iron-fortified infant formula from birth through 11 months.[1,2]
- Serve water as an additional beverage item only when infants are at least 7 months old and can drink from a cup. Water cannot contain any added ingredients, such as flavors, sugars, sweeteners (natural, artificial or nonnutritive), sugar alcohols or caffeine.[3] Water is not a component of the CACFP Infant Meal Pattern and does not contribute to a reimbursable infant meal or snack.
- Serve 100 percent fruit juice only when infants are at least 12 months and can drink from a cup. For more information on the juice standards for children ages 12 months and older, see *Vegetables and Fruits* in the CCCNS for Children.

Do Not Serve

- Food or drink in a bottle other than breast milk (preferred) or iron-fortified infant formula unless medically necessary.[2]
- Cow's milk, lactose-free milk or nutritionally equivalent nondairy beverages such as soy or rice milk unless medically necessary.[2]
- 100 percent fruit and vegetable juices until an infant is at least 12 months and can drink from a cup.
- Soft drinks, regular or diet.[3]
- Sports drinks or energy drinks, regular or diet.[3]
- Sugary beverages, such as fruit-based drinks with added sweeteners; sweetened iced teas; punch; hot chocolate; and lemonade.
- Artificially sweetened beverages such as diet soft drinks, teas, lemonade and punch.[3]
- Coffee, decaffeinated coffee, herbal coffee and iced coffee.
- Tea, decaffeinated tea, herbal tea and iced tea (regular or diet).[3]
- Waters with added sugars or sweeteners (natural, artificial or nonnutritive), sugar alcohols or other ingredients.[3]
- Any other beverages that are not part of the CACFP Infant Meal Pattern (see appendix B).

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[1] All iron-fortified infant formulas served in the CACFP must meet the U.S. Department of Agriculture requirements. For more information, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

[2] CACFP facilities can provide an alternate formula or milk only when the appropriate medical statement is completed and on file. This statement must be signed by a licensed physician if an infant is considered disabled or by a recognized medical authority if an infant is not disabled but has medical or other special dietary needs. For more information, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Accommodating Special Dietary Needs* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

[3] Do not serve any beverages containing artificial sweeteners (e.g., acesulfame potassium, aspartame, neotame, saccharin, sucralose and tagatose), nonnutritive sweeteners (e.g., stevia or Rebiana) or sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates). For more information, see definitions in the Glossary.

RATIONALE AND GUIDANCE

Infant Beverages: The CACFP Infant Meal Pattern requires that infants from birth through 11 months must be fed either breast milk (preferred) or iron-fortified infant formula unless there is a medically documented dietary need. Consult the CACFP Infant Meal Pattern (appendix B) and the CSDE's *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants* for specific information regarding infant meal and snack requirements.

Breast Milk: Breast milk is the optimal food for babies. The AAP recommends exclusive consumption of breast milk for at least the first six months of life. It is the only food a baby needs during this time and it continues to be an important source of nutrients for the first year. Breast milk contains the right balance of nutrients to meet babies' needs over time. The AAP recommends that breastfeeding should continue until 12 months of age or longer.

Iron-fortified Infant Formula: Iron-fortified infant formula is the best food for babies when they are not being breastfed or when a breastfeeding supplement is needed. Iron-fortified infant formula is specially formulated to have the right balance of nutrients and to be easily digested. Iron is a very important nutrient during the baby's first year and serving iron-fortified infant formula is the easiest way to ensure adequate intake of iron. For babies who are not breastfed, iron-fortified infant formula is the only food needed for at least the first six months of life and it continues to be an important source of nutrients for the baby's first year. All iron-fortified infant formulas served in the CACFP must meet the USDA requirements. For more information, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

Bottle Feeding: No food or drink other than breast milk (preferred) or iron-fortified infant formula should be served in a bottle. Adding food to a bottle deprives infants of the opportunity to learn to regulate their food intake because it provides too many calories too quickly. It also contributes to tooth decay. Food added to a bottle (e.g., infant cereal) does not help infants sleep through the night.

Drinking From a Cup: The AAP recommends that children ages 1 and older use a cup exclusively and not be allowed to carry it around throughout the day. Prolonged exposure of teeth to the sugars in juice, milk or formula is a major factor for tooth decay.

Water: Water is not creditable in the CACFP Infant Meal Pattern. However, it may be served as an additional beverage when infants are at least 7 months old and can drink from a cup. Water served to infants cannot contain any added ingredients, such as flavors, sugars, sweeteners (natural, artificial or nonnutritive), sugar alcohols or caffeine. For more information, see "added sugars," artificial sweeteners," and "nonnutritive sweeteners" in the Glossary.

Fruit Juice: The CACFP Infant Meal Pattern allows 100 percent fruit juice to be served to infants 8 months and older at snack only. However, the CCCNS is stricter because it allows 100 percent fruit juice only for children 12 months and older. To ensure adequate fiber and nutrient intake, the AAP and the Dietary Guidelines recommend that most servings of fruits and vegetables are from whole fruits and vegetables instead of juice. Juice does not offer any nutritional benefits over whole fruit. Whole baby food fruits and vegetables are better for infants than juice because they provide nutrients and fiber that may be lost when juice is processed. Excessive juice consumption may be linked to children becoming overweight or obese and is associated with tooth decay and diarrhea. For information on the juice standards for children ages 12 months and older, see *Vegetables and Fruits* in the CCCNS for Children.

Sugary Beverages: Sugary beverages such as fruit drinks, sports drinks and soft drinks are high in calories and low in key nutrients. Breast milk (preferred) and iron-fortified formula are the only beverages recommended for children during their first year to meet nutrient needs. Consumption of sugary beverages is associated with children becoming overweight or obese, calcium deficiency (because sugary beverages displace milk) and tooth decay.

Artificial and Nonnutritive Sweeteners: Same rationale as previously indicated (see *Iron-Fortified Infant Cereal, Bread and Crackers* in this section).

OTHER FOODS

NUTRITION STANDARDS FOR OTHER FOODS

- Serve only foods and beverages that meet the CACFP Infant Meal Pattern and the CCCNS.
- Do not serve other foods and beverages to infants.

Other foods include "noncreditable" foods and beverages that do not count toward any food component (iron-fortified infant cereal, bread and crackers, vegetables/fruits, meat/meat alternates and breast milk, iron-fortified infant formula and fruit juice) in the CACFP Infant Meal Pattern. Other foods generally contain fat, added sugars and sodium with little nutritional value. Many are choking hazards for infants and can cause possible food allergies. The CCCNS eliminates these foods and beverages for infants in child care because they are inappropriate for this age group.

Practices to Meet the Standards

- Serve only beverages that meet the CACFP Infant Meal Pattern (see appendix B) and the nutrition standards specified in this section for breast milk, iron-fortified infant formula and fruit juice. For more information, see *Infant Beverages (Breast Milk, Iron-Fortified Infant Formula and Fruit Juice)* in this section.
- Serve only foods that meet the CACFP Infant Meal Pattern (see appendix B) and the nutrition standards specified in this section for iron-fortified infant cereal, bread, crackers, vegetables, fruits, meat and meat alternates. For more information, see *Iron-Fortified Infant Cereal, Bread and Crackers, Vegetables and Fruits* and *Meat and Meat Alernates* in this section.
- Do not serve other foods and beverages, such as the examples listed below. This list is not all inclusive.
  - Soft drinks, regular or diet.
  - Sports drinks or energy drinks, regular or diet.
  - Sugary beverages, such as fruit-based drinks with added sweeteners; sweetened iced teas; punch; hot chocolate; and lemonade.
  - Artificially sweetened beverages such as diet soft drinks, teas, lemonade and punch.
  - Coffee, decaffeinated coffee, herbal coffee and iced coffee.
  - Tea, decaffeinated tea, herbal tea and iced tea (regular or diet).
  - Waters with added sugars or sweeteners (natural, artificial or nonnutritive), sugar alcohols or other ingredients. For more information, see definitions in the Glossary.
  - Any other beverages that are not part of the CACFP Infant Meal Pattern (see appendix B) and that do not meet the nutrition standards specified in this section for milk or juice.
  - Candy and chocolate (all kinds, including sugar free).
  - Potato chips, regular, reduced fat and baked.
  - Snack chips, regular, reduced fat and baked.
  - Popcorn, regular and reduced fat, e.g., Smartfood popcorn.
  - Caramel popcorn and popcorn cakes.
  - Gelatin, flavored or sugar free.
  - Commercially prepared fruit snacks that are not made with 100 percent fruit, such as Fruit Roll-Ups and similar items. These are generally made with juice from concentrates and contain other ingredients such as corn syrup, sugar, modified food starch, starch, fruit puree, gelatin and artificial flavors and colors.
  - Ice cream, sherbet, frozen yogurt, Italian ice, popsicles and frozen novelties.
  - Pudding.
  - Marshmallows.
  - Bacon.
  - Cream cheese.
  - Any other foods or beverages that do not meet the CACFP Infant Meal Pattern and the nutrition standards specified in this section for iron-fortified infant cereal; bread and crackers; vegetables and fruits; and meat and meat alternates. Note: The exception is nutrient-rich foods that are developmentally appropriate for infants, e.g., adult breakfast cereals and yogurt for infants at least 8 months old. For more information, see *Iron-Fortified Infant Cereal, Bread and Crackers* and *Meat and Meat Alternates* in this section.

HOW TO READ A FOOD LABEL

Wheat Thins Reduced Fat Crackers

Nutrition Facts

Serving Size	16 crackers (29g)
Servings Per Container	About 14

Amount Per Serving

Calories 130	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 230 mg	10%
Potassium 60mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Soybean Oil, Cornstarch, Malt Syrup (From Barley and Corn), Salt, Invert Sugar, Leavening (Calcium Phosphate and/or Baking Soda), Monoglycerides, Whole Grain Barley Flakes, Whole Grain Millet, Whole Grain Rye, Whole Grain Triticale, Vegetable Color (Annatto Extract, Turmeric Oleoresin).

Serving Size and Number of Servings

- The Nutrition Facts label is based on one serving, but many packages contain more. If you are eating more than one serving, the calories and nutrients must be multiplied by the number of servings. For example, 24 crackers provide 1 ½ servings and contain 50 percent more calories and nutrients.

Sodium

- Limit sodium to reduce the risk of high blood pressure.
- Less than 5 percent is low sodium and 20 percent or more is high sodium.

Fiber

- Most people do not get enough fiber. Foods with 10-19 percent Daily Value are good sources and foods with 20 percent or more are high sources.
- Choose whole-grain foods as often as possible by reading the ingredients list. Look for a whole grain to be the first ingredient. See "whole grains" in the Glossary for names of whole grains.

Sugars

- There is no percent Daily Value for sugars.
- Look for foods low in added sugars. The Nutrition Facts label lists total sugars (naturally occurring and added), so read the ingredients list to determine if any sugars are added. The closer sugar is to the beginning of the ingredient list, the more of it the food contains. See "added sugars" in the Glossary for names of sugars.

Calories

- The label lists the number of calories in a single serving and how many calories come from fat.
- Low is 40 calories or less per serving. High is 400 calories or more per serving.
- Compare the calories per serving to the nutrients to see the "nutrient density" of the food.

Percent Daily Value

- Percent Daily Value shows how a serving of the food fits into an overall daily diet of 2,000 calories. People may need more or fewer calories, depending on age, gender and activity level.

Fats

- Look for foods that are lowest in saturated fat, trans fat and cholesterol.
- Most fats should be polyunsaturated or monounsaturated.
- There is no percent Daily Value for trans fat, but consume as little as possible.
- Labels can state "0 grams" trans fat if the serving contains less than 0.5 gram of trans fats, even if the food contains sources of artificial trans fats. Read labels and select products that do not contain hydrogenated or partially hydrogenated oils.

Nutrients

- Look for foods with higher percent daily values.

Ingredients

- Ingredients on product labels are listed by weight, from most to least. The closer an ingredient is to the beginning of the list, the more of it the food contains.

EVALUATING FOODS FOR COMPLIANCE WITH THE CCCNS

PERCENTAGE OF CALORIES FROM FAT*

Nutrition Facts

Serving Size 16 crackers (29g)
Servings Per Container About 14

Amount Per Serving

Calories 130	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 230 mg	10%
Potassium 60mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Step 1.	From Nutrition Facts label, list ***fat grams*** per serving.	3.5	fat grams per serving
Step 2.	Multiply fat grams (Step 1) by 9 to get ***calories from fat*** (1 gram of fat equals 9 calories).	31.5	calories from fat
Step 3.	From Nutrition Facts label, list ***calories*** per serving.	130	calories per serving
Step 4.	Divide ***calories from fat*** (Step 2) by ***calories per serving*** (Step 3) to get ***percentage of calories from fat.***	**24.2**	percent of calories from fat

Step 5. Is the percentage of calories from fat ***35 percent or less?***

☑ Yes, product meets the CCCNS for percentage of calories from fat.

☐ No, product does ***not*** meet the CCCNS for percentage of calories from fat.

* Note: Fat calories are calculated based on the conversion formula of 9 calories per gram of fat. Labeling laws allow manufacturers to round down information on the Nutrition Facts label. Using the conversion formula to calculate percentage of calories from fat is more accurate, and may result in a different number than indicated on the Nutrition Facts label.

EVALUATING FOODS FOR COMPLIANCE WITH THE CCCNS

PERCENTAGE OF CALORIES FROM SATURATED FAT*

Nutrition Facts

Serving Size 16 crackers (29g)
Servings Per Container About 14

Amount Per Serving

Calories 130 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 230 mg	10%
Potassium 60mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Step 1.	From Nutrition Facts label, list ***saturated fat grams*** per serving.	0.5	saturated fat grams per serving
Step 2.	Multiply saturated fat grams (Step 1) by 9 to get ***calories from saturated fat*** (1 gram of fat equals 9 calories).	4.5	calories from saturated fat
Step 3.	From Nutrition Facts label, list ***calories*** per serving.	130	calories per serving
Step 4.	Divide ***calories from saturated fat*** (Step 2) by ***calories per serving*** (Step 3) to get ***percentage of calories from saturated fat.***	3.5	percent of calories from saturated fat

Step 5. Is the percentage of calories from saturated fat ***less than 10 percent***?

☑ Yes, product meets the CCCNS for percentage of calories from saturated fat.

☐ No, product does ***not*** meet the CCCNS for percentage of calories from saturated fat.

* Note: Saturated fat calories are calculated based on the conversion formula of 9 calories per gram of saturated fat. Labeling laws allow manufacturers to round down information on the Nutrition Facts label. Using the conversion formula to calculate percentage of calories from saturated fat is more accurate, and may result in a different number than indicated on the Nutrition Facts label.

EVALUATING FOODS FOR COMPLIANCE WITH THE CCCNS

PERCENTAGE OF CALORIES FROM SUGARS

Nutrition Facts

Serving Size 16 crackers (29g)
Servings Per Container About 14

Amount Per Serving

Calories 130 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 230 mg	10%
Potassium 60mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Step 1.	From Nutrition Facts label, list ***grams of sugar*** per serving.	4	grams of sugars per serving
Step 2.	Multiply grams of sugars (Step 1) by 4 to get ***calories from sugars*** (1 gram of sugar equals 4 calories).	16	calories from sugars
Step 3.	From Nutrition Facts label, list ***calories*** per serving.	130	calories per serving
Step 4.	Divide ***calories from sugars*** (Step 2) by ***calories per serving*** (Step 3) to get ***percentage of calories from sugars.***	12.3	percent of calories from sugars

Step 5. Is the percentage of calories from sugars ***35 percent or less***?

☑ Yes, product meets the CCCNS for percentage of calories from sugars.

☐ No, product does ***not*** meet the CCCNS for percentage of calories from sugars.

IDEAS FOR HEALTHY CELEBRATIONS AND EVENTS[1]

The child care program serves healthy meals and snacks that meet the requirements of the Child and Adult Care Food Program (CACFP) and the recommendations of the Connecticut Child Care Nutrition Standards (CCCNS). To support children's health and the child care program's nutrition education efforts, all foods and beverages served at celebrations and other events on site meet the CCCNS (see appendix C). To protect food safety and guard against allergic reactions, all food provided by families to be shared with other children must be either whole fruits (e.g., apples, oranges or pears) or commercially prepared packaged foods that are unopened and, when possible, individually wrapped.

The categories of food and beverage items listed below will generally meet the CCCNS. However, the nutrition content of products varies greatly between recipes, brands and varieties. Before purchasing products, read food labels to determine compliance with the CCCNS (see appendices D and E). For foods made from scratch in the child care program, check the nutrient analysis of the recipe to determine compliance with the CCCNS. Check for food allergies before serving any foods or beverages to children.

- Milk (whole milk for children younger than 2 and 1% or fat-free milk for children ages 2 and older).
- 100 percent juice (without added sweeteners, artificial sweeteners, nonnutritive sweeteners, sugar alcohols or other added ingredients such as artificial flavors and colors, preservatives, flavor enhancers and emulsifiers or thickeners). Limit juice to ½ cup for ages 2 and older and ¼ cup for ages 12 to 24 months.
- Water (without added flavors, sweeteners, artificial sweeteners, nonnutritive sweeteners, sugar alcohols or caffeine).
- Fresh fruit assortment, fruit and low-fat natural cheese kabobs, fruit salad, fruit with low-fat yogurt topping.[2, 3]
- Fruit smoothies (blend fruits such as berries, bananas and pineapple) or fruit and yogurt smoothies (blend fruit with low-fat yogurt).[3]
- Dried fruit (e.g., raisins, apricots and plums) without added sugar, sweeteners or artificial sweeteners.[2]
- Vegetable trays with low-fat or nonfat yogurt dip, salad, carrot-raisin salad or bean salad.[2, 3]
- Celery and carrots with peanut butter and raisins or apples with peanut butter.[2]
- Whole-grain crackers with low-fat natural cheese cubes, low-fat string cheese or hummus.
- Whole-grain waffles or pancakes topped with fruit.
- Pretzels, rice cakes or bread sticks.[2]
- Graham crackers or animal crackers.
- Whole-grain pasta with low-fat shredded mozzarella cheese and marinara sauce.
- Whole-grain bagel slices with peanut butter, whole-wheat English muffin with low-fat natural cheese, or hot pretzels.[2]
- Pizza made with low-fat natural cheese, whole-grain crust and low-fat toppings (e.g., vegetables, lean ham and Canadian bacon) or pizza dippers with marinara sauce.
- Ham or turkey sandwiches or wraps with low-fat natural cheese and low-fat or fat-free, low-sugar and low-sodium condiments.
- Low-fat yogurt (without artificial sweeteners, nonnutritive sweeteners or sugar alcohols) with fresh or frozen berries.[3]
- Low-fat cottage cheese with fresh or frozen fruit.
- Yogurt parfaits or banana splits (low-fat yogurt and fruit topped with whole-grain cereal or granola or crushed graham crackers).[3]
- Quesadillas with low-fat natural cheese or bean burrito with salsa.
- Low-fat whole-grain granola bars (without artificial sweeteners, nonnutritive sweeteners or sugar alcohols).[2]
- Soft whole-corn tortilla with salsa or low-fat bean dip.
- Trail or cereal mix (whole-grain, low-sugar cereals mixed with dried fruit and pretzels).[2]
- Nuts and seeds without added fats or sugars.[2]

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[1] These foods and beverages do not necessarily meet the CACFP requirements for reimbursable meals and snacks. For specific information on crediting foods in the CACFP Meal Pattern for Children and CACFP Infant Meal Pattern, see *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Crediting Foods* and *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Feeding Infants* at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

[2] Children younger than 4 are at the highest risk of choking. Avoid any grains/breads that could cause choking, such as hard pretzels, bread sticks, tortilla chips, granola bars, croutons, rice cakes and ready-to-eat cold or cooked breakfast cereals with nuts, seeds, raisins and hard pieces of whole-grain kernels or other hard food pieces. Do not serve dried fruit and vegetables; raw vegetables; cooked or raw whole corn kernels; hard pieces of raw fruit such as apple, pear or melon; and whole grapes, berries, cherries, melon balls and cherry or grape tomatoes. Cut fresh and frozen vegetables and fruits into bite-size pieces and cook before serving. Any nuts or seeds should be in a prepared food and ground or finely chopped. Spread peanut butter thinly.

[3] If sweetened low-fat yogurt is served, choose one with no more than 4 grams of total sugars per ounce and no nonnutritive sweeteners or sugar alcohols. For more information, see *Meat and Meat Alternates* in the CCCNS for Children (appendix C).

PHYSICAL ACTIVITY GUIDELINES FOR CHILDREN FROM BIRTH TO AGE 5

NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION

Guidelines for Infants

Guideline 1 Infants should interact with caregivers in daily physical activities that are dedicated to exploring movement and the environment.

Guideline 2 Caregivers should place infants in settings that encourage and stimulate movement experiences and active play for short periods of time several times a day.

Guideline 3 Infants' physical activity should promote skill development in movement.

Guideline 4 Infants should be placed in an environment that meets or exceeds recommended safety standards for performing large-muscle activities.

Guideline 5 Those in charge of infants' well-being are responsible for understanding the importance of physical activity and should promote movement skills by providing opportunities for structured and unstructured physical activity.

Guidelines for Toddlers

Guideline 1 Toddlers should engage in a total of at least 30 minutes of structured physical activity each day.

Guideline 2 Toddlers should engage in at least 60 minutes and up to several hours per day of unstructured physical activity and should not be sedentary for more than 60 minutes at a time, except when sleeping.

Guideline 3 Toddlers should be given ample opportunities to develop movement skills that will serve as the building blocks for future motor skillfulness and physical activity.

Guideline 4 Toddlers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.

Guideline 5 Those in charge of toddlers' well-being are responsible for understanding the importance of physical activity and promoting movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.

Guidelines for Preschoolers

Guideline 1 Preschoolers should accumulate at least 60 minutes of structured physical activity each day.

Guideline 2 Preschoolers should engage in at least 60 minutes and up to several hours of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping.

Guideline 3 Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.

Guideline 4 Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.

Guideline 5 Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of physical activity and for promoting movement skills by providing opportunities for structured and unstructured physical activity.

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PHYSICAL ACTIVITY GUIDELINES FOR CHILDREN AND ADOLESCENTS (AGES 6-17)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

- Children and adolescents should engage in 60 minutes (one hour) or more of physical activity daily.

  - **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week. Aerobic activities are those in which young people rhythmically move their large muscles. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase cardiorespiratory fitness.

  - **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least three days of the week. Muscle-strengthening activities make muscles do more work than usual during activities of daily life. This is called "overload," and it strengthens the muscles. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. They can also be structured, such as lifting weights or working with resistance bands.

  - **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least three days of the week. Bone-strengthening activities produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone strengthening activities. Bone-strengthening activities can also be aerobic and muscle-strengthening.

- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

moderate-intensity physical activity: Activity (exercise, play or movement) that is easily maintained and performed at an intensity that increases heart and breathing rates, e.g., brisk walking or bicycling.

vigorous-intensity physical activity: Activity (exercise, play or movement) that produces fatigue in a short period of time and is performed at an intensity in which heart rate and breathing are elevated to levels higher than those observed for moderate physical activity, e.g., running, jumping rope, lap swimming or aerobic dancing.

The chart on the next page, *Examples of Types of Physical Activities for Children and Adolescents,* summarizes examples of moderate-and vigorous-intensity aerobic physical activities and muscle-and bone-strengthening activities for children and adolescents.

EXAMPLES OF TYPES OF PHYSICAL ACTIVITIES FOR CHILDREN AND ADOLESCENTS

Type of Physical Activity	Children	Adolescents
Moderate–intensity aerobic	• Active recreation, such as hiking, skateboarding, rollerblading • Bicycle riding • Brisk walking	• Active recreation, such as canoeing, hiking, skateboarding, rollerblading • Brisk walking • Bicycle riding (stationary or road bike) • Housework and yard work, such as sweeping or pushing a lawn mower • Games that require catching and throwing, such as baseball and softball
Vigorous–intensity aerobic	• Active games involving running and chasing, such as tag • Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Cross-country skiing	• Active games involving running and chasing, such as flag football • Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Vigorous dancing • Cross-country skiing
Muscle-strengthening	• Games such as tug-of-war • Modified push-ups (with knees on the floor) • Resistance exercises using body weight or resistance bands • Rope or tree climbing • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars	• Games such as tug-of-war • Push-ups and pull-ups • Resistance exercises with exercise bands, weight machines, hand-held weights • Climbing wall • Sit-ups (curl-ups or crunches)
Bone-strengthening	• Games such as hopscotch • Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis	• Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis
Note: Some activities, such as bicycling, can be moderate or vigorous intensity, depending upon level of effort.		

Source: *2008 Physical Activity Guidelines for Americans,* Chapter 3: Active Children and Adolescents, U.S. Department of Health and Human Services, 2008. http://www.health.gov/PAGuidelines/pdf/paguide.pdf