

Delaware CACFP & Delacare Rules – Requirements vs. Recommendations

INFANTS – Birth through 11 Months of Age			
FOOD GROUP	REQUIRED by DE CACFP/ Delacare Rules	RATIONALE	Best Practice: HIGHLY RECOMMENDED but Not Required
JUICE	Juice is not allowed.	<ul style="list-style-type: none"> - Drinking too much juice is linked to overweight/obesity, cavities and diarrhea in children.^{1,2} - Puréed and chopped fruits and vegetables provide nutrients and fiber that may be lost in the processing of juice.^{2,3} - Juice can be easily over-consumed and can displace more nutritious beverages like breast milk or formula.² 	<ul style="list-style-type: none"> - A majority of fruits and vegetables should come from the whole fruit or vegetable, rather than juice.^{2,3} - Juice should not be served to children under 1 year of age.¹³
MEATS & MEAT ALTERNATES	Cheese products and cheese foods are not allowed. Only real cheese may be served.	<ul style="list-style-type: none"> - In general, cheese products contain more sodium than real cheese.⁴ - Sodium intake is associated with elevated blood pressure and risk for heart disease and stroke. 	- Consume full-fat cheese.
	Processed meats are not allowed.	- Processed meats are typically high in total and saturated fat and sodium.	- Limit intake of solid fats, added sugar and sodium. ¹³
	Fried or pre-fried and then baked meats are not allowed.	<ul style="list-style-type: none"> - Fried foods are high in saturated fat. - Choosing foods that are low in fat and free of added sugars helps people meet their nutrient needs without eating too many calories, sugars and fats.³ 	
FRUITS & VEGETABLES	Fried or pre-fried and then baked fruits and vegetables are not allowed.		
GRAINS & BREADS	A whole grain product must be served at least one time each day for infants 8 through 11 months. ⁷	- Whole grains are a good source of dietary fiber, several B vitamins and minerals. ³	- Consume a variety of grains daily and make at least half of the recommended grain servings whole grains. ³
	Cereals must contain no more than 6 grams of sugar per serving.	- Added sugars supply calories but few or no nutrients. ³	- Limit intake of solid fats, added sugar and sodium. ¹³
	Sweet grains (e.g., cookies, cakes, donuts, Danishes, etc.) are not allowed.		
COMBINATION FOODS	Combination foods, a mixture of 2 or more different meal components, (e.g. turkey and rice) are not allowed. Only combinations of fruits and/or vegetables are allowed.	- When foods are combined in commercially-prepared mixtures, there is no way to determine the amount of each food the mixture contains. Because a combination food may not have enough of a food component to satisfy the meal pattern requirements, they are not allowed for infants.	- Not applicable.
	Desserts, cobblers, puddings and jarred cereals with fruit are not allowed.	- Added sugars supply calories but few or no nutrients. ³	- Limit intake of solid fats, added sugar and sodium. ¹³

CHILDREN – 1 Year of Age and Older			
FOOD GROUP	REQUIRED by DE CACFP/ Delacare Rules	RATIONALE	Best Practice: HIGHLY RECOMMENDED but Not Required
JUICE	No more than one serving per day of 100% juice may be served to children 1 – 18 years of age.	<ul style="list-style-type: none"> - Drinking too much juice is linked to overweight/obesity, tooth decay and diarrhea in children.^{1,2} - Whole fruits and vegetables provide nutrients and fiber that may be lost in the processing of juice.³ - Juice can be easily over-consumed and can displace more nutritious beverages like fat-free or low-fat milk.² 	<ul style="list-style-type: none"> - A majority of fruits and vegetables should come from the whole fruit or vegetable, rather than juice.³ - Intake of fruit juice should be limited to 4 – 6 oz per day for children 1 – 6 years of age. For children 7 – 18 years of age, juice should be limited to 8 – 12 oz per day.² <i>These limits include juice consumed at child care and at home.</i>
	Non-100% juice (juice drink or cocktail) is not allowed. All juice must be 100% fruit or vegetable juice.	<ul style="list-style-type: none"> - Juice drinks and cocktails are high in added sugar and calories and contain very little real fruit juice. - Added sugars supply calories but few or no nutrients.³ - Foods and beverages that have added sugars and are low in nutrients are associated with poor diet quality and excess caloric intake.³ - Intake of sugary beverages has been linked to overweight/obesity⁵ and dental cavities.⁶ - For many kids, sugary drinks have taken the place of milk.⁷ This can lead to poor bone health and fractures from a lack of calcium.⁸ - Choosing foods that are low in fat and free of added sugars helps people meet their nutrient needs without eating too many calories, sugars and fats.³ 	<ul style="list-style-type: none"> - Limit intake of added sugars.³
MILK	Children 12 through 23 months of age must be served whole milk.	<ul style="list-style-type: none"> - Low-fat milk does not contain enough calories or fat for children 12 through 23 months of age.⁹ - Whole milk provides fats that are necessary for early brain and spinal cord development.⁸ 	<ul style="list-style-type: none"> - Children 12 through 23 months of age should be served whole milk.⁸
	Children 2 years of age and older must be served fat-free or 1% (low-fat) milk.	<ul style="list-style-type: none"> - Children 2 years of age and older receive adequate nutrients from consuming all food groups and do not need the extra fat and calories from whole milk. Low-fat or fat-free milk contains as much calcium as whole milk without the extra calories and saturated fat.⁹ 	<ul style="list-style-type: none"> - Children 2 years of age and older should be served fat-free or 1% (low-fat) milk.

CHILDREN

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MEATS & MEAT ALTERNATES	Processed meats (e.g., hot dogs, sausage, bologna, etc.) may be served only one time every two weeks.*	<ul style="list-style-type: none"> - Processed meats are typically high in total and saturated fat and sodium.¹⁰ - Studies suggest an increased risk of colon cancer associated with long-term high consumption of red (beef, pork, lamb) or processed meats (bacon, sausage, hot dogs, ham, cold cuts).^{11, 12} - Reducing the consumption of processed meats and replacing them with more nutritious foods lower in total and saturated fat and sodium is important for a balanced diet.^{3, 9} 	<ul style="list-style-type: none"> - Limit the consumption of processed meats.⁹ - Limit intake of saturated fat, trans-fat and cholesterol.³ - Limit total fat intake to 30 – 35% of calories consumed for children 2 – 3 years of age.³ - Limit total fat intake to 25 – 35% of calories consumed for children and adolescents 4 – 18 years of age.³ - When selecting and preparing meat, poultry and beans, make choices that are lean, low-fat or fat-free.³ - Most fats should come from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.³
	Fried or pre-fried and then baked food items are not allowed (e.g., chicken nuggets, fish sticks) unless no more than 35% of their total calories are from fat.*	<ul style="list-style-type: none"> - Fried foods are high in fat. - A healthy diet should contain no more than 35% of calories from fat and no more than 7% of calories from saturated fat.³ - Choosing foods that are low in fat and free of added sugars helps people meet their nutrient needs without eating too many calories, sugars and fats.³ 	
	Cheese products and cheese foods are not allowed. Only real cheese may be served.	<ul style="list-style-type: none"> - In general, cheese products contain more sodium than real cheese.⁴ - Sodium intake is associated with elevated blood pressure and risk for heart disease and stroke. 	<ul style="list-style-type: none"> - Consume fat-free or low-fat real cheese.³ Fat-free or low-fat foods help people meet their nutrient needs without eating too many calories, sugars, fats and salts.³
FRUITS & VEGETABLES	Fried or pre-fried and then baked fruits or vegetables (e.g., French fries, tater tots) are not allowed unless no more than 35% of their total calories are from fat.*	<ul style="list-style-type: none"> - Fried foods are high in fat. - A healthy diet should contain no more than 35% of calories from fat and no more than 7% of calories from saturated fat.³ - Choosing foods that are low in fat and free of added sugars helps people meet their nutrient needs without eating too many calories, sugars and fats.³ 	<ul style="list-style-type: none"> - Limit intake of saturated fat, trans fat and cholesterol.³ - Limit total fat intake to 30 – 35% of calories consumed for children 2 – 3 years of age.³ - Limit total fat intake to 25 – 35% of calories consumed for children and adolescents 4 – 18 years of age.³ - Most fats should come from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.³

*It is highly recommended that these foods are not served at all. † It is highly recommended that whole grains be served whenever possible.

CHILDREN

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GRAINS & BREADS	A whole grain product must be served at least one time each day. [†]	<ul style="list-style-type: none"> - Whole grains are good sources of dietary fiber, several B vitamins and minerals.³ - Children and adults should eat about 14g of fiber for every 1,000 calories consumed. Diets high in fiber have a number of beneficial effects, including lowering the risk for heart disease and preventing constipation.³ - Choosing foods that are free of added sugars helps people meet their nutrient needs without eating too many calories, sugars and fats.³ - Added sugars supply calories but few or no nutrients.³ - Discretionary calorie allowance for children 2 – 5 years of age allows for only 4 – 5 tsp of added sugars each day.³ - Limiting cereals to 6g of sugar (1.5 tsp) or fewer will help to keep added sugars low in children’s diets. 	<ul style="list-style-type: none"> - Consume a variety of grains daily and make at least half of the recommended grain servings whole grains.³
	Cereals must contain no more than 6 grams of sugar per serving.		<ul style="list-style-type: none"> - Limit intake of added sugars.³
	Sweet grains/ baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) may be served one time every two weeks for snack only (not for breakfast, lunch or supper).*		<ul style="list-style-type: none"> - Limit total fat intake to 30 – 35% of calories consumed for children 2 – 3 years of age.³ - Limit total fat intake to 25 – 35% of calories consumed for children and adolescents 4 – 18 years of age.³ - Limit intake of added sugars.³

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