Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program (CACFP)

2 *Crediting Foods*

ADULT DAY CARE CENTERS

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Connecticut State Department of Education
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CONTENTS

About This Guide iv

Abbreviations and Acronyms v

1 — Introduction 1

Reimbursable Meals 1

Creditable Foods 1

Noncreditable or "Other" Foods 2

CACFP Meal Pattern Components 3

Milk 3

Vegetables and Fruits 3

Grains and Breads 3

Meat and Meat Alternates 3

Meeting the Meal Pattern Requirements 4

Determining Contribution of Foods to the CACFP Adult Meal Pattern 4

Portion Sizes 4

Combination Dishes 4

Crediting Commercially Prepared Foods 4

Child Nutrition (CN) Labeling Program 5

Commodity Foods 6

Crediting Dishes Made from Scratch 7

Meeting Meal Pattern Requirements 7

Determining Number of Servings of Meal Components 8

Using the *Food Buying Guide* 8

Determining Yields for Meat and Meat Alternates 9

Example: Determining Yield of Ground Beef 9

Determining Yields for Fruits and Vegetables 10

Example: Determining Yield of Raw Broccoli 11

Determining Yields for Pasta, Cereal Grains and Rice 12

Example: Determining Yield of Pasta 12

Crediting Foods Guide for the CACFP 13

Overview of the Crediting Foods Guide 14

2 — Meal Pattern Components: Grains and Breads 15

USDA Requirements 15

State Nutrition Recommendations 16

Nutrition Standards for Grains and Breads 16

Foods that Qualify as Grains/Breads 17

Do These Sweet Foods Count as Grains/Breads? 18

Minimum Serving Sizes for Grains/Breads 18

Determining Serving Sizes for Grains/Breads 18

Serving Sizes for Grains/Breads in CACFP Adult Centers 19

Nutrition Information for Grains/Breads 21

Whole Grain or Fiber 21

Creditable Grains 21
Identifying Whole Grains 21
Standard of Identify for Whole Grains 22
Health Claim for Whole Grains 22
Misleading Terms for Whole Grains 22
Terms Indicating a Product is Whole Grain 24
Identifying Enriched Grains 25
Terms Indicating a Product is Enriched, Bran or Germ 25
Crediting Products with Multiple Grain Ingredients 26
Determining Serving Sizes Based on Creditable Grains Content 26
Sample Calculations for Creditable Grains 27
Crediting Purchased Grains/Breads 28
Grain Content 28
CACFP Serving Size 28
Nutrient Content 28
CACFP Serving Sizes for Some Cookies and Crackers 29
Using Worksheet 1 30
Sample Calculations for Worksheet 1 30
Sample Product Label 31
Sample Completed Worksheet 1 32
Crediting Breakfast Cereals 34
Nutrition Content of Some Cereals 35
Using Worksheet 2 37
Sample Calculations for Worksheet 2 37
Sample Cereal Label 38
Sample Completed Worksheet 2 39
Crediting Grains/Breads Made from Scratch 41
Using Worksheet 3 (Family-Size Recipes) 42
Sample Calculations for Worksheet 3 42
Weights of One Cup of Commonly Used Ingredients 43
Sample Family-Size Recipe 45
Sample Completed Worksheet 3 46
Using Worksheet 4 (Quantity Recipes) 48
Converting Pounds and Ounces to Pounds Expressed as a Decimal 48
Sample Calculations for Worksheet 4 49
Sample Quantity Recipe 50
Sample Completed Worksheet 4 51
CACFP Crediting Foods Guide: Grains/Breads 53

3 — Meal Pattern Components: Vegetables and Fruits 107
USDA Requirements 107
State Nutrition Recommendations 108
Nutrition Standards for Vegetables and Fruits 108
Nutrition Information for Vegetables/Fruits 109
Noncreditable Vegetables/Fruits 109

Crediting Fruit and Vegetable Juices 109
Creditable Juices 110
Noncreditable Products 110
Limiting Juice for Participants 111
CACFP Crediting Foods Guide: Vegetables/Fruits 112

4 — Meal Pattern Components: Meat and Meat Alternates 135
USDA Requirements 135
State Nutrition Recommendations 136
Nutrition Standards for Meat and Meat Alternates 136
Nutrition Information for Meat/Meat Alternates 136
Binders, Extenders and Fillers 137
Alternate Protein Products and Vegetable Protein Products 137
Crediting Commercially Prepared Breaded or Battered Meat Products 138
Crediting Commercial Convenience Foods 138
Crediting Shelf-Stable Dried Meat Snacks 138
Meat/Meat Alternate versus Protein 139
CACFP Crediting Foods Guide: Meat/Meat Alternates 140

5 — Meal Pattern Components: Milk 165
USDA Requirements 165
Nutrition Information for Milk 165
CACFP Crediting Foods Guide: Milk 166

6 — Resources 175
Resources 175
Web Sites 176
Forms and Handouts 177

References 179

Glossary 181

ABOUT THIS GUIDE

Crediting Foods is the second in a series of five guides that comprise the Connecticut State Department of Education's (CSDE) publication *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program (CACFP)*. These guides assist adult day care centers in meeting CACFP requirements. This document replaces *Section 2 Crediting Foods* in the publication's previous edition (October 2002). The complete set of guides is available online at http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694 and contains four additional documents:

- Meal Pattern Requirements
- Accommodating Special Dietary Needs
- Sanitation and Food Safety
- Planning Healthy Meals

Crediting Foods contains information on determining which foods and beverages are creditable as part of the CACFP Meal Pattern for Adults, based on the U.S. Department of Agriculture (USDA) regulations and state requirements. For questions regarding this information, please contact the CACFP staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education:

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ABBREVIATIONS AND ACRONYMS

APP	alternate protein products
CACFP	Child and Adult Care Food Program
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
DAS	Department of Administrative Services
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
RDA	Recommended Dietary Allowance
USDA	United States Department of Agriculture
VPP	vegetable protein products

1 — INTRODUCTION

REIMBURSABLE MEALS

Adult day care centers participating in the Child and Adult Care Food Program (CACFP) are reimbursed for the meals and snacks served, not for individual foods. A meal or snack is reimbursable if:

- it contains foods in amounts required by the CACFP Meal Pattern for Adults; and
- the CACFP facility provides all the required food components.

Meals that contain foods in addition to all components specified in the CACFP Meal Pattern for Adults are also reimbursable. For information on the CACFP meal pattern requirements, see *CACFP Meal Pattern Components* in this section and the CACFP Meal Pattern for Adults in *Nutrition Policies and Guidance for Adult Day Care Centers: Meal Pattern Requirements*.

CREDITABLE FOODS

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal or snack in the CACFP. The U.S. Department of Agriculture (USDA) considers the following factors when determining whether a food is creditable in the CACFP:

- nutrient content;
- function in a meal;
- regulations concerning the USDA Child Nutrition Programs (on quantity requirements and definition);
- Food and Drug Administration (FDA) standards of identity;
- USDA standards for meat and meat products; and
- administrative policy decisions on the crediting of particular foods.

NONCREDITABLE OR "OTHER" FOODS

Noncreditable or "other" foods are not creditable toward any meal pattern component (milk, vegetables/fruits, grains/breads and meat/meat alternates) in the CACFP Meal Pattern for Adults. The USDA allows CACFP facilities to serve "other" foods in addition to the CACFP meal or snack components to add variety, help improve meal acceptability and satisfy appetites.

The CSDE encourages CACFP facilities to limit "other" foods in CACFP menus. These foods generally contain fat, added sugars and sodium with little nutritional value. Participants may prefer to fill up on these foods instead of eating the more nutritious meal components. Menu planners should read labels, be aware of the ingredients in the foods served, and limit the frequency and amount of less nutritious choices.

"Other" foods include, but are not limited to:

- bacon
- bacon bits
- butter
- candy
- caramel popcorn
- chocolate drinks, e.g., Yoo-Hoo
- coffee, regular, decaffeinated, iced*
- condiments, e.g., ketchup, mustard, relish, barbecue sauce, chili sauce, mayonnaise
- cranberry cocktail drink
- cream, half and half
- cream cheese
- cream soups, canned, e.g., cream of mushroom, cream of celery, cream of broccoli
- eggnog
- frozen yogurt
- fruit drink, fruit beverage, powdered fruit drink mix
- fruit punch, if not 100 percent juice
- fruit rolls, fruit snacks
- gelatin, flavored or sugar free
- honey
- ice cream
- ice milk
- iced coffee*
- iced tea*
- jam, jelly
- lemonade
- limeade
- maple syrup
- margarine
- marshmallows
- mayonnaise
- nectars
- popcorn
- popcorn cakes
- popsicles
- potato chips
- pudding
- pudding pops
- salad dressings
- sherbet, not CN labeled
- soda, regular and sugar free*
- soups, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
- sour cream
- spreadable fruit
- syrup
- tea, regular, herbal, iced*
- unenriched bread products, e.g., breads, muffins, cookies, pretzels

* These beverages cannot be offered to adult participants until **after** the required CACFP meal components have been served. The CACFP Meal Pattern for Adults requires that low-fat (1%) or fat-free fluid milk be served for breakfast and lunch. For more information, see *Nutrition Policies and Guidance for Adult Day Care Centers: Meal Pattern Requirements.*

This list does not include all possible "other" foods. For additional crediting information, consult each section of the Crediting Foods Guide. For questions concerning a particular food, contact the Connecticut State Department of Education (see page iv).

CACFP MEAL PATTERN COMPONENTS

There are four meal pattern components in the CACFP Meal Pattern for Adults, including: milk; vegetables/fruits; grains/breads; and meat/meat alternates. A meal component can consist of one or more creditable foods.

Milk

- For breakfast and lunch, a full serving of low-fat (1%) or fat-free milk (1 cup) must be served to count toward the fluid milk requirement. Whole milk and reduced-fat (2%) milk cannot be served to adult participants in the CACFP without a medical statement. (For more information, see *Nutrition Policies and Guidance for Adult Day Care Centers: Accommodating Special Diets*.)
- If milk is chosen as one of the two required snack components, a full serving (1 cup) must be provided.
- At supper, a serving of milk is not required.
- Other beverages such as tea, coffee, soda, juice or water cannot be offered as a choice instead of milk.

Vegetables and Fruits

- For lunch and supper, at least *two different* fruits or vegetables must be served to count toward the total requirement for vegetables/fruits. The combined total must equal the minimum required amount of 1 cup. Full-strength vegetable or fruit juice may be counted to meet not more than half of this requirement, regardless of the actual amount served. The CSDE recommends serving only whole fruits and vegetables instead of juice.
- For breakfast, a full serving of vegetable/fruit (½ cup) must be provided.
- If a vegetable/fruit is chosen as one of the two required snack components, a full serving (½ cup) is required.
- To count as one vegetable/fruit component, at least ⅛ cup of fruit or vegetables must be served. The combined total of vegetables and fruits must equal the minimum required amount. Any amount less than ⅛ cup is considered a garnish and does not count toward the CACFP meal pattern requirements.

Grains and Breads

- For breakfast, lunch and supper, two servings of grains/breads are required. If a grain/bread is chosen as one of the two required snack components, one full serving is required. At least ¼ serving of bread or its equivalent must be provided to count toward the total grains/breads requirement.
- Several sources of grains/breads can be served, but the combined total must equal the minimum required amount of two servings at breakfast, lunch and supper and one serving at snack.
- To count as one serving, grains and breads must meet the minimum serving sizes in *Serving Sizes for Grains/Breads in CACFP Adult Centers*. For more information, see section 2.

Meat and Meat Alternates

- For lunch, supper and snack, at least ¼ ounce of meat/meat alternates must be served to count toward the meat/meat alternates requirement. Several sources of meat/meat alternates can be served, but the combined total must equal the minimum required amount.
- At breakfast, a serving of meat/meat alternates is not required.

MEETING THE MEAL PATTERN REQUIREMENTS

Determining Contribution of Foods to the CACFP Adult Meal Pattern

The USDA *Food Buying Guide for Child Nutrition Programs* is the main resource for CACFP facilities to determine the contribution foods make toward the CACFP meal pattern requirements, whether they are prepared on-site or purchased commercially (see *Using the Food Buying Guide* in this section). The Crediting Foods Guide (see sections 2 through 5) provides specific information regarding the crediting of foods toward each CACFP meal pattern component.

Portion Sizes

CACFP facilities must consider the serving sizes of menu items when planning meals to meet the CACFP Meal Pattern for Adults. Some foods will meet the CACFP meal pattern requirements only when very large serving sizes are provided. When larger serving sizes are needed, programs should serve a smaller portion and supplement with another food from the same component. For example, four tablespoons of peanut butter are required to provide two ounces of meat/meat alternate. Instead of serving a sandwich with 4 tablespoons of peanut butter, serve a sandwich with 2 tablespoons of peanut butter (one ounce of meat/meat alternate) and include another meat/meat alternate, such as ½ cup of yogurt (one ounce of meat/meat alternate), to meet the meat/meat alternates requirement.

Combination Dishes

Dishes that contain foods from more than one food group are combination dishes. For example, pizza contains bread (grain/bread), cheese (meat/meat alternate) and tomato sauce (vegetable/fruit). *Combination dishes may be credited for no more than two CACFP meal pattern components, even if more are provided.* This is to ensure that participants do not go hungry when a dish is disliked. For example, if lasagna were to contribute toward the meat/meat alternates, vegetables/fruits and grains/breads components, and if an adult participant disliked the lasagna, he or she would not receive a sufficient amount of food.

Crediting Commercially Prepared Foods

The crediting of commercially prepared foods (such as beef stew, burritos, pizza and ravioli) is problematic, due to the difficulty of ensuring that appropriate portion sizes of the various CACFP meal pattern components are provided. When commercially prepared foods are used, it is impossible to tell from the product's label or total weight how much of each CACFP meal pattern component (meat/meat alternates, vegetables/fruits or grains/breads) is contained in one serving. CACFP facilities can avoid serving meals that do not comply with the CACFP meal pattern by:

> When commercial products are used to meet the CACFP Meal Pattern for Adults, centers are responsible for maintaining documentation that an appropriate amount of the CACFP meal pattern component is provided.

- using Child Nutrition (CN) labeled products (see next page); or
- obtaining a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of a particular CACFP meal pattern component contained in each serving of the product.

Additional information regarding the crediting of commercial products is contained in each section of the Crediting Foods Guide.

CHILD NUTRITION (CN) LABELING PROGRAM

The USDA Child Nutrition (CN) Labeling Program is a voluntary federal labeling program for the Child Nutrition Programs. It provides food manufacturers the option to include a standardized food crediting statement on their product labels. The USDA must approve labels prior to use, and manufacturers must have quality control procedures and inspection oversight that meet USDA requirements. All manufacturers participating in the CN Labeling Program must have a quality control program approved by the Agricultural Marketing Service (AMS) or National Marine Fisheries Service (NMFS).

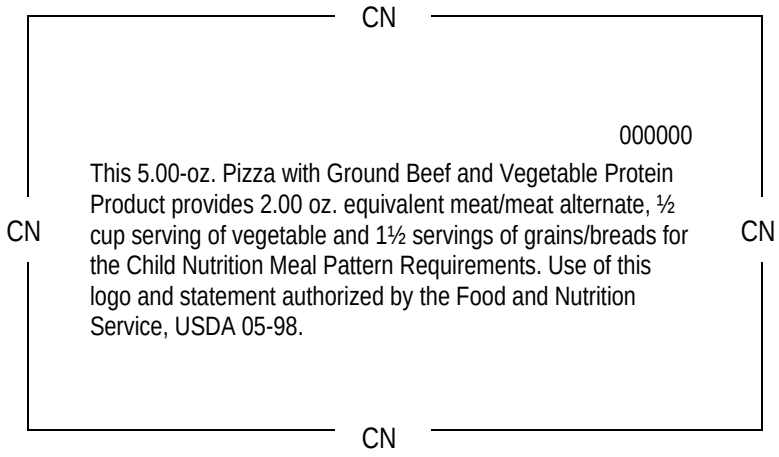
A CN label statement clearly identifies the contribution of a product toward the USDA meal pattern requirements, based on the USDA's evaluation of the product's formulation. Manufacturers state this contribution on their labels, for example: "One serving provides 2 ounces of meat/meat alternate and ¼ cup vegetable/fruit." CN labeling provides a warranty against audit claims for purchasers of the product.

Products eligible for CN labeling include main dish entrees that contribute to the meat/meat alternates component of the meal pattern requirements (e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions), bread items that contribute to the grains/breads component (e.g., pizza crust, breaded chicken nuggets) and juice and juice drink products that contain at least 50 percent full-strength juice by volume (e.g., grape drink, fruit punch and juice bars). *Only 100 percent juice is creditable in Connecticut CACFP facilities.*

A CN label will always contain the following:

- the CN logo, which is a distinct border
- the meal pattern contribution statement
- a six-digit product identification number
- the USDA authorization
- the month and year of approval

Sample CN Label



There is no federal requirement that manufacturers make CN labeled products or that programs participating in the USDA Child Nutrition Programs purchase them. Purchasing decisions are left to the local level. If a CN labeled product is desired, this must be clearly stated in the purchasing specifications. Additional information on CN labels, including guidance and product updates can be found at http://www.fns.usda.gov/cnd/cnlabeling/default.htm.

COMMODITY FOODS

The USDA Food Distribution Program coordinates the distribution of commodity foods to the National School Lunch Program, Child and Adult Care Food Program and Summer Food Service Program. Adult day care centers participating in the CACFP are eligible to receive commodity foods from the USDA. The distribution of commodity foods is handled through the Connecticut State Department of Administrative Services (DAS) Food Distribution Program.

The specific commodities offered vary depending on market conditions, but in general they include canned, dried and frozen fruits and vegetables; frozen and canned meats; grain products; pasta; peanut and other nut products; and dairy products. Most commodity foods are creditable in CACFP menu planning. Some commodity items, such as oil and shortening, are not creditable items themselves. However, they may be used in the preparation of foods that are creditable, for example, oil used as an ingredient in a grain-based muffin.

The following resources provide additional information on using and crediting USDA commodity foods.

- *Fact Sheet on Schools/Child Nutrition Programs Commodity Foods*. U.S. Department of Agriculture, 2008. http://www.fns.usda.gov/fdd/programs/schcnp/pfs-schcnp.pdf
- *Food Buying Guide for Child Nutrition Programs*. U.S. Department of Agriculture, 2002. http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html
- *USDA Commodity Fact Sheets*. U.S. Department of Agriculture, 2007. http://www.fns.usda.gov/FDD/schfacts/

Additional information about USDA commodities is available through the USDA Food Distribution Program and the State of Connecticut Food Distribution Program. For more information, see Commodity Foods and Connecticut Food Distribution Program under *Web Sites* in section 6.

CREDITING DISHES MADE FROM SCRATCH

Meeting Meal Pattern Requirements

CACFP sponsors must ensure that all meals served to participants meet the CACFP Meal Pattern for Adults. All recipes the CACFP facility uses must document that the food served provides a sufficient amount of the meal pattern components being credited.

The USDA's *Food Buying Guide* helps ensure that meals served meet CACFP requirements. It is the principle tool that USDA Child Nutrition Programs use to determine the contribution foods make toward the meal requirements. The *Food Buying Guide* should be used to determine the meal pattern contribution for recipes containing meat/meat alternates, vegetables/fruits, pasta, cereal grains (e.g., barley, bulgur) and rice (see *Using the Food Buying Guide* in this section). For information on crediting the ingredients in baked goods made from scratch (such as flour, cornmeal, rolled oats and wheat bran), see *Crediting Grains/Breads Made from Scratch* in section 2.

For dishes made from scratch, adult day care centers should use an appropriate standardized recipe to ensure that a sufficient amount of each planned CACFP meal pattern component is provided. For example, to provide one serving of meat/meat alternate and one serving of grain/bread at lunch, a tuna noodle casserole recipe must document that each serving provides 2 ounces of tuna (meat/meat alternate) and ½ cup pasta (grain/bread) per serving.

To determine how a recipe contributes to the CACFP Meal Pattern for Adults, specific information about ingredients must be provided, such as weight, measure and form of the food. Without this information, it is impossible to determine a recipe's CACFP meal pattern contribution. For example, a recipe should state:

- 1 15-ounce can of fruit cocktail, not 1 can of fruit cocktail
- 3 cups cooked rice, not 3 cups rice
- ½ cup finely or coarsely chopped onion, not 1 onion

The resources below can assist CACFP facilities with developing and using standardized recipes.

- "Cycle Menu Development" in *Adult Day Care Resource Manual for the USDA Child and Adult Care Food Program*. U.S. Department of Agriculture, 2005. http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=37
- *Measuring Success with Standardized Recipes*. National Food Service Management Institute, 2002. http://www.olemiss.edu/depts/nfsmi/Information/measuring-success.html
- *On the Road to Professional Food Preparation*. National Food Service Management Institute, 2007. http://www.olemiss.edu/depts/nfsmi/epubs/et73-07/index.html

For more information, see *Menu Planning and Recipes* in section 6.

Determining Number of Servings of Meal Components

Recipes containing foods from more than one food group may be credited for no more than two meal components, even if more are provided (see *Combination Dishes* in this section). *The total number of CACFP servings in a recipe is limited by the ingredient with the lowest number of servings*. For example, consider a recipe that contains 5 cups of cooked macaroni and 1 pound of cheese, as indicated below.

Ingredient	Amount	CACFP Serving Size	Recipe Contribution to CACFP Meal Pattern	
			Grains/Breads	Meat/Meat Alternates
cooked macaroni	5 cups	½ cup	10 servings *(5 cups divided by required serving size of ½ cup equals 10 servings)*	
cheese, cheddar	1 pound (16 ounces)	2 ounces		8 servings *(16 ounces divided by required serving size of 2 ounces equals 8 servings)*

For lunch or supper, this recipe provides 10 servings (½ cup each) of grain/bread. The cheese provides 8 servings (2 ounces each) of meat/meat alternate. If the menu planner wants to count this recipe as both the meat/meat alternate and grain/bread components, it can serve only 8 adults. The amount of cheese (enough for only 8 servings) is the limiting factor.

USING THE *FOOD BUYING GUIDE*

The USDA's *Food Buying Guide* contains yield information for common types and customary sizes of meat/meat alternates, vegetables/fruit and grains/breads. It includes commercially available foods and USDA-donated commodities. Foods are classified by meal pattern component. The *Food Buying Guide* is available at http://teamnutrition.usda.gov/Resources/foodbuyingguide.html.

The *Food Buying Guide* can be used to determine how much food to purchase to meet minimum portion sizes and the recipe's contribution to the CACFP Meal Pattern for Adults. When determining serving size information for recipes, it is important to use the edible portion of the food, for example:

- cooked, lean meat without bone, breading or other ingredients;
- fruits and vegetables without seeds, pits or nonedible parts; and
- cooked (not raw) pasta, rice and cereal grains, e.g., barley and bulgur.

The following pages provide examples of how to use the *Food Buying Guide* to determine crediting information for foods. For additional assistance on determining crediting information for recipes, contact the Connecticut State Department of Education (see page iv).

Determining Yields for Meat and Meat Alternates

Yields of cooked meat and poultry will vary with the type, age, fat content and weight of the animal, and the method, time and temperature of cooking. One pound (16 ounces) of raw meat does not yield 1 pound of cooked meat. Typical cooking losses might be 20 to 30 percent but could be more or less. When determining the cooked yield of a food, the appropriate loss factor must be used, as indicated in the *Food Buying Guide*. The example below illustrates how the *Food Buying Guide* can be used to determine the yield and crediting information for meat.

EXAMPLE: DETERMINING YIELD OF GROUND BEEF

A recipe contains 20 pounds of raw ground beef (30% fat). How many servings of meat/meat alternate does the recipe contain for lunch or supper?

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit	4 Serving Size or Portion and Contribution to Meal Requirement	5 Purchase Unit for 100 Servings	6 Additional Yield Information
Beef, Ground, fresh or frozen Market Style no more than 30% fat	Pound	11.2	1 oz. cooked lean meat	9.0	1 lb. AP = 0.70 lb. cooked, drained, lean meat
	Pound	7.46	1½ oz. cooked lean meat	13.5	

Source: *Food Buying Guide*. U.S. Department of Agriculture, Revised 2008 (page 1-15).

Servings Provided

- 2 ounce serving: The *Food Buying Guide* indicates that one pound of cooked beef yields 11.2 ounces when cooked (see columns 3 and 4).
  - The required serving size of meat/meat alternates is 2 ounces for lunch or supper.
  - The cooked yield of 11.2 ounces divided by the required serving size of 2 ounces equals 5.6 servings per pound.
  - Multiply the 20 pounds of beef in the recipe by 5.6 servings per pound, for a total of 112 servings of 2 ounces of meat/meat alternate.

Determining Yields for Vegetables and Fruits

The yield of vegetables and fruits varies according to the form of food used, i.e., fresh, canned, frozen or dehydrated.

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen vegetables are cleaned, blanched and ready to cook.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.
- The weight of canned vegetables and fruits varies due to different densities of the food. A "Number 10" can yields an average of 12 to 13 $^{2}/_{3}$ cups, from 96 ounces (6 pounds) to 117 ounces (7 pounds, 5 ounces).

The example on the next page illustrates how the *Food Buying Guide* can be used to determine the yield and crediting information for fruits and vegetables.

EXAMPLE: DETERMINING YIELD OF RAW BROCCOLI

A recipe for a broccoli pasta salad contains 3 pounds of raw broccoli florets. How many servings of vegetable does the recipe contain for lunch or supper?

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit	4 Serving Size or Portion and Contribution to Meal Requirement	5 Purchase Unit for 100 Servings	6 Additional Yield Information
Broccoli, fresh *Florets* *Trimmed* *Ready-to-use*	Pound	28.8	¼ cup cut, raw vegetable	3.5	1 lb. AP = 1 lb. (about 7 ⅛ cups) ready-to-cook broccoli

Source: *Food Buying Guide.* U.S. Department of Agriculture, Revised 2008 (page 2-25).

At lunch or supper, *two different* servings of vegetables/fruits must be provided to meet the minimum required serving size of 1 cup. A serving of ⅛ cup is the smallest amount that can be credited.

Servings Provided

- ¼ cup serving: The *Food Buying Guide* indicates that 1 pound of fresh broccoli florets yields 28.8 servings of ¼ cup each (see columns 3 and 4).
  - ► Multiply the 3 pounds of broccoli in the recipe by 28.8 servings per pound, for a total of 86.4 servings (¼ cup each).
  - ► Round down the total number of servings to the nearest whole number, for a total of 86 servings.

- ½ cup serving: The *Food Buying Guide* indicates that 1 pound of fresh broccoli florets yields 28.8 servings of ¼ cup each (see columns 3 and 4).
  - ► To determine the cups of broccoli per pound, multiply the 28.8 servings by ¼ cup, for a total of 7.2 cups of broccoli per pound.
  - ► Multiply the 7.2 cups per pound by the 3 pounds in the recipe for a total of 21.6 cups of broccoli in the recipe.
  - ► Divide the total cups in the recipe (21.6 cups) by the serving size (½ cup) to determine the number of servings (43.2).
  - ► Round down the total number of servings to the nearest whole number, for a total of 43 servings of ½ cup each.

Determining Yields for Pasta, Cereal Grains and Rice

Recipes that contain pasta, rice or cereal grains as an ingredient must specify whether the ingredient is in a cooked or raw form. The volume of cooked grain products is generally several times larger than the volume of the raw product. For example, 1 cup of uncooked white rice yields about 3 cups when cooked. The example below illustrates how the *Food Buying Guide* can be used to determine the yield and crediting information for pasta, rice and cereal grains.

EXAMPLE: DETERMINING YIELD OF PASTA

A recipe for spaghetti and meatballs contains 3 pounds of uncooked spaghetti. How many servings of grains/breads does the recipe contain at lunch or supper?

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit	4 Serving Size or Portion and Contribution to Meal Requirement	5 Purchase Unit for 100 Servings	6 Additional Yield Information
Pasta (Group H) Spaghetti Regular Dry	Pound	21.2	¼ cup cooked *al dente*	4.8	1 lb. dry = about 3 ¼ cups dry spaghetti pieces
	Pound	10.6	½ cup cooked *al dente*	9.5	1 lb. dry = 2.37 lb. (About 5 ¼ cups) *al dente* cooked pasta (boiled 8 minutes)
	Pound	7.06	¾ cup cooked *al dente*	14.2	

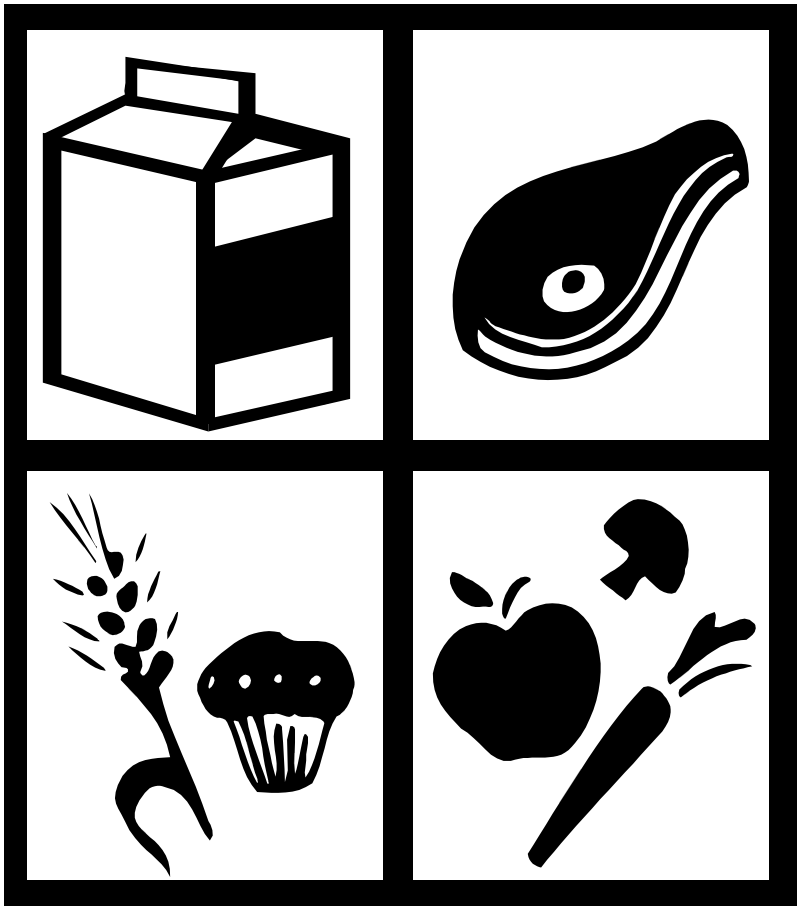
Source: *Food Buying Guide.* U.S. Department of Agriculture, Revised 2008 (page 3-28).

Servings Provided

- ½ cup serving: The *Food Buying Guide* indicates that 1 pound of dry spaghetti yields 10.6 servings (½ cup each) of cooked spaghetti (see columns 3 and 4).
  - Multiply the 3 pounds of spaghetti in the recipe by the cooked yield of 10.6 servings per pound, for a total of 31.8 servings.
  - Round down the total number of servings to the nearest whole number, for a total of 31 servings of ½ cup each. (A ½-cup serving of spaghetti equals one serving of grain/bread.)
- 1 cup serving: The *Food Buying Guide* indicates that 1 pound of dry spaghetti yields 10.6 servings (½ cup each) of cooked spaghetti (see columns 3 and 4).
  - To determine the cups of cooked spaghetti per pound, multiply the 10.6 servings by ½ cup, for a total of 5.3 cups of cooked spaghetti per pound.
  - Multiply the 5.3 cups of cooked spaghetti per pound by the 3 pounds in the recipe for a total of 15.9 cups of cooked spaghetti in the recipe.
  - Round down the total number of servings to the nearest whole number, for a total of 15 servings of 1 cup each.

CREDITING FOODS GUIDE FOR THE CACFP

ADULT DAY CARE CENTERS



OVERVIEW OF THE CREDITING FOODS GUIDE

The Crediting Foods Guide helps adult day care centers determine whether foods and beverages are creditable in the CACFP, i.e., whether they meet the CACFP meal pattern components. This guide should be used by all CACFP facilities as the definitive source to determine how to credit specific foods and beverages in the CACFP Meal Pattern for Adults. The Crediting Foods Guide is organized in four sections by meal component:

- Grains/Breads;
- Vegetables/Fruits;
- Meat/Meat Alternates; and
- Milk.

The beginning of each section is prefaced with general information on the food component, followed by a list of specific food items with crediting information. Foods are listed according to the food components in which they are most commonly credited. Some foods will be found under more than one component, for example, legumes (dry beans and peas) are listed under both vegetables/fruits and meat/meat alternates. Entries for foods such as lasagna or pizza that contain multiple components (e.g., grains/breads, meat/meat alternates, vegetables/fruits) will include a referral to the other appropriate sections of the Crediting Foods Guide.

The "Creditable" column after the food item indicates "Yes" if the food is creditable or "No" if the food is not creditable. Some foods have restrictions regarding how they are credited. For these items, an asterisk (*) appears in the "Yes" and "No" columns, with an explanation of how the food may be credited.

Each CACFP food component contains a large variety of creditable foods that also include a number of less nutritious choices. These types of foods may be high in fat, added sugars and sodium, or low in nutrients. For example, croissants and whole-grain bread are both creditable in the grains/breads component; however, whole-grain bread contains more nutrients and less fat. The symbol "☹" indicates foods that, while creditable, are not recommended in the CACFP due to poor nutritional quality. These foods should be served infrequently, if at all. CACFP menus should focus on serving foods that are unprocessed or minimally processed; naturally nutrient rich; and low in fat, added sugars and sodium. For more information on improving the nutrition quality of CACFP meals, see *Nutrition Policies and Guidance for Adult Day Care Centers: Planning Healthy Meals*.

The CSDE strongly encourages all CACFP facilities to follow the CSDE's recommended nutrition standards for all CACFP meals and snacks. These standards provide the healthiest choices for adult participants by promoting whole or minimally processed nutrient-rich foods that are low in fat, added sugars and sodium. For more information, see *State Nutrition Recommendations* in the beginning of each meal pattern component section of the Crediting Foods Guide.

Please note that the Crediting Foods Guide is not all inclusive. It includes foods about which crediting inquiries are frequently made or foods that are often credited incorrectly. The use of brand name products does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE) or the USDA. Product names are used solely for clarification. For questions regarding the crediting of a particular item not included in the Crediting Foods Guide, contact the CSDE (see page iv).