

# Module Four: Identifying Foods & Beverages that Meet the Rules

**Time:** 45 minutes

**Goal:** To determine if foods and beverages meet the DE CACFP/*Delacare* nutrition Rules.

**Objectives:**

- List three key locations of nutritional information on a product
- Learn to use the “Shopping Cheat Sheet”
- Determine if products in each meal component group meet the DE CACFP/*Delacare* Rules

**Handouts**

- Shopping Cheat Sheet Activity
- Identifying Products that Meet the DE CACFP/*Delacare* Rules Activity

**Additional Materials**

- Shopping Cheat Sheet (front & back)

**Preparation**

- Product Samples: Place product samples on tables by food group (i.e., one table gets cheese, one table get cereals, etc.)

## I. Discussion: Part 1 (10 minutes)

[Introduce yourself (if you haven’t already done so).]

### Identifying Foods and Beverages that Meet the Rules (Slide 1)

SAY:

- In this session, we’re going to discuss how to identify foods and beverages that meet the DE CACFP/*Delacare* Rules for nutrition.
- This can be hard, but we’re going to go over tips and tools to make it quick and easy while shopping.

### Learning Objectives (slide 2)

[READ slide.]

### Identifying Healthy Products (Slide 3)

SAY:

- There’s a lot of information on food packaging we can use to determine if a product meets the Rules.

ASK:

- *Who can give me an example of one place you would look on a product package to help you decide if it meets the Rules?*

[Take responses, then show answers on slide.]

SAY:

- Nutrition Facts labels and ingredients lists will help you to decide on a number of different products.
- Sometimes, all you need to look at is the front label.
- We’re going to discuss when to use each of these pieces of information, based on what type of product you’re looking at.

### **The Nutrition Facts Label (Slide 4)**

SAY:

- Let's start with the Nutrition Facts label. You've all seen these before. They're required to be on most packaged foods.
- The Nutrition Facts label is usually found on the side or back of a product.
- It can read either horizontally or vertically and contains information on serving size, the number of servings in one package or container, and the nutrients contained in the product like fat, carbohydrates and protein. [Point to where each is found on the label as you talk about them.]
- The nutrients listed are for ONE serving of the product. This is important because packages usually contain multiple servings. Keep this in mind if you're going to eat or drink a whole container, like a bottle of soda.

### **Cereals (Slide 5)**

SAY:

- There are a few types of products for which you will need to use the Nutrition Facts label to determine whether or not they meet the Rules.
- We'll start with cereal, because it's one of the easiest products to decide on.
- For cereal, the only thing we need to look for is sugar.
- Sugars provide excess calories but little or no nutrition. This means sugars provide energy, but no nutrients for growing children.
- Excess calories cannot be used by the body so they are stored as fat, which leads to weight gain. These are the reasons the Rules limit sugar.
- Remember, the Rule for cereals is that they can have no more than 6 grams of sugar per serving as listed on the Nutrition Facts label.
- On a Nutrition Facts label, this is the number we need to look at – grams of sugar. [Point to area on label with yellow box.] This cereal has 18 grams of sugar per serving.

#### **TIP**

The 6 grams of sugar or less Rule is always determined by the grams of sugar contained in one serving of cereal, as listed on the Nutrition Facts label. It doesn't matter if this serving is larger than the serving children would receive. This is for enforcement purposes.

ASK:

- *Does it meet the Rules?*

[Answer: No, must be 6 grams or less.]

### **Cereals (Slide 6)**

SAY:

- Let's try another example.

ASK:

- *How many grams of sugar does this cereal have?*

[Answer: 10 grams. Show answer on slide.]

SAY:

- Great. You see that right here. Sugar, 10 grams. [Point to area on label]

**ASK:**

- *Does this cereal meet the Rules?*

[Answer: No. Must be 6 grams or less. Show answer on slide.]

- *If we find a cereal that meets the Rules for sugar, what's one other thing we might want to look for?*

[Answer: Whether or not it counts as a whole grain. Show answer on slide.]

**SAY:**

- Some of the cereals that meet the Rules for sugar also count as whole grains.
- You can easily check off your whole grain for the day by making sure your low-sugar cereal is also a whole grain.
- We'll talk about how to identify whole grains in a few minutes.

**Fried/Pre-fried Products (Slide 7)**

**SAY:**

- Another kind of product we need to use a Nutrition Facts label for is fried or pre-fried and then baked meats and fried or pre-fried and then baked fruits and vegetables.
- Some examples of these include fish sticks, chicken nuggets, French fries, tater tots and fried apples.
- For these products, we are limiting the amount of calories children are receiving from unhealthy fats which lead to weight gain and other health problems.
- The Rule for fried and pre-fried foods is that they can contain no more than 35% of their total calories from fat if being served to children. You may not serve them to infants.
- It's difficult to figure out if fried/pre-fried products meet the Rules because you have to do a calculation.

**ASK:**

- *How many people have done calculations in the grocery store aisle for these kinds of products?*

[Wait for raised hands.]

**Two Options for Fried/Pre-fried (Slide 8)**

**SAY:**

- Trying to determine the percentage of calories from fat can be difficult and time consuming.
- I'm going to show you two ways to do this.
- First, you can use the calculator on your phone and these two numbers: calories from fat and total calories. [Point them out on the top label of the slide, inside the yellow box.]
- Divide calories from fat by total calories. That number needs to be 0.35 or less to meet the Rules.
- Or, instead of calculating...use the "Shopping Cheat Sheet"!
- Take out your "Shopping Cheat Sheet" and look at the side with the small green and brown table. It looks like this. [Hold up "Cheat Sheet" and point to table they will use.]
- We've created a tool that you can use in the grocery store so that you don't have to do any calculations. We've done them all for you.

## Using the Shopping Cheat Sheet (Slide 9)

### SAY:

- It's easy to use the "Cheat Sheet" to find fried/pre-fried products that meet the Rules.
- Look at the chart on the front of the "Cheat Sheet". It has two columns.
- The first column has calories listed by tens... 100, 110, 120, and so on. The second column tells you how many grams of fat a product can have to meet the Rules, based on the number of calories it contains.
- So, a product that has 100 calories must have less than 4 grams of fat to meet the Rules. A product that has 110 calories can have less than or equal to 4 grams of fat.

### ASK:

- *Does everyone understand that?*

### SAY:

- Great. Let's pretend we're in a grocery store and we've got a box of fish sticks, and we want to know if they meet the Rules.
- We're going to pretend that this label on the slide is the Nutrition Facts label on the box of fish sticks [Point to the label on this slide]. We're going to use this and our "Cheat Sheet."
- You will use two numbers from your Nutrition Facts label: total calories and grams of fat. You see these here. [Point to slide, inside the yellow box.]
- On the Nutrition Facts label of our fish sticks, look at the total calories per serving. [Point to this on the slide.]
- Then, match the number of calories on the label with the appropriate row for calories on the "Shopping Cheat Sheet."
- If your product's calories match a row on the "Cheat Sheet" exactly, you're going to use that row. For example, if your product has 220 calories, you're going to use the line for 220 calories.
- If your product has a number that's not an even "10," you're ALWAYS going to round DOWN. For example, our fish sticks have 102 calories, so we're going to round down to 100.

### ASK:

- *Thinking about that, what row on the Cheat Sheet would we use if we have a product with 150 calories?*

[Answer: 150]

- *And what row would we use if we have a product with 227 calories?*

[Answer: 220]

- *Good. Does everyone understand that?*

### SAY:

- Let's continue with our example.
- Our fish sticks have 102 calories per serving. [Point to this on the label on the slide.]
- We're going to round 102 down to 100 and use that row on the "Cheat Sheet." Place your finger on the row for 100 on your "Cheat Sheet."
- Drag your finger across the chart, and the next number is the number of grams of fat the product is allowed to have and still meet the Rules.

- This says a product must have less than 4 grams of fat to meet the Rules.
- Now we're going to compare what the "Cheat Sheet" says it can have with the total fat grams the product actually has, which is 1.5 grams. You see that number here.

[Point to total fat grams on the slide.]

**ASK:**

- *Is 1.5 less than 4?*

[Answer: Yes.]

- *So does this product meet the Rules?*

[Answer: Yes.]

## **II. Activity 1: Using Nutrition Facts Labels and the Shopping Cheat Sheet to Meet DE CACFP/Delacare Rules (10 minutes)**

### **Shopping Cheat Sheet Activity (Slide 10)**

**SAY:**

- Now we're going to practice using the "Shopping Cheat Sheet" to make sure you're all comfortable with it.
- Take out your Activity Sheet called "Using Nutrition Labels and the Shopping Cheat Sheet to Meet Delaware CACFP/Delacare Rules." It should be labeled "Module 4 – Activity 1" at the top and it looks like this. [Hold up the activity sheet.]
- You're going to use the label for fish sticks on the activity sheet [point to it] and the chart on the "Shopping Cheat Sheet" [point to it] to answer the questions on the page.
- If you have questions, raise your hand, and I'll come around to help you.

[Give participants 5 minutes to answer the questions.]

[Go over the answers. See "Module 4 – Activity 1 Answer Key."]

**SAY:**

- Nice job! Hopefully the "Cheat Sheet" will make it a lot easier to find fried and pre-fried products that meet the Rules.

## **III. Discussion: Part 2 (10 minutes)**

### **Shopping Cheat Sheet – Back (Slide 11)**

**SAY:**

- I went over how to use the front of the "Shopping Cheat Sheet." On the back is a lot of other useful information.
- You'll find reminders on definitions of whole grains, cheese, sweet grains and processed meats, which we will discuss in a few minutes, as well as how to read a Nutrition Facts label.
- Again, the "Shopping Cheat Sheet" was developed so that you can take it to the grocery store with you. You can fold it in half and stick it in your purse, make notes on it, or do whatever helps you to remember how to identify healthy products that meet the Rules.

## **Ingredients List (Slide 12)**

SAY:

- We discussed when to use a Nutrition Facts label and now we're going to discuss when you need to use an ingredients list to determine if a product meets the Rules.
- The ingredients list is part of the nutrition information on a package.
- It's located near the Nutrition Facts label and by the manufacturer's information.
- It lists the ingredients present in the product by weight, with those that weigh the most listed first.
- The ingredients list also contains any allergen information through a bolded statement at the bottom: "This product contains..." or "This product was processed on machines which also process..."
- It can help you identify whole grains, which I'll explain in a minute.
- It can also give you more information if you want to know what's in a product.

## **Whole Grains (Slide 13)**

SAY:

- To review, Delaware CACFP/*Delacare* Rules state that a whole grain product must be served at least one time each day.
- It may be served at breakfast, lunch, snack or supper, so this gives you a lot of opportunities to serve it.
- Whole grains are healthier than refined grains, so I encourage you to serve them as often as possible. But you only have to serve them once each day.

## **Identifying Whole Grains (Slide 14)**

SAY:

- Identifying whole grains can be challenging.

ASK:

- *How many of you have seen breads, crackers and pastas in the grocery store covered in phrases like "made with whole grain" or "contains 5 grams of whole grains"?*

[Participants raise hands.]

- *Does that mean these products count as a whole grain?*

[Answer: No.]

- *If we're going to use the front label of a product to tell if it's a whole grain and not look at anything else, what does the front label have to say?*

[Answer: 100% whole grain or 100% whole wheat]

SAY:

- Right. If you only look at the front label, a product must say 100% whole grain or 100% whole wheat. If it doesn't say that, you have to look at the ingredients list to tell whether or not it counts as a whole grain.
- When you look at the ingredients list, what are you looking for? A whole grain as the first ingredient or the second ingredient following water (as the first).

- For example, you might see “Ingredients: whole wheat flour” or “Ingredients: water, whole wheat flour.” Either of those is okay.
- Some examples of whole grains include whole wheat flour, whole rye, whole barley and whole grain corn. Most products need to have “whole” listed in front of them in an ingredients list to be sure they are whole grain products. Exceptions to this rule are oatmeal, rolled oats, brown rice and wild rice, which are also whole grains.

**ASK:**

- *What about enriched flour – is it a whole grain?*

[Answer: No. Enriched flour is the main ingredient in a lot of refined or “white” grain products and is not a whole grain.]

- *How about wheat flour?*

[Answer: No. Wheat flour just means that it’s flour ground from wheat. For it to count as a whole grain, it must say “whole wheat flour.”]

**SAY:**

- Remember, on the back of your “Shopping Cheat Sheet” is a list of commonly used whole grains. It’s not an all-inclusive list, but has many whole grains that are used regularly. This should help you to identify them in a grocery store.

**ASK:**

- *Any questions on whole grains?*

**Processed Meats (Slide 15)**

**SAY:**

- Now we’re going to tackle processed meats.
- Let’s review the Rules: Children may be served processed meats one time every two weeks and infants may not be served processed meats at all.
- By federal regulation, processed meats only have to contain 30% meat. That’s not much and makes you wonder what the other 70% of a product is!
- These products are usually higher in fat and sodium which are not recommended in large amounts for children, and can lead to weight gain and other health problems.
- These meats have undergone processing other than boning, slicing, dicing, mincing or freezing such as curing, smoking, drying, canning, dehydrating or combining with preservatives or chemicals.
- Some examples of processed meats are deli meats, hot dogs, sausages (of any kind), bacon, salami, bologna and pepperoni.
- Processed meats are a very tricky food to categorize. There is no easy definition, so I’d encourage you to become familiar with the list of examples on the back of your “Shopping Cheat Sheet.”

## Cheese (Slide 16)

### SAY:

- Let's move on to cheese. Cheese is a relatively easy product to identify.
- We know the Rule: Only real cheese may be served to both infants and children – no cheese food or cheese product. Let's talk about the difference.
- Real or natural cheese is made from real milk. This includes soft or hard cheeses; ripened or unripened. Some examples are Swiss, Gouda, provolone, parmesan and cheddar.
- "Processed" is not the word you want to worry about. The term "processed" just means that a cheese is a mixture of one or more cheeses. American cheese, for example, is usually a mixture of Colby and Cheddar real cheeses and other ingredients (e.g., milk and whey protein). It is what follows the word "processed" that determines whether or not a cheese may be served.
- Processed cheese product is a mixture of one or more cheeses with excess liquid added for longer shelf-life. For example: *Cheez Wiz*<sup>®</sup> and *Velveeta*<sup>®</sup>.
- Processed cheese food is a mixture of cheese and other dairy ingredients, that reduce the amount of real cheese in the product.
- So the two on the top are allowed: real or natural cheese and processed cheese. The two on the bottom are not: cheese food and cheese product.
- As I mentioned, it's easy to identify whether or not a cheese meets the Rules. The only thing you have to look at is the front label.
- The easiest way to do this is to look for words after the word cheese, like you see with "cheese FOOD" and "cheese PRODUCT."
- Federal regulations require manufacturers to label products that are not real cheese, so the words "cheese food" or "cheese product" will always be on the front label. Keep in mind that they want you to think it's real, so these words will likely be very small.
- Remember, if you see a word after the word "cheese," it's not allowed.

### TIP

Some types of American cheese are processed but still "real," therefore, they are acceptable. Other types are cheese food or cheese product. You must look at the labels for American cheeses carefully to ensure that they're real cheese.

### ASK:

- *Does everyone understand this?*

## How to Identify Real Cheese (Slide 17)

### SAY:

- Again, front labels reading "real or natural cheese" or "processed cheese" are allowed.
- Reduced-fat (2%) and low-fat versions of real cheese are allowed and encouraged, but not required.
- Labels with "cheese food" or "cheese product" are not allowed.
- If buying deli cheese, ask the deli attendant to check the label to be sure that it's real.

## IV. Activity 2: Identifying Products that Meet the Rules (20 minutes)

### Activity: Identifying Products that Meet the Rules (Slide 18)

#### SAY:

- We've gone over the majority of the products you'll be using in your program.
- Now you're going to get a chance to practice deciding whether certain products meet the Rules.
- Take out your activity sheet labeled "Identifying Products that Meet the Delaware CACFP/Delacare Rules." It says "Module 4 – Activity 2" at the top.
- On each of your tables are a few product packages. Work as a group to answer ONLY the questions for the products at your table. Leave the rest blank. So, if your table has juice bottles on it, only answer the questions under the juice heading.
- When you're finished, we're going to review the answers as a group, so select one person from your table to report out for your group.

[Walk around and tell each table which questions they should fill out based on the products on their table.]

[Give 5 – 10 minutes for participants to answer the questions. Give a two-minute warning so participants can come to a stopping place and be ready to discuss when they reconvene as a group.]

[Review answers with the group using the "MODULE 4 – Activity 2 Answer Key".]

### Summary (Slide 19)

#### SAY:

- We've gone over how and when to use Nutrition Facts labels, front labels and ingredients lists to tell which products meet the Rules. Let's review.

[READ slide]

#### ASK:

- *Are there any questions?*

#### SAY:

- Thank you for your participation!

# Using Nutrition Labels and the Shopping Cheat Sheet to Meet DE CACFP/Delacare Rules

**Instructions:** Answer the following questions using the Nutrition Facts label below and the Shopping Cheat Sheet.

- For what types of products do you need to use the Shopping Cheat Sheet? *(check all that apply)*

<input type="checkbox"/> Cheese	<input type="checkbox"/> Grains and breads
<input type="checkbox"/> Cereals	<input type="checkbox"/> Sweet grains
<input type="checkbox"/> Processed meats	<input type="checkbox"/> Milk
<input type="checkbox"/> Fried or pre-fried meats	
<input type="checkbox"/> Fried or pre-fried fruits and vegetables	
- How many calories per serving are in these fish sticks? \_\_\_\_\_
- Which calorie row will you use on the Shopping Cheat Sheet?  
\_\_\_\_\_
- How many fat grams does the Cheat Sheet say this product can have based on its calories? \_\_\_\_\_
- How many fat grams does this product have? \_\_\_\_\_
- Does this item meet DE CACFP/Delacare Rules?  
 Yes  No

## Fish Sticks Label

### Nutrition Facts

Serving size: 6 Sticks (95g)  
Servings Per Container about 8

Amount Per Serving		% Daily Value*	
<b>Calories</b>	220	Cal. from Fat	90
<b>Total Fat</b>	10g		15%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Polyunsaturated Fat	6g		
Monounsaturated Fat	2g		
<b>Cholesterol</b>	35mg		12%
<b>Sodium</b>	420mg		18%
<b>Total Carbohydrate</b>	20g		7%
Dietary Fiber	less than 1g		0%
Sugars	less than 1g		
<b>Protein</b>	11g		22%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

\*Percent Daily Values is 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 Carbohydrate 4 Protein 4

*Use your Shopping Cheat Sheet to avoid doing calculations in the grocery store!*

# Using Nutrition Labels and the Shopping Cheat Sheet to Meet DE CACFP/Delacare Rules

**Instructions:** Answer the following questions using the Nutrition Facts label below and the Shopping Cheat Sheet.

- For what types of products do you need to use the Shopping Cheat Sheet? (*check all that apply*)
 

<input type="checkbox"/> Cheese	<input type="checkbox"/> Grains and breads
<input type="checkbox"/> Cereals	<input type="checkbox"/> Sweet grains
<input type="checkbox"/> Processed meats	<input type="checkbox"/> Milk
<input checked="" type="checkbox"/> Fried or pre-fried meats	
<input checked="" type="checkbox"/> Fried or pre-fried fruits and vegetables	
- How many calories per serving are in these fish sticks? 220
- Which calorie row will you use on the Shopping Cheat Sheet?  
220
- How many fat grams does the Cheat Sheet say this product can have based on its calories? Less than 9
- How many fat grams does this product have? 10
- Does this item meet DE CACFP/Delacare Rules?
 

<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
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## Fish Sticks Label

### Nutrition Facts

Serving size: 6 Sticks (95g)  
Servings Per Container about 8

Amount Per Serving	
<b>Calories</b> 220	Cal. from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber less than 1g	<b>0%</b>
Sugars less than 1g	
<b>Protein</b> 11g	<b>22%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

\*Percent Daily Values is 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 Carbohydrate 4 Protein 4

# Identifying Products that Meet DE CACFP/Delacare Rules

**Instructions:** Use the product packages on your table to answer the following questions. Answer only those questions that apply to the type of product you have on your table.

## Grains/Breads/Crackers

1. How often must a whole grain be served, according to DE CACFP/Delacare Rules?

\_\_\_\_\_

2. What age groups does the whole grain Rule apply to?

\_\_\_\_\_

3. Which products on your table count as a whole grain? \_\_\_\_\_

\_\_\_\_\_

4. What information on the packaging did you use to determine this?

\_\_\_\_\_

## Cereals

5. How many grams of sugar can a cereal have, according to DE CACFP/Delacare Rules?

\_\_\_\_\_

6. Which cereals on your table meet the Rule for sugar? \_\_\_\_\_

\_\_\_\_\_

a) What information on the packaging did you use to determine this?

\_\_\_\_\_

7. Of the cereals that meet the sugar Rule, which also count as a whole grain?

\_\_\_\_\_

a) What information on the packaging did you use to determine this?

\_\_\_\_\_

## Processed Meats

8. How often can processed meats be served, according to DE CACFP/Delacare Rules?

a) To infants? \_\_\_\_\_

b) To children? \_\_\_\_\_

9. Which products on your table count as processed meats? \_\_\_\_\_

\_\_\_\_\_

10. How did you determine this? \_\_\_\_\_

\_\_\_\_\_

**Fried/Pre-fried then Baked Meats**

11. What is the Rule on fried or pre-fried and then baked meats?  
 a) For infants? \_\_\_\_\_  
 b) For children? \_\_\_\_\_
12. Which products on your table meet this Rule for children? \_\_\_\_\_  
 \_\_\_\_\_
13. What information did you use to determine this? \_\_\_\_\_  
 \_\_\_\_\_

**Fried/Pre-fried then Baked Fruits & Vegetables**

14. What is the Rule on fried or pre-fried and then baked meats?  
 a) For infants? \_\_\_\_\_  
 b) For children? \_\_\_\_\_
15. Which products on your table meet this Rule for children?  
 \_\_\_\_\_
16. What information did you use to determine this?  
 \_\_\_\_\_

**Cheeses**

17. What kinds of cheese can be served, according to DE CACFP/*Delacare* Rules?  
 \_\_\_\_\_
18. Which products on your table meet this Rule? \_\_\_\_\_  
 \_\_\_\_\_
19. What information on the packaging did you use to determine this?  
 \_\_\_\_\_

**Juice**

20. How much and how often can juice be served, according to DE CACFP/*Delacare* Rules?  
 a) For infants? \_\_\_\_\_  
 b) For children? \_\_\_\_\_
21. What other Rule applies to juice? \_\_\_\_\_
22. Which products on your table meet the Rules? \_\_\_\_\_
23. What information on the packaging did you use to determine this? \_\_\_\_\_

\* NOTE: The products on this answer sheet are examples of ones that may be used in this activity. Please feel free to use other products you may be aware of that do and do not meet the Rules.

### Grains/Breads/Crackers

1. How often must a whole grain be served, according to DE CACFP/Delacare Rules?  
At least once per day
2. What age groups does the whole grain Rule apply to?  
Infants 8 months and older and children.
3. Which products on your table count as a whole grain? *NOTE: This is an example. Change these answers based on the products you've chosen.* **Crackers/Pasta:** Yes – Grains First Crackers; No – ACME Snacker Crackers Wheat; Yes – Barilla Whole Grain Penne; No – Barilla Plus Penne. **Breads/bagels:** Yes – Pepperidge Farm 15 Grain; Yes – Pepp. Farm 100% whole wheat; No – Shoprite Hot Dog Rolls; No – Pepp. Farm Mini Bagels
4. What information on the packaging did you use to determine this?  
Front label and/or Ingredients List

### Cereals

5. How many grams of sugar can a cereal have, according to DE CACFP/Delacare Rules?  
No more than 6 grams
6. Which cereals on your table meet the Rule for sugar?  
Yes – Special K® (2g); No – Oatmeal Squares (10g); Yes – Cheerios® (1g); Yes – Kix® (3g)
  - a) What information on the packaging did you use to determine this?  
Nutrition Facts Label
7. Of the cereals that meet the sugar Rule, which also count as a whole grain?  
Cheerios® and Kix®
  - a) What information on the packaging did you use to determine this?  
Ingredients List

### Processed Meats

8. How often can processed meats be served, according to DE CACFP/Delacare Rules?
  - a) To infants? Never
  - b) To children? One time every two weeks
9. Which products on your table count as processed meats?  
Yes – Hillshire Smoked Ham; Yes – Jimmy Dean Turkey Sausage
10. How did you determine this? Front label, knowledge of processed meats list, Shopping Cheat Sheet list of processed meats

### **Fried/Pre-fried then Baked Meats**

11. What is the Rule on fried or pre-fried and then baked meats?  
 a) For infants? Not allowed.  
 b) For children? Not allowed unless no more than 35% of total calories are from fat.
12. Which products on your table meet this Rule for children? Yes – Mrs. Paul's Healthy Selects Crunchy Fish Sticks; No – ACME Crunch Fish Sticks, Perdue Chicken Breast Nuggets
13. What information did you use to determine this? Nutrition Facts Label and Shopping Cheat Sheet chart

### **Fried/Pre-fried then Baked Fruits & Vegetables**

14. What is the Rule on fried or pre-fried and then baked meats?  
 a) For infants? Not allowed.  
 b) For children? Not allowed unless no more than 35% of total calories are from fat.
15. Which products on your table meet this Rule for children?  
Yes – ACME Steak Fries; No – ACME Potato Rounds
16. What information did you use to determine this?  
Nutrition Facts Label and Shopping Cheat Sheet chart

### **Cheeses**

17. What kinds of cheese can be served, according to DE CACFP/Delacare Rules?  
Real cheese only. No cheese product or cheese food.
18. Which products on your table meet this Rule? Yes – KRAFT cheese strings, KRAFT Mozzarella cheese; No – Velveeta (cheese product); ACME Swiss singles (cheese food)
19. What information on the packaging did you use to determine this?  
Front label

### **Juice**

20. How much and how often can juice be served, according to DE CACFP/Delacare Rules?  
 a) For infants? Not allowed.  
 b) For children? No more than one serving per day for children 1 – 18 years of age.
21. What other Rule applies to juice? Only 100% juice may be served. Non-100% juice (juice drink or cocktail) is not allowed.
22. Which products on your table meet the Rules? Yes – Acme 100% juice punch; No – Apple Drink (10% juice)
23. What information on the packaging did you use to determine this? Front label

First Years in the First State:

# Improving Nutrition & Physical Activity Quality in Delaware Child Care

## Shopping Cheat Sheet

The Shopping Cheat Sheet is a tool designed to help you determine which fried or pre-fried and then baked meats, fruits and vegetables meet the Delaware CACFP/*Delacare* Rules. The Rules state that these items can contain no more than 35% of their calories from total fat. While designed for fried/pre-fried items, the Shopping Cheat Sheet can be used to choose healthier options in any of the meal component groups.

**Instructions:** Use two numbers from the Nutrition Facts label of the product you're checking: calories and total fat.

1. On the Nutrition Facts label of the product, look at the calories.
2. Match the number of calories on the label with the number in the calories column of the Shopping Cheat Sheet chart to the right.
  - If the same number exists, use that row
  - If not, always round down! For example, if the calorie amount on the label is 108, use the row for 100.
3. Look at the total fat grams the cheat sheet allows for this calorie amount.
4. Compare this to the number of fat grams on the product's Nutrition Facts label.
5. If the number on the label meets the number of fat grams listed on the chart, the product meets Delaware CACFP/*Delacare* Rules. If not, the item does not meet the Rules.

CALORIES	TOTAL FAT GRAMS (g)
100	less than 4
110	less than or equal to 4
120	less than 5
130	less than or equal to 5
140	less than or equal to 5
150	less than 6
160	less than or equal to 6
170	less than 7
180	less than or equal to 7
190	less than or equal to 7
200	less than 8
210	less than or equal to 8
220	less than 9
230	less than or equal to 9
240	less than or equal to 9
250	less than 10
260	less than or equal to 10
270	less than 11
280	less than or equal to 11
290	less than or equal to 11
300	less than 12

**Total fat = gram equivalent of 35% of calories**

# Using Product Labeling to Meet Delaware CACFP/Delacare Rules

**A whole grain must be served at least once per day.** Use the ingredients list to determine if a product is a whole grain. For a product to count, a whole grain must be listed as the first ingredient or the first ingredient after water. Terms for whole grains include: whole grain wheat, cracked wheat or crushed wheat, whole wheat flour, stone ground whole wheat flour, whole wheat pastry flour, bulgur (cracked wheat), whole bulgur, whole grain bulgur, whole white wheat, whole white wheat flour, whole oats, oatmeal or rolled oats, whole oat flour, whole barley, whole grain barley, whole corn, whole corn flour, whole grain corn flour, whole grain cornmeal, whole cornmeal, whole grain grits, brown rice, brown rice flour, wild rice, wild rice flour, whole rye.

**Sweet grains may be served only once in a two-week cycle.**

A sweet grain is a grain food that customarily contains a significant proportion of calories from sugar. Sweet grains include donuts, Danishes, cakes, cupcakes, pies, cookies, brownies, toaster pastries, commercially-prepared muffins/quick breads, sweet rolls, granola bars and grain fruit bars.

**Calories per Serving**  
Check the calories to determine which row to use on the Shopping Cheat Sheet.

**Total Fat**  
Compare total fat grams to Shopping Cheat Sheet, based on the correct row for total calories.

**Sugars**  
Cereals should have no more than 6g of sugar per serving.

**Nutrition Facts**  
Serving size: 1 cup  
Servings Per Container: 16

Amount Per Serving		Calories from Fat 27	
Calories 131			
		% Daily Value*	
<b>Total Fat</b>	3g		4%
Saturated Fat	1g		4%
Trans Fat	0g		
<b>Cholesterol</b>	49mg		15%
<b>Sodium</b>	184mg		8%
<b>Total Carbohydrate</b>	7g		2%
Dietary Fiber	3g		10%
Sugars	2g		
<b>Protein</b>	19g		
Vitamin A	8%	Vitamin C	20%
Calcium	10%	Iron	15%

\*Percent Daily Value is based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9      Carbohydrate 4      Protein 4

**Processed meats may only be served once in a two-week cycle.**

Any meats that have been cured, smoked, dried, canned, dehydrated and/or combined with chemicals are considered processed. These include sausage, bacon, deli meats, hot dogs, bologna, salami, pepperoni, etc.

**Real cheese must be used** and ranges from fresh or unripened (ricotta and cottage) to ripened which includes soft to very hard (Parmesan, Romano, Cheddar, Swiss, Gouda and Muenster). Real cheese may be labeled “natural cheese.”

**Cheese products and cheese foods may not be served.**

You can identify these products by the words “cheese product” or “cheese food” on the front label.

**Only 100% juice may be served.** Use the front label or the ingredients list to determine if a juice meets the Rules. They will be labeled “100% juice.”

**Fried/Pre-fried Meats, Fruits or Vegetables can contain no more than 35% of calories from total fat.** Use the Nutrition Facts label and your Shopping Cheat Sheet to determine if a product meets the Rules.

**Cereals must have 6 grams of sugar or less.** Use the Nutrition Facts Label to determine if a cereal meets the Rules.

