
6 — RESOURCES

RESOURCES

Child and Adult Care Food Program (CACFP)

Click on the CSDE's [Nutrition-Related Resources](#), then *Resources for Child Nutrition Programs* then *Child and Adult Care Food Program*.

Dietary Guidelines

Click on the CSDE's [Nutrition-Related Resources](#), then *General Nutrition and Health* then *Dietary Guidelines*.

Food Distribution Program (Commodity Foods)

Click on the CSDE's [Nutrition-Related Resources](#) then *Resources for Child Nutrition Programs* then *Food Distribution Program (Commodity Foods)*.

Food Labels

Click on the CSDE's [Nutrition-Related Resources](#) then *General Nutrition and Health* then click on *Food Labels*.

Fruits and Vegetables

Click on the CSDE's [Nutrition-Related Resources](#), then *General Nutrition and Health* then *Fruits and Vegetables*.

Menu Planning and Recipes

Click on the CSDE's [Nutrition-Related Resources](#), then *Menus, Recipes and Nutrient Information* then *Menu Planning and Recipes*.

Nutrient Analysis

Click on the CSDE's [Nutrition-Related Resources](#), then *Menus, Recipes and Nutrient Information* then *Nutrient Analysis*.

Nutrition for the Elderly

Click on the CSDE's [Nutrition-Related Resources](#), then *Nutrition for the Elderly*.

Whole Grains

Click on the CSDE's [Nutrition-Related Resources](#), then *General Nutrition and Health* then *Whole Grains*.

WEB SITES

CACFP Meal Patterns (U.S. Department of Agriculture):

http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm

CACFP Operational Memos (Connecticut State Department of Education):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576>

CACFP Regulations (U.S. Department of Agriculture):

<http://www.fns.usda.gov/cnd/Care/Regs-Policy/Regulations.htm>

Child and Adult Care Food Program (U.S. Department of Agriculture):

<http://www.fns.usda.gov/cnd/care/>

Commodity Foods (U.S. Department of Agriculture):

<http://www.fns.usda.gov/fdd/programs/schcnp/>

Connecticut Food Distribution Program (Department of Administrative Services):

<http://www.das.state.ct.us/FedFood/>

Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program
(Connecticut State Department of Education):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694>

USDA Policy Memoranda for the CACFP (U.S. Department of Agriculture):

<http://www.fns.usda.gov/cnd/Care/Regs-Policy/PolicyMemoranda.htm>

Additional resources on nutrition and the CACFP can be found in the CSDE's *Nutrition-Related Resources* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf. The CSDE updates this list regularly.

FORMS AND HANDOUTS

Noncreditable Foods in CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Crediting_Foods/Noncreditable_Foods_Adults.pdf

Child Nutrition (CN) Labeling

http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Crediting_Foods/CN_labeling_Adults.pdf

Serving Sizes for Grains/Breads in CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Crediting_Foods/ServingsGB_CACFP_Adults.pdf

Worksheet 1 — Crediting Purchased Grains/Breads in CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet1_purchasedgb_cacfp_adults.xls

Worksheet 2 — Crediting Breakfast Cereals in CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet2_cereals_cacfp_adults.xls

Worksheet 3 — Crediting Family-Size Recipes for Grains/Breads in Child and Adult Care Food Program Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet3_family_recipes_cacfp_adults.xls

Worksheet 4 — Crediting Quantity Recipes for Grains/Breads in Child and Adult Care Food Program Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet4_quantity_recipes_cacfp_adults.xls

Worksheet 5 — Evaluating Processed Fruits and Vegetables for Compliance with the Recommended Nutrition Standards for CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet5_fv_adults.xls

Worksheet 6 — Evaluating Soups for Compliance with the Recommended Nutrition Standards for CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet6_soups_adults.xls

Worksheet 7 — Evaluating Meats and Meat Alternates for Compliance with the Recommended Nutrition Standards for CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet7_mma_adults.xls

Worksheet 8 — Evaluating Yogurt for Compliance with the Recommended Nutrition Standards for CACFP Adult Centers

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet8_yogurt_adults.xls

Worksheet 9 — Nutrient Analysis of Recipes

http://www.sde.ct.gov/sde/LIB/sde/excel/deps/nutrition/CACFP/worksheet9_nutrient_analysis_adults.xls

All forms and handouts for this section can be accessed on the CSDE's Web site for *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694> under "2 Crediting Foods in CACFP Adult Centers."

REFERENCES

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<http://www.fns.usda.gov/cnd/cnlabeling/default.htm>
- Code of Federal Regulations (CFR) for the Child and Adult Care Food Program (7CFR 226)*. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/Regs-Policy/Regulations.htm>
- Crediting of Corn Meal (Cornmeal) and Corn Flour for Grains/Breads Component, USDA Memo TA 01-2008*. U.S. Department of Agriculture, November 28, 2006
- Determining Creditability of Breakfast Cereals for Child Nutrition Programs, USDA Memo TA01-2007*. U.S. Department of Agriculture, December 11, 2007.
- Dietary Guidelines for Americans*. U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2010. <http://www.healthierus.gov/dietaryguidelines/>
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<http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>
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- Guidance for Industry, A Food Labeling Guide – Appendix B: Additional Requirements for Nutrient Content Claims*. Food and Drug Administration, Revised April 2008.
<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064916.htm>
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http://www.fns.usda.gov/cnd/menu/APP_QAs-Industry.pdf
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- Whole Grains in Child Nutrition Programs, Trainer's Manual*. National Food Service Management Institute, 2011. <http://www.nfsmi.org/ResourceOverview.aspx?ID=390>
- Whole Grains Resource, HealthierUS School Challenge Application Kit*. U.S. Department of Agriculture, March 2010. http://www.fns.usda.gov/tn/HealthierUS/HUSSCkit_pp25-35.pdf

GLOSSARY

adult day care center: Any public or private nonprofit organization or any for-profit center that 1) is licensed or approved by federal, state or local authorities to provide nonresidential adult day care services to functionally impaired adults or persons 60 years of age or older in a group setting outside their homes or a group living arrangement on a less than 24-hour basis; and 2) provides for such care and services directly or under arrangements made by the agency or organization whereby the agency or organization maintains professional management responsibility for all such services. Such centers shall provide a structured, comprehensive program that provides a variety of health, social and related support services to enrolled adult participants through an individual plan of care.

adult day care facility: A licensed or approved adult day care center under the auspices of a sponsoring organization.

adult participant: A person enrolled in an adult day care center who is functionally impaired or 60 years of age or older. For more information, see “functionally impaired adult” in this section.

added sugars: Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains and dairy products. Names for added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar and syrup.

alternate protein products (APP): Vegetable (e.g., isolated soy protein, soy protein concentrate and soy flour) and nonvegetable based (e.g., fruit puree, whey protein and casein) protein sources. The USDA has specific requirements for the crediting of APP in the CACFP. For more information, see *Alternate Protein Products and Vegetable Protein Products* in section 4.

artificial sweeteners: Ingredients with little or no calories used as sugar substitutes to sweeten foods and beverages. Artificial sweeteners are hundreds of times sweeter than sugar. Common artificial sweeteners include acesulfame potassium (Acesulfame-K, Sunett, Sweet & Safe, Sweet One), aspartame (NutraSweet, Equal), neotame, saccharin (Sweet and Low, Sweet Twin, Sweet ‘N Low Brown, Necta Sweet), sucralose (Splenda) and tagatose. These nonnutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. The CSDE’s recommended nutrition standards do not allow foods or beverages with these ingredients. For more information, see “nonnutritive sweeteners” in this section.

bran: The protective coating around the whole-grain kernel that is rich in nutrients, fiber and other health promoting substances called phytochemicals. Bran is not a whole grain. However, for the purposes of determining its contribution to the CACFP grains/breads component, the USDA credits bran the same as whole-grain or enriched flour or meal.

cereal grains: The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat and wheat berries) or enriched, such as cornmeal, corn grits and farina. The USDA credits cereal grains toward the grains/breads component based on 25 grams per serving.

chemically altered fat substitutes: Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat. Examples include Olestra, Olean and Simplese. Fat substitutes can have negative side effects. The CSDE’s recommended nutrition standards do not allow foods or beverages with these ingredients.

Child and Adult Care Food Program (CACFP): The USDA’s federally assisted meal program providing nutritious meals and snacks to children in child care centers, family day care homes and emergency shelters, and snacks and suppers to children participating in eligible at-risk afterschool care programs. The program also provides meals and snacks to adults who receive care in nonresidential adult day care centers. For more information, see <http://www.fns.usda.gov/cnd/care/>.

Child and Adult Care Food Program (CACFP) facilities: Child care centers, family day care homes, emergency shelters, at-risk afterschool care centers and adult day care centers that participate in the USDA Child and Adult Care Food Program.

Child and Adult Care Food Program (CACFP) Meal Pattern for Adults: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to participants to receive federal reimbursement for meals and snacks served. For more information, see the CACFP Meal Pattern for Adults in *Nutrition Policies and Guidance for Adult Day Care Centers: Meal Pattern Requirements* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694>.

Child and Adult Care Food Program (CACFP) sponsor: A public or nonprofit private organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters, at-risk afterschool care centers or adult day care centers. For more information, see Section 226.2 Definitions in *Code of Federal Regulations (CFR) for the Child and Adult Care Food Program (7CFR 226)* at <http://www.fns.usda.gov/cnd/Care/Regs-Policy/policymemo/CFR226-2008.pdf>.

Child Nutrition (CN) label: A statement that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA’s evaluation of the product’s formulation. Products eligible for CN labeling include main dish entrees that contribute to the meat/meat alternate component of the meal pattern requirements, bread items that contribute to the grains/breads component, and juice and juice drink products that contain at least 50 percent full-strength juice by volume. (Note: Only 100 percent juice is creditable in Connecticut Child Nutrition Programs.) The CN label does *not* provide information or assurances regarding the nutrition content of the food. For more information, see *Child Nutrition (CN) Labeling Program* in section 1.

Child Nutrition Programs: The USDA’s federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Child and Adult Care Food Program (CACFP) and Fresh Fruit and Vegetable Program (FFVP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers.

combination dishes: Dishes that contain foods from more than one food group. For example, pizza contains bread, cheese and tomato sauce. For information on crediting combination dishes, see *Combination Dishes* in section 1.

commodity foods: Foods that are available to the USDA Child Nutrition Programs through the Connecticut State Department of Administrative Services (DAS) Food Distribution Program. For more information, see <http://www.commodityfoods.usda.gov/default.htm>.

creditable food: A food or beverage that can be counted toward meeting the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs.

dietary fiber: Nondigestible carbohydrates and lignin (a noncarbohydrate substance bound to fiber) that are naturally occurring in plants, e.g., gums, cellulose, fiber in oats and wheat bran. Fiber improves gastrointestinal health and reduces risk of some diseases, such as heart disease. There are two types of dietary fiber, insoluble and soluble. *Insoluble fibers* aid in digestion by adding bulk and softness to stools to promote regularity and prevent constipation. Insoluble fibers decrease the amount of “transit time” for food waste in the intestine. Insoluble fibers include whole-wheat products, wheat and corn bran, popcorn*, many vegetables (e.g., cauliflower, beans and potatoes) and the skins of fruits and root vegetables. *Soluble fibers* (e.g., gums, mucilages and pectin) bind to fatty substances in the body to promote their excretion as waste. They help lower blood cholesterol levels and also help regulate the body’s use of sugars. Soluble fibers are found in dry beans and peas, oats, oatmeal, barley, psyllium seed husk and many fruits and vegetables, such as apples, carrots, citrus fruits, strawberries, prunes, dry beans and other legumes.*Note: *Popcorn is not creditable as a grain/ bread component in the CACFP.*

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and to reduce risk for chronic diseases through diet and physical activity. The *Dietary Guidelines* is published jointly every five years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, and forms the basis of federal food, nutrition education and information programs. For more information, see <http://health.gov/dietaryguidelines/>.

edible portion: The portion of a food that can actually be eaten after the nonedible parts are removed, for example, cooked, lean meat without bone and fruit without seeds or pits.

endosperm: The soft, white inside portion of the whole-grain kernel. It contains starch, protein and small amounts of B vitamins.

enriched grains: Refined grains (such as wheat, rice and corn) and grain products (such as cereal, pasta and bread) that have vitamins and minerals added to replace the nutrients lost in processing. These nutrients are added within limits specified by the FDA, and include thiamin (B₁), riboflavin (B₂), niacin (B₃), folic acid and iron. Regulations for the USDA Child Nutrition Programs require that all bread and grain products must be enriched if they are not whole grain. For more information, see *Identifying Enriched Grains* in section 2.

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. Regulations for the USDA Child Nutrition Programs require that all bread and grain products must be enriched if they are not whole grain.

flour: Finely ground and sifted wheat or other grains, such as rye, corn, rice or buckwheat.

food components: The four food groups that comprise the reimbursable CACFP meal, including meat/meat alternates, vegetables/fruits, grains/breads and milk. For more information on the individual food components, see the corresponding section of the Crediting Foods Guide.

food item: In the CACFP Meal Pattern for Adults, a food item is one of the four required foods for breakfast; one of the six required foods for lunch; one of the five required foods for supper; or one of the two required foods for snack.

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used both for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body’s absorption of calcium), and to enhance the perceived nutritional value of products with little or no natural nutritional value (e.g., fortifying “energy” bars made from processed flour with multiple vitamins and minerals). Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

fructose: The naturally occurring simple sugar found in fruits and honey. Fructose is also called levulose or fruit sugar. For more information, see “simple carbohydrates (sugars) in this section.

functionally impaired adult: Chronically impaired disabled persons 18 years of age or older, including victims of Alzheimer’s disease and related disorders with neurological and organic brain dysfunction, who are physically or mentally impaired to the extent that their capacity for independence and their ability to carry out activities of daily living is markedly limited. Activities of daily living include, but are not limited to, adaptive activities such as cleaning, shopping, cooking, taking public transportation, maintaining a residence, caring appropriately for one’s grooming or hygiene, using telephones and directories, or using a post office. Marked limitations refer to the severity of impairment, and not the number of limited activities, and occur when the degree of limitation is such as to seriously interfere with the ability to function independently.

full-strength fruit or vegetable juice: An undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit or vegetable juice as it appears on the label must include the words “juice” or “full-strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate.” For more information, see *Creditable Juices* in the Vegetables/Fruits section of the Crediting Foods Guide (section 3).

germ: The sprouting section of the whole-grain kernel. It contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants and phytochemicals. Germ is not a whole grain. However, for the purposes of determining its contribution to the CACFP grains/breads component, the USDA credits germ the same as whole-grain or enriched flour or meal.

grain/bread serving: The contribution a given serving size makes toward the CACFP grains/breads component.

hydrogenated oils: Oils that have undergone hydrogenation, a chemical process that adds hydrogen and changes the structure of unsaturated fatty acids to increase shelf life and flavor stability. Hydrogenation turns oils that are liquid at room temperature into solids, e.g., shortening and margarine. Oils can be either completely or partially hydrogenated. Partial hydrogenation results in the formation of trans fats, a type of fat that increases the risk for cardiovascular disease. Fully hydrogenated oil does not contain trans fat, e.g., fully hydrogenated palm oil. However, if the label lists “hydrogenated” vegetable oil, it could mean the oil contains some trans fat. When foods contain hydrogenated oils, they will be listed in the ingredients, e.g., hydrogenated cottonseed and soybean oil. For more information, see “trans fats” in this section.

juice drink: A product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices or flavorings. Juice drinks cannot be counted toward meeting meal pattern requirements. For more information, see *Noncreditable Products* in the Vegetables/Fruits section of the Crediting Foods Guide (see section 3).

lactose: The naturally occurring sugar found in milk. Lactose contains glucose and galactose. For more information, see “simple carbohydrates (sugars) in this section.

meal: A grain made by coarsely grinding corn, oats, wheat or other grains. Meal is creditable in the CACFP only if it is whole grain, enriched or fortified.

meal: See “reimbursable meal” in this section.

meat alternates: Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut) and yogurt.

menu item: Any planned main dish, vegetable, fruit, bread, grain or milk that is part of the reimbursable meal. Menu items consist of food items.

MyPlate: Released in June 2011, MyPlate replaces MyPyramid as the USDA’s food guidance system to translate the *Dietary Guidelines* into a healthy eating plan. MyPlate emphasizes consuming more fruits, vegetables, whole grains and low-fat dairy. For more information, see <http://www.choosemyplate.gov/>.

MyPyramid: From 1992 to 2011, MyPyramid was the USDA’s food guidance system to translate the *Dietary Guidelines* into a healthy eating plan. It was replaced with MyPlate in June 2011. For more information, see “MyPlate” in this section.

natural: For the purposes of food labeling, “natural” means that the food does not contain added colors, artificial flavors or synthetic substances. However, it does not necessarily mean that a product is healthier or more nutritious. While the FDA allows manufacturers to use this term if a product meets these requirements, the FDA has not developed a definition for use of the term natural or its derivatives. For more information, see <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm214868.htm>.

natural cheese: Cheese that is produced directly from milk, such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta and brie. Natural cheese also includes pasteurized blended cheese that is made by blending one or more different kinds of natural cheese. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

noncreditable food: A food or beverage that does not count toward any meal pattern component (meat/meat alternates, vegetables/fruits, grains/breads and milk) in the USDA Child Nutrition Programs. For more information, see *Noncreditable or ‘Other’ Foods* in section 1.

nonnutritive sweeteners: Ingredients with no calories used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners are hundreds of times sweeter than sugar. Nonnutritive sweeteners include artificial sweeteners such as acesulfame potassium, neotame, saccharin and sucralose and natural sweeteners such as stevia (e.g., Rebiana, Truvia, PureVia and SweetLeaf). The CSDE’s recommended nutrition standards do not allow foods or beverages with these ingredients. For more information, see “artificial sweeteners” in this section.

nutrient-rich foods or nutrient-dense foods: Foods that provide substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Nutrient-dense foods include lean sources of protein and/or complex carbohydrates that are low in total fat and saturated fats. Examples include fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs and beans. Foods and beverages that are not nutrient dense supply calories (from fat, added sugars and processed carbohydrates) but relatively small amounts of nutrients (and sometimes none at all), unless fortified. For more information, see “fortification” in this section and <http://nutrientrichfoods.org/>.

organic: A USDA labeling term that indicates the food or other agricultural product has been produced through approved methods that integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance and conserve biodiversity. Synthetic fertilizers, sewage sludge, irradiation and genetic engineering cannot be used. The USDA's National Organic Program provides for certification that agricultural ingredients have been produced under conditions that meet the definition. They also include labeling standards based on the percentage of organic ingredients in food. Organically produced foods are not necessarily safer or more nutritious than conventionally produced foods. The FDA does not define the term "organic." For more information, see the USDA's National Organic Program at <http://www.ams.usda.gov/AMSv1.0/nop>.

partially hydrogenated oils: Oils that have been through partial hydrogenation to change their consistency from a liquid to a semi-solid, e.g., margarine. This process results in the formation of trans fats, a type of fat that increases the risk for cardiovascular disease. When products contain partially hydrogenated oils, they will be listed in the ingredients, e.g., partially hydrogenated cottonseed and soybean oil. For more information, see "hydrogenated oils" and "trans fats" in this section.

phytonutrients or photochemicals: Health-enhancing compounds found naturally in plant-based foods, such as legumes, vegetables, fruits, whole grains, nuts and seeds. Phytonutrients work together with nutrients and fiber to promote health by reducing the risk for many chronic diseases, such as heart disease and certain cancers. There are hundreds of different categories of phytonutrients, such as carotenoids; flavonoids (polyphenols), including isoflavones (phytoestrogens); inositol phosphates (phytates); lignans (phytoestrogens); isothiocyanates and indoles; phenols and cyclic compounds; saponins; sulfides and thiols; and terpenes. Plant-based foods contain different kinds and amounts of phytonutrients.

polyunsaturated fats: A type of unsaturated fat that is found in fatty cold-water fish (e.g., salmon, mackerel and herring), nuts, seeds and liquid vegetable oils, such as safflower, sesame, soy, corn and sunflower. Polyunsaturated fats may help lower blood cholesterol when used as part of an overall diet that is moderate in fat.

primary grain ingredient: The first listed grain ingredient in the product's ingredient statement. For more information, see *Crediting Products with Multiple Grain Ingredients* in section 2.

product specification sheet or product analysis sheet: An information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It must have an original signature of a company official.

refined grains: Grains with their coarse parts removed (including the bran and germ), leaving only the endosperm. When the bran and germ are removed, some essential nutrients, including fiber, are lost. Examples of breads that are often made from refined flour include white bread and hot dog or hamburger buns. Refined bread products are only creditable as the grains/breads component in the USDA Child Nutrition Programs if they are enriched or fortified.

reimbursable meal: A meal or snack that meets the requirements of the U.S. Department of Agriculture's meal patterns for the Child and Adult Care Food Program.

saturated fats: A type of fat that can raise blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fats include animal products (e.g., cheese, beef, milk, snack foods, butter and lard) and tropical vegetable oils (palm, palm kernel and coconut).

serving size or portion: The weight, measure or number of pieces or slices. The minimum serving size specified in the CACFP meal pattern must be provided for meals and snacks to be reimbursable.

simple carbohydrates (sugars): Carbohydrates consisting of one (e.g., fructose and galactose) or two (e.g., lactose, maltose, sucrose) sugars. Sugars can be naturally present in foods (such as the fructose in fruit or the lactose in milk) or added to foods (such as sucrose or table sugar). Foods that naturally contain simple carbohydrates — such as fruits, milk and milk products and some vegetables — also contain vitamins and minerals. Foods that contain large amounts of added sugars — such as cookies, candy, pastries, sweetened baked goods, regular soft drinks and other sweetened drinks — provide calories with few, if any, nutrients. For more information, see “added sugars” in this section.

standard of identity for food: The mandatory government requirements that determine what a food product must contain to be marketed under a certain name in interstate commerce. These standards protect consumers by ensuring a label accurately reflects what is inside, e.g., mayonnaise is not an imitation spread, ice cream is not a similar, but different, frozen dessert. Standards for meat and poultry products are developed by the USDA. For other food products, standards are set by the Food and Drug Administration (FDA).

standardized recipe: A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield and portion size.

sucrose: Another name for table sugar. Sucrose contains glucose and fructose. For more information, see “simple carbohydrates (sugars)” in this section.

sugar alcohols (polyols): A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled “sugar free.” Large amounts of sugar alcohols may cause bloating, gas or diarrhea. The Connecticut Child Care Nutrition Standards do not allow foods or beverages with these ingredients. The CSDE strongly recommends that foods with these ingredients are not served in the CACFP. For more information, see “nonnutritive sweeteners” in this section.

sugars: See “added sugars” and “simple carbohydrates” in this section.

supplements: Reimbursable snacks served in the CACFP.

trans fats: Trans fats include naturally occurring and artificial sources. Trans fats occur naturally in low amounts in some foods of animal origin, e.g., dairy products, beef and lamb. Most trans fats are artificially made as the result of “hydrogenation,” a process where vegetable oils are made into a more solid (saturated) fat. Trans fats are used in food products to increase shelf life and enhance texture. The majority of trans fats in the American diet (80 percent) come from processed foods made with partially hydrogenated oils, such as cakes, cookies, crackers, snack chips, fried foods and margarine. Trans fats are worse than saturated fats in increasing blood cholesterol levels. They raise “bad” low-density lipoproteins (LDL) blood cholesterol and decrease “good” high-density lipoproteins (HDL) blood cholesterol, which are significant risk factors for cardiovascular disease. 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 “hydrogenated oils” and “partially hydrogenated oils” in this section.

wheat bread: Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. This bread is low in fiber unless the manufacturer has added fiber. Wheat bread is not whole grain unless it is labeled “whole-wheat bread.” For more information, see *Creditable Grains* in section 2.

whole foods: Foods that are unprocessed or minimally processed and do not contain added ingredients, such as fat, sugars or sodium.

whole fruits and vegetables: Whole fruits and vegetables include fresh, frozen, canned and dried fruits and vegetables that are unprocessed or minimally processed and do not contain added ingredients, such as fat, sugars or sodium.

whole-grain flour: Flour made by grinding the entire whole-grain kernel, including the bran, germ and endosperm. If a flour or meal does not contain all parts of the grain, it is not whole grain, e.g., degermed corn, milled rice and wheat flour.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran and the germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants and health-enhancing phytonutrients (e.g., lignans and flavonoids). Examples include whole wheat, whole oats/oatmeal, whole grain cornmeal, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa and sorghum.. For more information, see *Identifying Whole Grains* in section 2 and <http://www.wholegrainscouncil.org>.

whole-wheat bread: Bread that contains the whole grain, including the fiber-rich bran and germ. Whole-wheat flour will be listed as the first ingredient.