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

Planning Healthy Meals
IN CACFP CHILD CARE PROGRAMS

Child Care Centers · Family Day Care Homes
Emergency Shelters · At-risk Afterschool Care Centers

CSDE
CONNECTICUT STATE
DEPARTMENT OF EDUCATION

August 2016

Connecticut State Department of Education
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Middletown, CT 06457

PLANNING HEALTHY MEALS IN CACFP CHILD CARE PROGRAMS

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CONTENTS

About This Guide iii

CSDE Contact Information iv

Abbreviations and Acronyms v

1 — Nutrition Guidelines 1
- Menu Quality 2
- USDA Best Practices 4
  - Milk 4
  - Grains 4
  - Meat and Meat Alternates 4
  - Vegetables and Fruits 5
  - Additional Best Practices 5
  - Table 1. Whole-grain Products and Ingredients 6
  - Table 2. Vegetable Subgroups of the Dietary Guidelines 7
- Dietary Guidelines for Americans 8
  - Guidelines 8
  - Recommendations 9
- MyPlate 9
- Connecticut Child Care Nutrition Standards 10

2 — Menu Modifications 11
- Limiting Saturated and Trans Fats 12
  - Saturated Fats 12
    - Table 3. Types of Fats 13
  - Trans Fats 13
  - Menu Planning 14
  - Purchasing 15
  - Meal Preparation 17
  - Modifying Recipes 19
- Limiting Sodium 20
  - Menu Planning 21
  - Purchasing 22
  - Meal Preparation 23
  - Modifying Recipes 23

Limiting Added Sugars ... 24
Table 4. Common Sugars and Sweeteners ... 25
Menu Planning ... 26
Purchasing ... 27
Meal Preparation ... 28
Modifying Recipes ... 28
Increasing Complex Carbohydrates ... 29
Fiber Content ... 29
Menu Planning ... 30
Purchasing ... 31
Meal Preparation ... 31
Modifying Recipes ... 32

3 — Using Food Labels ... 33
Determining Meal Pattern Compliance ... 33
Ingredients Statement ... 34
Nutrient Content Claims ... 34
Table 5. Common Nutrient Content Claims on Food Labels ... 34
Health Claims ... 36
Serving Sizes ... 36
Table 6. Common Abbreviations and Equivalents for Food Labels ... 36
Nutrients Listed ... 37
Daily Reference Values ... 37
Label Rounding ... 38
Food Label Updates for 2018 ... 38
Table 7. How to Read a Food Label ... 39

4 — Resources ... 41
CSDE Guides ... 41
CSDE Resource Lists ... 41
Web Sites ... 42
Regulations and Policies ... 43

Glossary ... 45

ABOUT THIS GUIDE

Planning Healthy Meals in CACFP Child Care Programs contains information on healthy menu planning, the *Dietary Guidelines for Americans,* and food labels, with suggestions for improving the nutritional quality of CACFP meals. It applies to meals for children in CACFP child care centers, family day care homes, emergency shelters, and at-risk afterschool child care centers. For guidance on feeding infants, see the Connecticut State Department of Education's (CSDE) *Feeding Infants in CACFP Child Care Programs*.

Each section of the guide contains links to other sections when appropriate, and to Web sites with relevant information and resources. These can be accessed by clicking on the blue highlighted text throughout the guide.

The mention of trade names, commercial products or organizations does not imply approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification.

Planning Healthy Meals in Child Care Programs is part of a series of six guides that comprise the CSDE's *Nutrition Policies and Guidance for the CACFP*. These guides assist child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers with meeting CACFP requirements. The complete set of guides is available on the CSDE's Nutrition Policies and Guidance for the CACFP Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

- Meal Pattern Requirements
- Crediting Foods
- Feeding Infants
- Accommodating Special Diets
- Sanitation and Food Safety
- Planning Healthy Meals

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance for the CACFP. Please check the CSDE's Nutrition Policies and Guidance for the CACFP Web page for the most current version.

For more information on *Nutrition Policies and Guidance for the CACFP,* contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

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ABBREVIATIONS AND ACRONYMS

CACFP	Child and Adult Care Food Program
CCCNS	Connecticut Child Care Nutrition Standards
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
DRI	Dietary Reference Intake
DV	Daily Value
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
GRAS	generally recognized as safe
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
ICN	Institute of Child Nutrition (formerly National Food Service Management Institute)
RACC	reference amounts customarily consumed
RDA	Recommended Dietary Allowance
USDA	United States Department of Agriculture
WGR	whole grain-rich

Milk

1 — Nutrition Guidelines

The goal of the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) is to improve and maintain children's health and nutrition while promoting the development of good eating habits. On April 25, 2016, the USDA issued the final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (81 FR 24348). This rule updates the CACFP meal pattern requirements to better align with the *Dietary Guidelines for Americans*, as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The final rule takes effect on October 1, 2017.

The new CACFP meal patterns require child care facilities (including child care centers, family day care homes, emergency shelters, and at-risk afterschool child care centers) to serve more whole grains and a greater variety of vegetables and fruits, and reduce the amount of added sugars and solid fats in meals. They also encourage breastfeeding in child care facilities, and better align the CACFP with the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and other Child Nutrition Programs. For more information, see the USDA's Nutrition Standards for CACFP Meals and Snacks Web page.

This guide assists CACFP child care staff with planning menus to meet the **current CACFP meal pattern requirements** that remain in effect through September 30, 2017. It also highlights the key changes in the new CACFP meal pattern for children.

The Connecticut State Department of Education (CSDE) will be developing additional guidance for the new CACFP meal pattern requirements that take effect on October 1, 2017. In the meantime, the current CACFP meal pattern for children still applies. All CACFP facilities must comply with the USDA meal pattern requirements in CACFP regulations (7 CFR 226). For more information, see the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs*.

MENU QUALITY

Meals and snacks provide an ideal opportunity for CACFP facilities to teach children about healthy food choices. Children's day-to-day experiences with food affect the way they think and feel about nutrition. Continued exposure to positive food experiences can help young children develop an awareness of good nutrition and healthy eating habits for a lifetime.

The CACFP meal patterns allow and encourage a variety of foods from each component. The nutrition quality of CACFP meals and snacks is determined by the types of foods selected by the menu planner. The examples below show how different food choices within the same meal pattern component vary in nutrient content.

- **Grains/Breads:** A 1-ounce serving of 100 percent whole-grain bread provides more fiber and nutrients, and less calories and fat than a 1-ounce serving of blueberry muffin made with enriched flour.

- **Fruits:** A ½-cup serving of fresh fruit salad provides fiber, more nutrients, and less calories than ½ cup of 100 percent apple juice.

- **Vegetables:** A ½-cup serving of baked potato provides more fiber and nutrients, and less calories, fat, and sodium than ½ cup of oven-baked french fries.

- **Meat/Meat Alternates:** A 1-ounce serving of skinless turkey breast provides less calories, fat, and sodium than a 1-ounce serving of beef salami.

While the new CACFP meal patterns will greatly improve the nutrient density of CACFP meals, the current meal pattern still allows some foods that are less nutritious choices. For example, the grains/breads component includes cookies, cakes, brownies, doughnuts, and high-sugar breakfast cereals. These foods are generally high in fat, added sugars, and sodium.

When meals and snacks regularly include less nutritious foods, children may not get the nutrients they need. The Connecticut State Department of Education (CSDE) strongly encourages CACFP facilities to use meals and snacks to set the standard of nutrition for children by serving a variety of healthy foods, and eliminating or limiting low-nutrient choices.

Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component and requires that breakfast cereals contain no more than 6 grams of sugar per dry ounce. It also requires at least one serving of whole grain-rich grains per day.

Menu planners should pay particular attention to the nutrition quality of snacks served in the CACFP. During administrative reviews, CSDE CACFP staff often observes snack menus that include less nutrient-rich choices, such as juice and enriched crackers or juice and sweetened enriched grains such as cookies and cereal bars.

The CSDE strongly encourages menu planners to offer whole grains and a greater variety of vegetables and fruits, and reduce the amount of added solid fats, sugars, and sodium in CACFP meals and snacks. The strategies in this guide can help CACFP facilities:

- review current menus, and make choices that reflect the principles of the *Dietary Guidelines for Americans*; and
- work toward compliance with the new CACFP meal patterns that take effect on October 1, 2017.

For more information on the CACFP meal pattern requirements, see the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs*. For healthy snacks ideas, see the CSDE's *Sample Menu 5 — Snack Menus for the Child and Adult Care Food Program*.

Effective October 1, 2017, the final rule separates the combined vegetables/fruits component into a separate vegetables component and a separate fruits component, and allows pasteurized full-strength juice to meet the vegetable or fruit requirement at only one meal per day, including snack. It also requires at least one serving of whole grain-rich grains per day, and recommends at least two servings.

USDA BEST PRACTICES

In addition to modifying the CACFP meal pattern, the USDA final rule includes optional best practices to provide the healthiest environment for children and ensure they are getting the optimal benefit from CACFP meals. The CSDE strongly encourages CACFP facilities to follow these recommendations.

Milk

- Serve only unflavored milk to all children.
- If serving flavored milk to children ages 6 years and older, use the Nutrition Facts Label to select flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces. If flavored milk within this sugar limit is not available, choose the flavored milk with the lowest amount of sugar.

Effective October 1, 2017, the final rule requires unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free (skim) milk for ages 2-5. For ages 6 and older, milk must be unflavored low-fat (1%) or unflavored or flavored fat-free (skim) milk. The CSDE encourages CACFP facilities to serve only unflavored milk.

Grains

- Provide at least two servings of WGR grains per day. WGR grains contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula. For information on whole grains, see table 1 in this section.

Effective October 1, 2017, the final rule requires at least one serving of WGR grains per day. Beginning October 1, 2019, serving sizes must comply with ounce equivalents for creditable grains.

Meat and Meat Alternates

- Serve only lean meats, nuts, and legumes.
- Limit processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses. Natural cheese is cheese that is produced directly from milk, such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, and brie.

Vegetables and Fruits

- Make at least one of the two required snack components a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice.
- Provide at least one serving each of dark green vegetables, red/orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables each week. These are the five vegetable subgroups recommended by the *Dietary Guidelines for Americans* and the vegetables group of Choose MyPlate. Table 2 identifies some commonly eaten vegetables in each of the five subgroups.

Effective October 1, 2017, the final rule allows pasteurized full-strength juice to meet the vegetables or fruits component at only one meal per day, including snack.

Additional Best Practices

- Incorporate seasonal and locally produced foods into meals. For more information, see the USDA's Farm to Preschool Web page and the CSDE's Farm to School Web page.
- Limit purchased pre-fried foods to no more than one serving per week. Pre-fried foods are commercially prepared foods such as meats, poultry, fish, and vegetables that are fried by the manufacturer during preparation. They are usually cooked by the food service operation in the oven or microwave. Pre-fried foods include refrigerated or frozen items that are breaded or battered, most frozen potato products, and most frozen products described as "crispy" or "crunchy." Examples include chicken nuggets, chicken patties, fish sticks, french fries, tater tots, hash browns, and onion rings.

Effective October 1, 2017, the final rule prohibits deep-fat frying foods, i.e., cooking by submerging food in hot oil or other fat.

- Avoid serving noncreditable foods that are sources of added sugars. Examples include sweet toppings (e.g., honey, jam, and syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks or sodas). For more information, see the CSDE's handout, *Noncreditable Foods in the CACFP*, and the CSDE's *Crediting Foods in CACFP Child Care Programs.*

For more information on best practices and planning healthy menus to meet the *Dietary Guidelines,* see the CSDE's Resources for CACFP Child Care Web page.

Table 1. Whole-grain Products and Ingredients

Barley
Dehulled barley
Dehulled-barley flour
Whole barley
Whole-barley flakes
Whole-barley flour
Whole-grain barley
Whole-grain barley flour

Brown rice
Brown rice
Brown rice flour

Corn
Masa (whole corn treated with lime) [1]
Whole corn
Whole-corn flour
Whole cornmeal
Whole-grain corn flour
Whole-grain grits
Whole-ground corn

Oats
Oat groats
Oatmeal, including old-fashioned, quick-cooking and instant
Rolled oats
Whole oats
Whole-oat flour

Rye
Whole rye
Rye berries
Whole-rye flour
Whole-rye flakes

Wheat (red) [2]
Bulgur (cracked wheat)
Bromated whole-wheat flour
Cracked wheat
Crushed wheat
Entire-wheat flour
Graham flour
Sprouted wheat
Sprouted wheat berries
Stone ground whole-wheat flour [3]
Toasted crushed whole wheat
Wheat berries
Whole bulgur
Whole durum flour
Whole durum wheat flour
Whole-grain bulgur
Whole-grain wheat
Whole wheat
Whole-wheat flour
Whole-wheat pastry flour
Whole-wheat flakes

Wheat (white) [4]
Whole white wheat
Whole white wheat flour

Wild rice
Wild rice
Wild rice flour

Less common grains
Amaranth
Buckwheat, buckwheat groats
Einkorn
Emmer (farro)
Kamut®
Millet
Quinoa
Sorghum (milo)
Spelt
Teff
Triticale

[1] Masa (often used in tortilla products) is a whole grain only if the manufacturer provides documentation that the manufacturing process used to prepare the corn with lime retains the pericarp (bran layer).
[2] Red wheat is the most common kind of wheat in the United States.
[3] "Stone ground" describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Look for "whole" in combination with "stone ground" in the ingredients statement.
[4] White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are "white whole wheat" and not "white wheat," which is not a whole grain.

Table 2. Vegetable Subgroups of the Dietary Guidelines

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce (Boston, bibb) ■ chicory ■ cilantro ■ collard greens ■ endive ■ escarole	■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine lettuce ■ turnip greens ■ watercress	■ acorn squash ■ butternut squash ■ carrots ■ cherry peppers ■ Hubbard squash ■ orange peppers ■ pimientos ■ pumpkin ■ red chili peppers ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash	■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ edamame ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, (mature, dry)	■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans (mature, dry) ■ split peas ■ white beans * Does not include green peas, green lima beans and green (string) beans

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green bananas ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts ■ yautia (tannier)	■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ beans, green and yellow ■ beets ■ breadfruit ■ Brussels sprouts ■ cabbage (green, red, celery, Napa) ■ cactus (nopales) ■ cauliflower ■ celeriac ■ celery ■ chayote (mirliton) ■ chives ■ cucumbers ■ daikon (oriental radish)	■ eggplant ■ fennel ■ garlic ■ green chili peppers ■ green onions (scallions) ■ green peppers ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions (white, yellow, red) ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini ■ pickles (cucumber)	■ purple peppers ■ radishes ■ rhubarb ■ rutabagas ■ shallots ■ sauerkraut ■ seaweed ■ snap peas ■ snow peas ■ spaghetti squash ■ tomatillo ■ turnips ■ wax beans ■ yellow peppers ■ yellow summer squash ■ zucchini squash

DIETARY GUIDELINES FOR AMERICANS

The *Dietary Guidelines for Americans* contains recommendations that help Americans ages 2 and older make healthy food and beverage choices, and serve as the foundation for vital nutrition policies and programs across the United States. Since 1980, the USDA and U.S. Department of Health and Human Services have updated the *Dietary Guidelines for Americans* every five years to incorporate current advances in medical and scientific research.

The 2015-2020 *Dietary Guidelines* includes five overarching guidelines and a number of key recommendations with specific nutritional targets and dietary limits. This guidance is summarized below.

Guidelines

The five overarching guidelines encourage healthy eating patterns, recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern, and acknowledge that all segments of our society have a role to play in supporting healthy choices.

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

   Note: The fat restrictions of the Dietary Guidelines do not apply to children younger than age 2. Nutrient-rich foods that are naturally high in fat, such as cheese, yogurt, and whole milk, should not be restricted for this age group. Children younger than age 2 need full-fat nutrient-rich foods for normal growth and development.

4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities. A basic premise of the *Dietary Guidelines* is that nutrient needs should be met primarily through consuming foods.

Recommendations

The key recommendations focus on consuming a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level, and includes:

- a variety of vegetables from each subgroup, including dark green, red and orange, legumes (beans and peas), starchy, and other;
- fruits, especially whole fruits;
- grains, at least half of which are whole grains;
- fat-free or low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages;
- a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products; and
- oils.

A healthy eating pattern limits saturated and trans fats, added sugars, and sodium. The *Dietary Guidelines* provides quantitative recommendations for several components of the diet that should be limited, including:

- consume less than 10 percent of daily calories from added sugars;
- consume less than 10 percent of daily calories from saturated fats; and
- consume less than 2,300 milligrams of sodium per day.

These components are of particular public health concern in the United States. The limits specified above can help individuals achieve healthy eating patterns within calorie limits. For more information, see the Dietary Guidelines Web page.

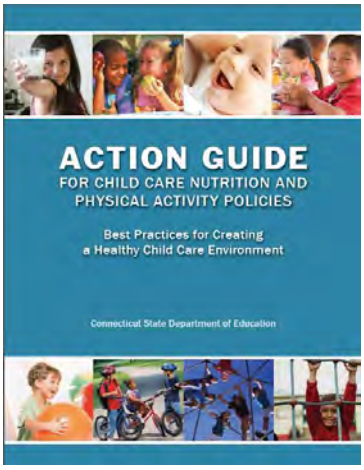
MYPLATE

MyPlate is the USDA food guidance system that translates the *Dietary Guidelines* into a healthy eating plan. It focuses on recommendations for daily servings of the food groups, and emphasizes consuming more fruits, vegetables, whole grains, and low-fat dairy. Additional information and resources are available at www.choosemyplate.gov/.

CONNECTICUT CHILD CARE NUTRITION STANDARDS

All CACFP meals and snacks must meet the meal pattern requirements specified in USDA regulations (7 CFR 226). In addition, the CSDE strongly encourages CACFP centers, family day care homes, emergency shelters, and at-risk afterschool care centers to provide meals and snacks that comply with the Connecticut Child Care Nutrition Standards (CCCNS).

The CCCNS provides the healthiest choices in child care by promoting whole or minimally processed, nutrient-rich foods that are low in fat, added sugars, and sodium. These standards reflect current nutrition science and national health recommendations from the *Dietary Guidelines for Americans,* and national organizations such as the:



- National Academies of Medicine;
- American Academy of Pediatrics;
- American Academy of Nutrition and Dietetic; and American Heart Association.

For more information on the CCCNS, see the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies*.

It is important for children's health that CACFP menus provide a variety of nutrient-rich foods, while minimizing foods that are high in fat, added sugars, and sodium. The CSDE encourages CACFP facilities to use menu planning strategies that incorporate more nutritious choices in CACFP menus.

Section 2 of this guide includes ideas to assist CACFP facilities with providing healthy meals through menu planning, purchasing, meal preparation, and modifying recipes. The strategies addressed include:

- limiting saturated fats, added sugars, and sodium;
- eliminating artificial trans fats; and
- increasing complex carbohydrates, e.g., whole grains, fruits, and vegetables (especially dark green and orange vegetables, and legumes).

The CSDE strongly encourages CACFP facilities to develop policies that ensure the provision of nutrient-rich foods throughout the child care environment, including foods available to children outside of CACFP meals. The CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies* provides comprehensive information to help CACFP facilities establish and implement policies and practices that encourage healthy lifestyles in children. The CCCNS help CACFP menus comply with the new CACFP meal pattern requirements that take effect on October 1, 2017.

2 — Menu Modifications

This section contains specific strategies to help menu planners create healthier CACFP meals by limiting solid fats, added sugars, and sodium, and increasing nutrient-rich foods such as vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry.

The USDA has many nutrition and menu planning resources to assist CACFP facilities with providing healthy meals. The USDA's *Recipes for Healthy Kids Cookbook for Child Care* features healthy recipes that are low in total fat, saturated fats, sugar, and sodium, and include more dark green and orange vegetables, dry beans and peas, and whole grains. The USDA's What's Cooking? USDA Mixing Bowl Web site is a searchable collection of recipes and other resources for the federal nutrition assistance programs. Some additional resources are listed below.

- *Food Buying Guide for Child Nutrition Programs* (USDA): www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs
- *Fruits & Vegetables Galore: Helping Kids Eat More* (USDA): www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more
- Healthy Meals Resource System (USDA): http://healthymeals.nal.usda.gov/
- *Measuring Success with Standardized Recipes* (ICN): http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=88
- Menu Planning Tools for Child Care Providers (USDA): http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-child-care-providers
- *Nutrition and Wellness Tips for Young Children* (USDA): www.fns.usda.gov/tn/nutrition-wellness-tips-young-children
- *On the Road to Professional Food Preparation* (ICN): www.nfsmi.org/ResourceOverview.aspx?ID=99
- Purchasing and Procurement (USDA): https://healthymeals.nal.usda.gov/menu-planning/purchasing-and-procurement
- Recipes for Child Care Providers (USDA): http://healthymeals.nal.usda.gov/recipes/recipes-child-care-providers
- Team Nutrition Resource Library (USDA): www.fns.usda.gov/tn/resource-library

For more resources and guidance, see the CSDE's Menu Planning Web page, and the "Menu Planning and Food Production" section of the CSDE's Resources for CACFP Child Care Web page.

Limiting Saturated and Trans Fats

The 2015-2020 *Dietary Guidelines for Americans* recommends limiting saturated fats to less than 10 percent of daily calories. Replacing saturated fats with unsaturated fats, especially polyunsaturated fats, is associated with reduced blood levels of total cholesterol and low-density lipoprotein (LDL) cholesterol, and a reduced risk of cardiovascular events (heart attacks) and related deaths.

The 2015-2020 *Dietary Guidelines for Americans* recommends keeping trans fats consumption as low as possible by limiting foods that contain artificial sources of trans fats, such as partially hydrogenated oils in margarines, and by limiting other solid fats. Trans fats increase the risk of cardiovascular disease by raising LDL cholesterol.

The restriction for saturated fats does not apply to children younger than age 2 because they need full-fat nutrient-rich foods for normal growth and development. Nutrient-rich foods that are naturally high in fat, such as cheese, yogurt, and whole milk, should not be restricted for this age group. However, artificial trans fats should be restricted for all ages. The FDA indicates that there is no safe level of artificial trans fats consumption.

SATURATED FATS

All dietary fats contain a mix of both saturated and unsaturated fats. Most animal foods are high in saturated fats, except for fish. Most plant foods are high in unsaturated fats, except for coconut oil, palm oil, and palm kernel oil.

- Fats with a higher amount of saturated fatty acids are usually solid at room temperature and are referred to as "solid fats." Fats containing trans fatty acids are also classified as solid fats, although they may or may not be solid at room temperature.
- Fats with a higher amount of polyunsaturated and monounsaturated fatty acids are usually liquid at room temperature and are referred to as "oils."

Table 3 shows some examples of types of fats. Menu planners can help CACFP menus comply with the recommendations of the *Dietary Guidelines* by switching from saturated fats such as butter, stick margarine, and shortening to healthier monounsaturated or polyunsaturated oils, e.g., canola, corn, olive, safflower, sesame, soybean, and sunflower.

Mixed dishes, especially those dishes containing cheese, meat, or both (including burgers, sandwiches, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups), are the major source (35 percent) of saturated fats in the United States. Other food categories that provide saturated fats are snacks and sweets, protein foods, and dairy products. Menu planners can have the greatest impact on reducing saturated fats in CACFP meals through careful purchasing, e.g., comparing product nutrition labels and writing specifications for foods that are lower in saturated fats and do not contain partially hydrogenated oils.

Table 3. Types of Fats			
SATURATED (SOLID) FATS		UNSATURATED FATS	
Beef fat (tallow, suet) Butter Chicken fat Coconut oil Cream Hydrogenated oils Milk fat	Palm oil Palm kernel oil Partially hydrogenated oils (contain trans fats) Pork fat (lard) Shortening Stick margarine	Monounsaturated Canola Olive Safflower	Polyunsaturated Soybean Corn Cottonseed Sunflower

TRANS FATS

Trans fats are unsaturated fats that are structurally different from the unsaturated fatty acids that occur naturally in plant foods. Most trans fats are artificially made as the result of "hydrogenation," a manufacturing process where liquid vegetable oils are made into a solid (saturated) fat to increase shelf life. Sources of trans fats include partially hydrogenated vegetable oils used in processed foods such as desserts, microwave popcorn, frozen pizza, some margarines, and coffee creamer. Eliminating processed foods with partially hydrogenated oils will significantly lower children's trans fats intake.

Trans fats are also present naturally in foods that come from ruminant animals (e.g., cattle and sheep), such as dairy products, beef, and lamb. Because natural trans fats are present in dairy products and meats in only small quantities and these foods can be important sources of nutrients, the *Dietary Guidelines* does not recommend eliminating these foods from the diet.

The current Food and Drug (FDA) labeling regulations (21 CFR 101.9) allow food labels to state "0 grams" of trans fats if the serving contains less than 0.5 grams, even if the food contains artificial trans fats. In November 2013, the FDA announced a proposal to remove partially hydrogenated oils from the "generally recognized as safe" (GRAS) list, and thereby eliminate most trans fats from the food supply.

In June 2015, the FDA issued *Final Determination Regarding Partially Hydrogenated Oils* (80 FR 34650), indicating that partially hydrogenated oils are not GRAS for any use in human food. Manufacturers must remove artificial trans fats from all products by June 18, 2018. In the meantime, the CSDE strongly encourages menu planners to read labels and select food products without any partially hydrogenated oils.

The following guidance provides strategies to assist CACFP facilities with reducing saturated fats and eliminating artificial trans fats through menu planning, purchasing, meal preparation, and modifying recipes. The foods and ingredients below may or may not credit in CACFP meals or comply with the CCCNS. For more information, consult the USDA's *Food Buying Guide* and the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs, Crediting Foods in CACFP Child Care Programs,* and *Action Guide for Child Care Nutrition and Physical Activity Policies*. For information on how to read a food label, see table 7.

MENU PLANNING

- Review recipes and commercial products for compliance with the CCCNS for fat, saturated fats, and trans fats. Commercial convenience items and snack foods are often high in saturated fats.
- To eliminate trans fats, read product ingredients and avoid products that contain partially hydrogenated oils.
- Increase servings of fruits, vegetables (especially dark green and orange vegetables, and legumes), and whole grains. *Note: Legumes credit toward either the vegetables or meat/meat alternates component.*
- Limit frequency of processed meats such as luncheon meats, hot dogs, and sausage to no more than one serving per week. *Note: Meat products with binders and extenders credit based on the actual amount of meat without the weight of the binders and extenders. For more information, see the CSDE's Meal Pattern Requirements for CACFP Child Care Programs.*

- Limit use of convenience foods and foods prepared from scratch that are higher in saturated fats.
- Limit servings of battered or breaded foods that are fried in fat during processing, including foods that are "set in breading" (deep fried just long enough to set the breading) to no more than one serving per week.
- Plan only enough meat or meat alternate to meet the minimum serving size requirement for each age group.
- Serve only low-fat or reduced-fat natural cheese for ages 2 and older.
- Eliminate or limit high-fat foods such as cookies, cake, doughnuts, and brownies, and modify recipe ingredients to lower fat content. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

MENU PLANNING, continued

- Use broth-based soups instead of cream-based soups or prepared bases. *Note: Only certain commercial vegetable-based soups are creditable. For more information, see the CSDE's Meal Pattern Requirements for CACFP Child Care Programs.*
- Offer fresh fruit instead of dessert.
- Offer mustard, ketchup, and low-fat mayonnaise as alternatives to high-fat spreads such as regular mayonnaise. *Note: Read labels for sodium content (see "Limiting Sodium" in this section).*
- Offer low-fat or fat-free salad dressings instead of regular full-fat varieties. *Note: Read labels for sodium content (see "Limiting Sodium" in this section).*

PURCHASING

- Purchase foods that meet the CCCNS for fat, saturated fats, and trans fats.
- Request that vendors provide nutrition information for all products. Read labels to determine the amount of saturated fats per serving. Compare brands before purchasing to determine if a comparable product is lower in saturated fats.
- Write food specifications to include the amount of saturated and trans fats per serving, e.g., specify zero trans fats and the percentage of saturated fats for entree items, side dishes, and snack foods. To eliminate trans fats, specify that products cannot contain any partially hydrogenated oils. Make sure products received are the ones specified.
- Purchase ground chicken or turkey (without skin) to mix with or substitute for lean ground beef.
- Instead of full-fat cheese, purchase low-fat or reduced-fat natural cheese and products made with these cheeses, e.g., pizza with part-skim mozzarella cheese instead of regular mozzarella.
- Purchase leaner meats, e.g., ground beef with no more than 15 percent fat.
- Purchase tuna packed in water, not oil.
- Limit purchases of processed meats, e.g., hotdogs and deli meats. If purchased, specify reduced-fat products. *Note: Meat products with binders and extenders credit based on the actual amount of meat without the weight of the binders and extenders. For more information, see the CSDE's Meal Pattern Requirements for CACFP Child Care Programs.*
- Purchase lower fat whole-grain products (e.g., bagels, pita bread, corn tortillas, and English muffins), instead of higher fat grain products such as muffins, croissants, doughnuts, and pastries. Purchase 100 percent whole-grain products most often. *Note: Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

PURCHASING, continued

- Limit use of convenience and prepared food items that are higher in saturated fats. Compare nutrition information for processed foods such as pizza and hot dogs. A different brand of the product may contain less fat.

- Purchase lean ham as a substitute for bacon or sausage. *Note: Bacon does not credit as a meat/meat alternate. Sausage with binders and extenders credits based on the actual amount of meat without the weight of the binders and extenders. For more information, see the CSDE's Meal Pattern Requirements for CACFP Child Care Programs.*

- If using commercial baking mixes such as muffins and pancakes, purchase products to which fat must be added so the type and amount of fat can be controlled.

- Avoid products with animal fat (lard), saturated vegetable oils (coconut oil, palm oil, and palm kernel oil), hydrogenated shortening, and stick-type margarine.

- Purchase low-fat mayonnaise and salad dressings and avoid commercial barbecue sauces and canned sauces. *Note: Read labels for sodium content (see "Limiting Sodium" in this section).*

- Purchase soft margarine, which is lower in saturated fats than stick margarine and butter. Compare brands and choose margarine that has no trans fats and is highly polyunsaturated (see table 3).

- If serving ice cream, purchase low-fat alternatives, e.g., ice milk, frozen yogurt, sherbet, and frozen juice pops. *Note: Ice cream, ice milk, frozen yogurt, and ice cream novelties do not credit in the CACFP meal pattern. Frozen 100 percent fruit juice credits as juice. Effective October 1, 2017, the final rule allows pasteurized full-strength juice to meet the vegetable or fruit requirement at only one meal per day, including snack.*

- If serving cake, use angel food cakes or sponge cakes that contain little fat. Regular cake recipes are difficult to modify for reduced fat. *Note: Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

MEAL PREPARATION

- Prepare items from scratch to control the type and amount of fat.
- Avoid frying foods. Bake, broil, steam, poach, braise, or stir-fry instead.
- Brown meats by broiling or cooking in nonstick pans with little or no oil.
- Instead of basting with fat, baste or coat foods with herbs, seasonings, broth, fruit juices, or an oil-based marinade made from an oil low in saturated fats, e.g., canola, corn, olive, safflower, sesame, soybean, and sunflower (see table 3).
- Use nonstick cooking spray instead of oil or shortening for braising and sautéing.
- Roast meat, poultry, and fish on a rack so fat will drain off. Completely drain fat from precooked ground meats. Drain in a colander or use a meat baster to remove fat that has cooked out of product.
- To thicken gravies and sauces without adding fat, mix cornstarch with a small amount of cold water to make a slurry. Slowly stir this mixture into the liquid to be thickened and bring back to a boil. Cornstarch can also be used to replace a roux (a butter-flour mixture used for thickening). Use an amount of cornstarch equal to one-half the amount of flour indicated.
- Reduce ground beef in chili and similar entrees by half, and add more beans.
- Cook soups, stews, sauces, broths, and boiled meat ahead of time. Refrigerate and remove congealed fat. Make gravies after fat has hardened and is removed from liquid.

- Replace shortening and butter in recipes with soft margarine (liquid oil should be the first ingredient and trans fats should be zero) or vegetable oil. Choose oils low in saturated fats such as canola, corn, olive, safflower, sesame, soybean, and sunflower (see table 3).
- Make casserole toppings by reducing the amount of cheese and combining with dry whole-grain bread crumbs and herbs. Boost cheese flavor with enhancers such as dry mustard and lemon juice.
- Reduce the amount of cheese in entree items (e.g., ¼ ounce instead of ½ ounce). If needed, increase the amount of lean meat or meat alternates to meet the minimum daily serving for the meat/meat alternates component.

MEAL PREPARATION, continued

- For sauces and dressings, use low-calorie bases such as vinegar, mustard, tomato juice, and fat-free bouillon instead of high-calorie bases such as creams, fats, oils and mayonnaise. *Note: Read labels for sodium content (see "Limiting Sodium" in this section).*

- Use only enough low-fat salad dressing to lightly coat salad. *Note: Read labels for sodium content (see "Limiting Sodium" in this section).*

- Cut mayonnaise with low-fat yogurt (up to half).

- Use low-fat (1%) or fat-free milk in recipes instead of reduced-fat (2%) or whole milk.

- Use plain fat-free yogurt instead of sour cream. *Note: Effective October 1, 2017, the final rule requires that yogurt contains no more than 23 grams of sugar per 6 ounces.*

- Use the leanest cuts of meat and trim away all fat. Remove all fat and skin from poultry.

- Prepare cooked vegetables without added fat, e.g., butter, margarine, or oil. Use herbs and spices to boost flavor.

- Use nonstick cooking spray instead of oil when pan-frying or sautéing foods.

- When sautéing or stir-frying, use only a small amount of vegetable oil. Choose oils that are low in saturated fats, e.g., canola, corn, olive, safflower, sesame, soybean, and sunflower (see table 3).

- Use nonstick skillets and baking pans.

- Use lean ham or a small amount of ham base (omit salt) for seasonings.

- Oven-bake foods such as chicken nuggets and french fries instead of frying. *Note: Effective October 1, 2017, the final rule prohibits deep-fat frying foods, i.e., cooking by submerging food in hot oil or other fat.*

- For baked goods or other foods, use pan liners and nonstick cooking spray instead of greasing sheet pans.

- Brush breads and rolls with egg white or fat-free or low-fat milk instead of butter before baking to improve browning.

MODIFYING RECIPES

For information on how to modify recipes, see the ICN's *Measuring Success with Standardized Recipes* and *On the Road to Professional Food Preparation*.

- Substitute ground turkey or chicken (without skin) for half of the ground beef in recipes such as chili, meat sauce, lasagna, and meat loaf.

- Reduce fat in recipes by as much as half, starting with one-quarter less fat and testing the recipe.

- Substitute vegetable oil or margarine for butter. Choose margarine brands that are lowest in saturated fats and contain zero grams of trans fats per serving.

- Eliminate fat from recipes when possible. For example, instead of sautéing onions in oil for spaghetti sauce, cook the onions in the sauce.

- Substitute two egg whites for one whole egg in recipes or use an egg substitute product. *Note: Egg whites and egg substitutes do not credit as meat/meat alternates. If used as an ingredient, the recipe must be evaluated for compliance with the CACFP meal pattern.*

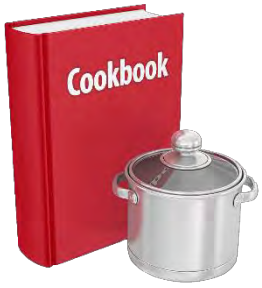
- Replace one-quarter of ground meat with mashed beans, e.g., Great Northern beans in tacos. *Note: Legumes credit toward either the vegetables or meat/meat alternates component.*

- Make pizza with lean ham or Canadian bacon instead of sausage or pepperoni. *Note: Dried pepperoni credits only when used as a topping on Child Nutrition (CN) labeled pizza. Sausage with binders and extenders credits based on the actual amount of meat without the weight of the binders and extenders. For more information, see the CSDE's Meal Pattern Requirements for CACFP Child Care Programs.*

- Substitute low-fat cheese such as ricotta, farmer, cottage, or mozzarella for regular cheese in recipes.

- Substitute low-fat yogurt, applesauce, plum puree, or prune puree for oil, shortening, margarine, or butter in recipes for baked goods. Generally, the amount of fat can be reduced by half and fruit products can be substituted for an equal amount of fat in muffin or quick bread recipes. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

- Make low-fat recipe substitutions such as:
  - low-fat or fat-free yogurt or low-fat or fat-free sour cream for sour cream;
  - cocoa powder for chocolate;
  - nonfat milk or nonfat dry milk for whole and reduced-fat milk; and
  - part-skim mozzarella cheese for regular mozzarella.



Limiting Sodium

The 2015-2020 *Dietary Guidelines for Americans* recommends limiting daily sodium intake to 2,300 milligrams for children ages 14 and older, and adults. The sodium limits for younger children are 1,500 milligrams for ages 1-3, 1,900 milligrams for ages 4-8, and 2,200 milligrams for ages 9-13.

On average, Americans ages 1 year and older consume 3,440 milligrams of sodium per day. A high-sodium diet increases the risk of high blood pressure in individuals who are sodium sensitive. Keeping blood pressure in the normal range reduces the risk of heart disease, congestive heart failure, and kidney disease.

Sodium is found in almost all food categories. Food manufacturers use sodium extensively in processed foods as a flavor and color enhancer, binder, preservative, and stabilizer. Sodium content varies even among very similar products, due to the way foods are processed and prepared.

Mixed dishes account for almost half of the sodium consumed in the United States, including:

- burgers, sandwiches, and tacos;
- rice, pasta, and grain dishes;
- pizza;
- meat, poultry, and seafood dishes; and
- soups.

The foods in many of these categories are often commercially processed or prepared. Other high-sodium food categories include protein foods, dairy, sweets and snacks, vegetables, and accompaniments such as condiments, gravies, spreads, and salad dressings.

Menu planners can have the greatest impact on reducing sodium in CACFP meals through careful purchasing, e.g., comparing product nutrition labels and specifying foods that are lower in sodium. Foods containing 20 percent or more of the Daily Value for sodium are high in sodium and should be limited in CACFP menus. For information on food labels, see section 3.

For resources on reducing sodium in CACFP meals, see the USDA's Web site, What's Shaking: Creative Ways to Boost Flavor with Less Sodium.

The following guidance provides strategies to assist CACFP facilities with reducing sodium through menu planning, purchasing, meal preparation, and modifying recipes. The foods and ingredients below may or may not credit in CACFP meals or comply with the CCCNS. For more information, consult the USDA's *Food Buying Guide* and the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs, Crediting Foods in CACFP Child Care Programs,* and *Action Guide for Child Care Nutrition and Physical Activity Policies*. For information on how to read a food label, see table 7.

MENU PLANNING

- Review recipes and commercial products for compliance with the CCCNS for sodium.
- When the menu includes entrees that are higher in sodium, plan low-sodium foods to accompany them, e.g., fresh fruits and vegetables with a breaded chicken patty.
- Eliminate or limit high-sodium foods such as bacon, pickles, olives, and sauerkraut. *Note: Bacon does not credit as a meat/meat alternate.*
- Eliminate processed meats such as luncheon meats, hot dogs, and sausage, or limit to no more than one serving per week. *Note: Meat products with binders and extenders credit based on the actual amount of meat without the weight of the binders and extenders.* For more information, see the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs.*

- Limit ingredients that contain sodium in CACFP meals and recipes, e.g., baking powder, baking soda, sodium nitrite, MSG, and soy sauce.
- Use fresh vegetables instead of canned.
- Serve smaller portions of high-sodium foods.
- Use low-fat or reduced-fat low-sodium natural cheeses (e.g., brick, cheddar, Colby, Monterey Jack, mozzarella, Muenster, provolone, and Swiss) instead of processed cheeses, e.g., pasteurized process cheese food, pasteurized process cheese spread, and pasteurized process cheese product.

- Plan more menu items made from scratch to control the amount of added salt.
- Plan unprocessed whole foods more frequently, e.g., fruits, vegetables (especially dark green and orange vegetables, and legumes), grains, low-fat dairy (ages 2 and older), and lean meats.
- Keep table salt and high-sodium condiments away from dining areas.

PURCHASING

- Purchase foods that meet the CCCNS for sodium.

- Request that vendors provide nutrition information for all products. Read labels and ingredients to determine sodium content. Compare brands before purchasing to determine if a comparable product is lower in sodium.

- Write food specifications for no or low sodium in food products. Make sure products received are the ones specified.

- Purchase lower sodium varieties of foods such as tomato products, canned vegetables, and soup. *Note: Only certain commercial vegetable-based soups are creditable. For more information, see the CSDE's Crediting Foods in CACFP Child Care Programs.*

- Reduce purchases of commercially prepared convenience foods and prepare more foods from scratch. Convenience foods are the greatest source of sodium in CACFP meals.

- Purchase spices and herbs to use instead of salt and seasonings that contain salt.

- Purchase seasoning powders (e.g., garlic and onion) instead of seasoning salts.

- Purchase unsalted or reduced-salt crackers instead of traditional crackers.

- Purchase fresh and frozen vegetables most often. When purchasing canned vegetables, specify low or no sodium.

- Purchase old-fashioned cooked cereals (e.g., rolled oats) instead of instant cooked cereals that are high in salt.

MEAL PREPARATION

- If canned vegetables contain added salt, rinse under cold running water for two to three minutes before heating.

- Do not add salt to boiling water when cooking pasta, vegetables, or cereal grains.

- Do not add additional salt to recipes. Eliminate or reduce the amount of added salt when possible.

- Make biscuits, muffins, pancakes, and desserts from scratch instead of using prepared mixes. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

- Avoid recipes that contain substantial amounts of salt or ingredients that contain salt, such as baking soda or baking powder.

- Use fresh or frozen vegetables instead of canned vegetables in a recipe.

- Use spices and herb blends creatively in place of salt.

- Use seasoning powders instead of seasoning salts, e.g., garlic and onion.

MODIFYING RECIPES

For information on how to modify recipes, see the ICN's *Measuring Success with Standardized Recipes* and *On the Road to Professional Food Preparation*.

- Review recipes and reduce or eliminate the amount of high-sodium ingredients or added salt when possible.

Limiting Added Sugars

The 2015-2020 *Dietary Guidelines for Americans* recommends limiting added sugars to less than 10 percent of daily calories. This recommendation is intended to help people achieve a healthy eating pattern by meeting nutrient and food group needs through nutrient-dense food and beverage choices, and staying within calorie limits. Eating patterns that include lower intake of added sugars are associated with reduced risk of cardiovascular disease, obesity, type 2 diabetes, and some types of cancer.

Added sugars provide calories without any nutrients. Americans consume an average of almost 270 calories per day (more than 13 percent of daily calories) from added sugars. Intakes as a percent of calories are particularly high among children, adolescents, and young adults.

Manufacturers often add sugars to foods in processing or preparation, most commonly as white table sugar (sucrose) and corn sweeteners. Beverages (soft drinks, fruit drinks, sweetened coffee and tea, energy drinks, alcoholic beverages, and flavored waters) account for almost half of all added sugars in the U.S. The other major source is snacks and sweets, including:

- grain-based desserts such as cakes, pies, cookies, brownies, doughnuts, sweet rolls, and pastries;
- dairy desserts such as ice cream, other frozen desserts, and puddings;
- candies;
- sugars;
- jams;
- syrups; and
- sweet toppings.

Menu planners cannot determine the amount of added sugars from the food label because the Nutrition Facts panel currently lists total sugars (naturally occurring and added). However, in May 2016, the FDA announced several changes to the Nutrition Facts label that include listing added sugars in grams and as a percent Daily Value. Manufacturers must comply with these new requirements by July 26, 2018. Manufacturers with less than $10 million in annual food sales have an additional year to make the changes. For more information, see "Food Label Updates for 2018" in section 3 and the FDA's "Changes to the Nutrition Facts Label."

In the meantime, the ingredients statement provides an indication of the amount of added sugars in a product. The closer an ingredient is to the beginning of the list, the more of it the food contains. Names for common sugars and sweeteners are listed in table 4 under "Added Sugars." A food is likely to be high in added sugars if one of these names appears first or second in the ingredients statement, or if several names are listed. CACFP meals should consist of foods that are naturally nutrient rich and low in added sugars.

Table 4. Common Sugars and Sweeteners			
ADDED SUGARS	ARTIFICIAL AND NONNUTRITIVE SWEETENERS *		
	Common Artificial Sweeteners	Sugar Alcohols	**"Natural"** Nonnutritive Sweeteners **
Brown rice syrup Brown sugar Corn sweetener Corn syrup Corn syrup solids Dextrin Dextrose Fructose Fruit juice concentrate Glucose High-fructose corn syrup Honey Invert sugar Lactose Malt syrup Maltose Molasses Maple syrup Nectars, e.g., peach nectar, pear nectar Raw sugar Sorghum syrup Sucrose Syrup	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) Tagatose	Erythritol Isomalt Lactitol Maltitol Mannitol Sorbitol Xylitol Hydrogenated starch hydrolysates (e.g., hydrogenated glucose syrups, maltitol syrups and sorbitol syrups)	Stevia (Rebiana, Rebaudioside A, Truvia, PureVia, SweetLeaf)

* Unless medically necessary, the CSDE does not recommend using foods that contain artificial sweeteners, nonnutritive sweeteners, or sugar alcohols as a replacement for high-sugar foods in CACFP meals. Choose nutrient-dense foods that are naturally low in sugars.

** The term "natural" has not been defined by the FDA, and does not have any consistent meaning when used to describe foods or beverages.

The following guidance assists child care programs with reducing added sugars through menu planning, purchasing, meal preparation, and modifying recipes. The foods and ingredients below may or may not credit in CACFP meals or comply with the CCCNS. For more information, consult the USDA's *Food Buying Guide* and the CSDE's *Crediting Foods in CACFP Child Care Programs* and *Action Guide for Child Care Nutrition and Physical Activity Policies*. For information on how to read a food label, see table 7.

MENU PLANNING

- Review recipes and commercial products for compliance with the CCCNS for sugars.
- Review recipes and commercial products for sources of added sugars (see table 4) and choose foods lowest in added sugars.
- Increase the frequency of 100 percent whole-grain foods and fresh vegetables and fruits instead of processed high-sugar foods.

- Instead of dessert, serve whole fruits or unsweetened cooked fruit such as baked apples with raisins. Add spices like cinnamon, nutmeg, cloves, and allspice to enhance the flavor of fruit.
- Eliminate or limit sweetened grain-based foods sugars such as cakes with frosting, cobblers, cookies, doughnuts, sweet rolls, toaster pastries, and coffee cake. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*
- Replace foods containing high levels of sugars with those containing moderate levels of sugars.
- Eliminate or limit highly sweetened breakfast cereals. Replace with low-sugar whole-grain cereals. *Note: Effective October 1, 2017, the final rule requires that ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.*
- Compare product information and purchase low-sugar whole-grain breakfast cereals containing at least 2.5 grams of fiber per manufacturer's serving. At least 5 grams of fiber per serving is ideal. *Note: Effective October 1, 2017, the final rule requires that ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.*
- If serving dessert, choose foods made with less sugar and more nutritious ingredients like whole-wheat flour, oatmeal, chopped nuts, peanut butter, and fruits and vegetables, e.g., pumpkin, zucchini, cranberries, raisins, and carrots. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

PURCHASING

- Purchase foods that meet the CCCNS for sugars.
- Request that vendors provide nutrition information for all products. Read labels and ingredients to determine if products contain added sugars (see table 4). Compare brands before purchasing to determine if a comparable product is lower in added sugars.
- Write food specifications to include food items without added sugars and sweeteners. Make sure the products received are the ones specified.
- Purchase whole-grain breakfast cereals that are unsweetened or low in sugar. *Note: Effective October 1, 2017, the final rule requires that ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.*
- Compare nutrition information for condiments such as salad dressings and barbecue sauce. Some are high in added sugar.
- Purchase canned fruit packed in natural juices or water instead of syrup.

- Purchase frozen fruits without added sugar.
- Purchase dried fruits without added sugar.
- Purchase vanilla or lemon yogurt as an alternative to higher-sugar fruit flavors or mix half plain yogurt and half fruited yogurt. *Note: Effective October 1, 2017, the final rule requires that yogurt contains no more than 23 grams of sugar per 6 ounces.*
- Avoid snack or convenience foods with sugars listed as the first three ingredients (see table 4).

MEAL PREPARATION

- Do not add sugars or sweeteners to recipes when they are not listed as an ingredient.
- Compare recipes and use those that are lowest in sugars and sweeteners.

MODIFYING RECIPES

For information on how to modify recipes, see the ICN's *Measuring Success with Standardized Recipes* and *On the Road to Professional Food Preparation*.

- Use cinnamon and vanilla to increase the sweet flavor of a food, while reducing the sugar content.
- If serving cake, sprinkle with powdered sugar or top with fruit instead of frosting or icing. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*
- Replace canned pie fillings with unsweetened, spiced cooked fruit when making cobblers or pies. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*
- Reduce sugar in baked goods. Usually the amount of sugar can be reduced by one-third to one-half without altering the flavor. Adding spices, dried fruits, vanilla, lemon zest, and other similar ingredients can make up for missing sugar. *Note: Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies, and other grain-based desserts credit only at snack. Sweet grain-based foods cannot be served at snack more than twice per week between all snacks (morning, afternoon, and evening) provided in the CACFP. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

Increasing Complex Carbohydrates

The 2015-2020 *Dietary Guidelines for Americans* encourages increased consumption of complex carbohydrate foods such as whole grains, vegetables, legumes, fruits, nuts, and seeds. These foods are naturally rich in fiber and other nutrients and provide a variety of health benefits such as decreasing the risk of cardiovascular disease.

Encouraging children to consume and enjoy naturally nutrient-dense fiber-rich foods is an important strategy in the development of healthy eating habits. To increase complex carbohydrates in CACFP meals and snacks, menu planners should adjust menus to:

- increase the frequency of whole-grains and cereals, e.g., whole-wheat pasta, whole-grain breads, oatmeal, bulgur, and brown rice;
- provide whole unprocessed or minimally processed fruits and vegetables most often;
- increase the frequency of legumes (dry beans and peas), e.g., such as kidney beans, lentils, black beans, lentils, split peas, and garbanzo beans (chickpeas);
- provide additional servings of vegetables and fruits, e.g., serving three kinds of fruits or vegetables instead of two; and
- increase the serving size of vegetables and fruits, as appropriate to the age group being served.

FIBER CONTENT

The CCCNS recommends choosing whole grains and good sources of fiber most often. To ensure that CACFP meals and snacks contain sufficient fiber, menu planners should focus on minimally processed whole foods instead of processed convenience foods supplemented with fiber. Whole foods contain a large variety of naturally occurring nutrients and other health-enhancing compounds that cannot be duplicated in processed foods.

Food labels indicate the amount of fiber as "dietary fiber" in grams (g). The food label can state that a product is "a good source" of fiber if it contributes 10 percent of the Daily Value (2.5 grams of fiber per serving). The package can claim "high in," "rich in," or "excellent source of" fiber if the product provides 20 percent of the Daily Value (5 grams of fiber per serving).

Processed foods fortified with added fiber (such as cereal bars or cookies with added cellulose, inulin, or chicory root) are not nutritionally equivalent to nutrient-dense whole foods with naturally occurring fiber. Some processed convenience high-fiber foods such as breakfast cereals and snack bars may also contain added fat, sugars, and sodium. Read labels to compare nutrient content and ingredients (see table 7).

The following guidance provides strategies to assist CACFP facilities with increasing nutrient-dense fiber-rich complex carbohydrate foods through menu planning, purchasing, meal preparation, and modifying recipes. The foods and ingredients below may or may not credit in CACFP meals or comply with the CCCNS. For more information, consult the USDA's *Food Buying Guide* and the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs, Crediting Foods in CACFP Child Care Programs,* and *Action Guide for Child Care Nutrition and Physical Activity Policies*. For information on how to read a food label, see table 7.

MENU PLANNING

- Review recipes and commercial products for fiber content. Choose nutrient-dense foods that are naturally high in fiber.
- Plan menus to include more 100 percent whole-grain products. Include at least one serving of whole grains in every meal.
- Serve whole or cut-up fruits and vegetables most often.
- Serve a variety of raw vegetables regularly. Provide at least one weekly serving of each of the vegetable subgroups, including dark green vegetables, red/orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables (see table 2).
- Serve fresh fruits instead of canned fruits.
- Add more legumes (e.g., chickpeas, lentils, and pinto beans) and whole grains (e.g., barley, bulgur, and brown rice) to menus and recipes. To increase acceptability to children, plan nutrition education activities and taste tests around the new food items.
- Serve legume-based dishes instead of meat, poultry, or cheese dishes at least once per week.

- Add vegetable-based soups to the menu. *Note: Only certain commercial vegetable-based soups credit toward the meal pattern. Soups made from scratch credit based on the amount of vegetables in the standardized recipe. For more information, see the CSDE's Crediting Foods in CACFP Child Care Programs. Review commercial soups for sodium content.*
- Serve baked potatoes as an alternative to mashed potatoes.
- Serve fresh fruit or vegetables instead of fruit or vegetable juice. Juice is not nutritionally equivalent to whole fruits and vegetables, and provides more calories. *Note: Effective October 1, 2017, the final rule allows pasteurized full-strength juice to meet the vegetable or fruit requirement at only one meal per day, including snack.*

- Serve 100 percent whole-grain cold breakfast cereals and whole-grain hot breakfast cereals (such as oatmeal or buckwheat) more often. *Note: Effective October 1, 2017, the final rule requires that ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.*
- Serve applesauce or other fruit purees (e.g., strawberries) as an alternative to maple syrup on pancakes and waffles.

MENU PLANNING, continued

- Serve dried fruit such as raisins or trail mix containing dried fruits and whole-grain low-sugar cereals.
- Serve more salads and offer a variety of vegetable and fruit ingredients.

- Use crushed whole-grain unsweetened cereal or rolled oats as breading for baked fish and chicken.
- Serve whole-grain pasta-vegetable salads made with low-fat dressings.

PURCHASING

- Request that vendors provide nutrition information for all products. Read labels and ingredients to identify products that are naturally high in fiber.
- Compare brands before purchasing to determine if a comparable product is higher in fiber.
- Purchase whole-grain products frequently. Write food specifications to include more 100 percent whole-grain foods, e.g., whole-grain bread products, oatmeal, quinoa, and brown rice. Make sure products received are the ones specified. For information on whole grains, see table 1.
- Purchase a variety of fresh fruits and vegetables regularly, especially dark green and orange vegetables, and legumes (see table 2).
- Purchase cruciferous vegetables frequently, such as broccoli, cauliflower, cabbage, and Brussels sprouts.

- Compare product information and purchase whole-grain breakfast cereals containing at least 2.5 grams of fiber per manufacturer's serving. At least 5 grams of fiber per serving is ideal. *Note: Effective October 1, 2017, the final rule requires that ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.*

MEAL PREPARATION

- Serve fruits and vegetables with their skins.
- Use crushed whole-grain unsweetened cereal or rolled oats as breading for baked fish and chicken.
- Add whole-grain pasta, brown rice, quinoa, and other whole grains to soups, stews, and casseroles. For information on whole grains, see table 1.
- Sprinkle oat bran or wheat germ over salad, soups, breakfast cereals, and yogurt. *Note: Effective October 1, 2017, the final rule requires that a serving of grains must be whole grain-rich, enriched meal or enriched flour. Bran and germ no longer credit toward the grains component. The final rule also requires that yogurt contains no more than 23 grams of sugar per 6 ounces.*

MODIFYING RECIPES

For information on how to modify recipes, see the ICN's *Measuring Success with Standardized Recipes* and *On the Road to Professional Food Preparation*.

- Substitute whole-grain brown rice, bulgur, and quinoa when recipes include white rice.

- Add chopped dried fruits (e.g., apricots, raisins, dates, figs, and prunes), finely chopped nuts, oatmeal, and pureed vegetables and fruits (e.g., canned pumpkin and applesauce) to baked goods. *Note: Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped. Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal patterns.*

- Substitute whole-wheat or other whole-grain flours for some of the enriched white flour in recipes. Generally, one-third to one-half of the white flour can be replaced with whole-wheat flour.

- Use whole-grain products (e.g., whole-grain bread, cracker crumbs, or cereal) as a topping for casseroles or breading for chicken.

- Add pureed beans to taco mix, meat sauce, and similar entrees. They thicken the mixture and take on the flavor of the dish while adding fiber. *Note: Pureed beans in mixed dishes credit as meat/meat alternates but not vegetables unless the food also contains an adequate amount of recognizable creditable vegetables.*

- Add lentils or bulgur to hamburger dishes.

- Add legumes (whole, mashed, or pureed) such as kidney beans, lentils, black beans, and garbanzo beans (chickpeas) to entrees, stews, side dishes, and salads. For example, black beans added to burritos and lentils added to brown rice pilaf. For entrees, legumes can replace some or all of the meat. *Note: Legumes credit toward either the vegetables or meat/meat alternates component.*

- Add legumes such as kidney beans and black beans to commercial soups and soups made from scratch, e.g., kidney beans added to minestrone soup. *Note: Legumes credit toward either the vegetables or meat/meat alternates component.*

- Add rolled oats to entree recipes such as meatloaf and tacos.

- Increase the amount of whole grains (e.g., brown rice, quinoa, and whole-grain pasta) and vegetables in stews, soups, casseroles, and similar entrees.

- Make bread items such as French toast and garlic bread from 100 percent whole-grain bread.

3 — Using Food Labels

Food labels can help menu planners choose foods and plan menus to meet the *Dietary Guidelines* and the CCCNS. The Nutrition Facts panel and ingredients statement appear on almost all packaged foods. Menu planners can use this information to compare the nutritional value of similar foods, for example, choosing products without trans fats and with less saturated fats, sodium, and added sugars.

Food labels can also help budget and balance the amount of nutrients in CACFP menus, and identify good sources of fiber, vitamins, and minerals. For example, if a CACFP menu includes a food that is high in fat, sugar, or sodium, food labels can help the menu planner choose other foods that are low in these same nutrients to balance the overall menu.

DETERMINING MEAL PATTERN COMPLIANCE

CACFP menu planners cannot use the Nutrition Facts label and ingredients statement to determine a product's compliance with the CACFP meal pattern because they do not provide sufficient information. Meal pattern compliance can only be determined by reviewing either:

- an original Child Nutrition (CN) label from the product carton for meat/meat alternate products; or
- a product formulation statement (PFS) signed by an official of the manufacturer.

A CN label is 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 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. The CN label will also indicate the contribution of other meal components that are part of these products. For more information, see the USDA's Child Nutrition (CN) Labeling Web page and the CSDE's handout, *Using Child Nutrition (CN) Labels in the CACFP*.

A PFS is developed by a manufacturer to provide specific information about how a product credits toward the USDA meal pattern requirements. It must document how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in the PFS must match a description in the *Food Buying Guide for Child Nutrition Programs*. Unlike a CN label, a PFS does not provide any warranty against audit claims. If these foods will be used in a reimbursable meal, the CACFP facility must check the manufacturer's crediting information for accuracy. For more information, see the CSDE's handout, *Using Product Formulation Statements in the CACFP*

The CSDE's handout, *Accepting Processed Product Documentation in the CACFP*, provides additional information on the USDA requirements for documenting the meal pattern compliance of processed foods.

INGREDIENTS STATEMENT

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

The ingredients statement provides CACFP facilities with important information for accommodating children with special dietary considerations such as food allergies. Knowing how to read a food label helps avoid problems caused by ingredients in food. For more information on food allergies, see the CSDE's *Accommodating Special Diets in CACFP Child Care Programs*.

NUTRIENT CONTENT CLAIMS

Many food labels include nutrient content claims such as "low fat," "lean," or "high in fiber." FDA regulations define these descriptions. They are based on a standard single-serving size set by the FDA and mean the same thing for all foods regardless of manufacturer.

While the Nutrition Facts panel is required by law, nutrition descriptions are optional. Food manufacturers decide whether to include these terms. Table 5 includes definitions for commonly used nutrient content claims.. For additional information on nutrient content claims, see the FDA's *Guidance for Industry, A Food Labeling Guide — Appendix A: Definitions of Nutrient Content Claims* and *Appendix B: Additional Requirements for Nutrient Content Claims.*

Table 5. Common Nutrient Claims on Food Labels
Extra lean: A serving of meat, poultry, seafood and game meats contains less than 5 grams of fat, 2 grams of saturated fats, and 95 milligrams of cholesterol.
Free: A serving contains none or a very small amount, e.g., less than 5 calories, less than 5 milligrams sodium, less than 0.5 gram of total fat, less than 0.5 gram of saturated fats, less than 0.5 gram of trans fats, less than 2 milligrams of cholesterol, and less than 0.5 gram of sugar. Other terms that may be used include "no," "zero," "without," "trivial source of," "negligible source of," "dietarily insignificant source of," and "non" (nonfat only).
Fresh: 1) A food is raw, has never been frozen or heated and contains no preservatives; or 2) the term accurately describes the products, for example, "fresh milk" or "freshly baked bread."
Fresh frozen: The food has been quickly frozen while still fresh. Blanching is allowed before freezing to prevent nutrient breakdown.
Good source: A serving contains 10-19 percent of the Daily Value (compared with a standard serving size of the traditional food) for a particular nutrient, for example "good source of fiber." Other terms that may be used include "contains" and "provides."

Table 5. Common Nutrient Claims on Food Labels, continued
Healthy: A food is low in fat (3 grams or less) and saturated fats (1 gram or less and 15 percent or less of calories) and a serving contains no more than 480 milligrams of sodium, 60 milligrams of cholesterol, and at least 10 percent of the daily value for vitamin A, vitamin C, calcium, iron, protein, and fiber. High: A serving contains 20 percent or more of the Daily Value (compared with a standard serving size of the traditional food) for a particular nutrient, for example, "high in vitamin C," "high fiber," and "high calcium." Other terms that may be used include "excellent source of" and "rich in." Lean: A serving of meat, poultry, seafood and game meats contains less than 10 grams of fat, 4.5 grams or less of saturated fats, and less than 95 milligrams of cholesterol. Less: The food contains 25 percent less of a nutrient or 25 percent fewer calories than a reference food. Light: A food with one-third fewer calories or 50 percent of the fat in a traditional food. A low-calorie, low-fat food with 50 percent less sodium can also be called "light." Another term that may be used is "lite." Low: A serving contains no more than 40 calories, 140 milligrams of sodium, and 3 grams of fat. Other terms that may be used include "few" (calories), "contains a small amount of," "low source of," "low in," "little," and "a little." More: A serving contains 10 percent or more of the Daily Value (compared with a standard serving size of the traditional food) for a particular nutrient, for example "more fiber," or "more iron." This term does not apply to meat or poultry products. Other terms that may be used include "enriched," "fortified," "added," "plus," and "more." 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. Organic: A regulatory term for food that meets specific standards set by the USDA. Organic food differs from conventionally produced food in the way it is grown or produced. However, the USDA makes no claims that organically produced food is safer or more nutritious than conventionally produced food. For more information, see the Glossary. Percent (%) fat free: A product must be low fat or fat free and the percentage must accurately reflect the amount of fat in 100 grams of a food. For example, 2.5 grams of fat in 50 grams of food results in a "95% fat-free" claim. Reduced: A serving contains 25 percent less of a nutrient (e.g., fat, saturated fats, cholesterol, sodium) or 25 percent fewer calories than a comparable food. "Reduced" cannot be used if the reference food already meets the requirement for a "low" claim. Other terms that may be used include "reduced in," "___% reduced," "fewer," "lower," "lower in," and "less."
Source: *Guidance for Industry, A Food Labeling Guide*. FDA, Revised January 2013.

HEALTH CLAIMS

The FDA allows manufacturers to make certain claims linking the effect of a nutrient or food to a disease or health-related condition. The FDA only allows claims supported by scientific evidence. These claims can only be used under certain conditions, such as when the food is an adequate source of the appropriate nutrients. A reference to the claim usually appears on the front label, but the claim itself may appear elsewhere on the label. For more information on allowable health claims, see the FDA's *Guidance for Industry A Food Labeling Guide — Appendix C: Health Claims*.

SERVING SIZES

Serving sizes on food labels are listed in household measures (e.g., cups and ounces) and metric measures (e.g., grams). Table 6 shows some common abbreviations and equivalents for serving sizes on food labels.

Table 6. Common Abbreviations and Equivalents for Food Labels
1,000 milligrams (mg) = 1 gram (g) 28.35 grams (g) = 1 ounce (oz) 16 ounces (oz) = 1 pound (lb) 2 tablespoons (Tbsp) = 1 ounce (oz)

The FDA determines serving sizes for food labels based on commonly used portions, which are called the "reference amounts customarily consumed" (RACC). This allows for consistency in comparing the nutritional value of similar products from different manufacturers. For more information, see the FDA's *Frequently Asked Questions for Industry on Nutrition Facts Labeling Requirement*.

The nutrient values listed on the food label are based on the stated serving size. The portion size actually eaten may be more or less than the serving size on the label. Menu planners may need to adjust these values based on the CACFP meal pattern serving size. For example, if a label indicates that one serving (1 cup) of vegetable juice provides 885 milligrams of sodium, a ½-cup portion contains half this amount (443 milligrams).

The serving size on a food label may differ from the required serving size for the CACFP meal pattern. For example, the food label may indicate that one serving of a food is ¼ cup, but the child care menu may require a serving size of ½ cup to meet the CACFP meal pattern requirements. CACFP facilities must always provide at least the minimum amount of food required by the CACFP meal patterns. For more information on the CACFP meal patterns, see *Meal Pattern Requirements for CACFP Child Care Programs*.

Note: The serving size information on the Nutrition Facts label will change effective July 26, 2018. For more information, see "Food Label Updates for 2018" in this section.

NUTRIENTS LISTED

The Nutrition Facts panel includes only a few of the many nutrients found in foods. These are the nutrients that are most important to Americans' health. Unless their amounts are insignificant, labeling regulations require that the following nutrients are listed:

- fat;
- saturated fats;
- trans fats;
- cholesterol;
- total carbohydrate;
- dietary fiber;
- sugars;
- protein;
- vitamins A and C; and
- calcium and iron.

If a nutrition description is used, such as "fortified with vitamin D," that nutrient must be listed on the Nutrition Facts panel. Nutrients added to a food, such as fortified breakfast cereals, are also listed. Manufacturers may also choose to list additional nutrients.

Note: The required nutrient information on the Nutrition Facts label will change effective July 26, 2018. For more information, see "Food Label Updates for 2018" in this section.

DAILY REFERENCE VALUES

The label includes daily reference values or "Daily Values" for total fat, saturated fats, cholesterol, sodium, total carbohydrate, and fiber. The daily values provide recommendations for daily intake of nutrients based on daily caloric intakes of 2,000 and 2,500 calories. Some of these values are maximums, as with fat (65 grams or less), and others are minimums, as with carbohydrate (300 grams or more).

The "% Daily Value" shows how well the nutrients in a food fit into an overall daily diet with 2,000 calories. The sample food label in table 7 shows that based on an intake of 2,000 calories, one serving of this product provides 5 percent of the Daily Value for total fat and 3 percent of the Daily Value for saturated fats. Daily Values for each nutrient are less when fewer calories are eaten. Likewise, when caloric intakes are greater, Daily Values are higher. As a guide, foods with 5 percent Daily Value or less contribute a small amount of that nutrient while those with 20 percent or more contribute a large amount.

Menu planners can use the Nutrition Facts panel to see if a food is a good source of a nutrient or to compare similar foods, for example, to determine which brand of frozen pizza is lower in saturated fats. The "% Daily Value" indicates whether a food is high or low in nutrients. To limit a nutrient such as fat, saturated fats, cholesterol or sodium, choose foods with a lower percent Daily Value. To consume more of a nutrient such as fiber, calcium, and other vitamins and minerals, choose foods with a higher percent Daily Value.

The current food label does not list a Daily Value for trans fats, sugars, or protein. The FDA has not set a reference value for trans fats because national health recommendations have not set a reference value. The *Dietary Guidelines* recommends that consumption of trans fats should be kept as low as possible. Protein does not have a reference value because protein intake is not a public health concern for adults and children older than 4. A sugar reference value is not included because national health recommendations did not establish an amount for daily consumption of sugars until the 2015-2010 *Dietary Guidelines*. Effective July 26, 2018, the Nutrition Facts label will include a percent Daily Value for sugar. For more information, see "Food Label Updates for 2018" below.

LABEL ROUNDING

The FDA regulations include specific requirements for rounding the numbers on the food label. As a result, the numbers on the food label may not add up exactly, or the percentage may be slightly different if this information is calculated manually. For example, the sample product in table 7 contains 3.5 grams of fat. There are 9 calories per gram of fat, so this product contains 31.5 calories from fat (3.5 grams multiplied by 9 calories per gram). However, the food label lists 35 calories from fat because of the FDA rounding rules. For more information, see the FDA's *Appendix H: Rounding the Values According to FDA Rounding Rules.*

FOOD LABEL UPDATES FOR 2018

In May 2016, the FDA released the final rule, *Food Labeling: Revision of the Nutrition and Supplement Facts Labels* (81 FR 33741). This final rule requires changes to the Nutrition Facts label to provide consumers with more recent and accurate nutrition information. The changes include modifying the list of required nutrients that must be declared on the label, updating serving size requirements, and providing a new design. The new food label will include the changes below.

- The amount of added sugars in grams will be listed beneath the amount of total sugars and will also be listed as a percent Daily Value.
- Vitamin D and potassium will be added.
- Vitamins A and C will not be required, but manufacturers can choose to list them voluntarily.
- The actual amount of the mandatory vitamins and minerals must be listed, in addition to percent Daily Value.
- Serving sizes will be based on what people actually consume, based on the RACC. Some serving sizes will increase and others will decrease.
- The new format will highlight calories, servings per container, and serving size by increasing the type size and placing the number of calories and serving size declaration in bold type.
- The percent Daily Value will have a better explanation, i.e., *"The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice."*

Manufacturers must comply with these changes by July 26, 2018. Manufacturers with less than $10 million in annual food sales have an additional year to make the changes. For more information, see the FDA's "Changes to the Nutrition Facts Label."

Table 7. How to Read a Food Label

Serving Size and Number of Servings

- The Nutrition Facts label is based on one serving but many packages contain more. If you are eating more than one serving, multiply the calories and nutrients by the number of servings. For example, 24 crackers equal 1½ servings and contain 50 percent more calories and nutrients.

Sodium

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

Fiber

- Most people do not get enough fiber. Foods with 10-19 percent daily value are good sources. Foods with 20 percent or more are high sources.
- Choose whole-grain foods as often as possible.

Sugars

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

Nutrition Facts

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

Amount Per Serving

Calories 130	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	5%
Saturated fats 0.5g	3%
Trans fats 0g	
Polyunsaturated fats 2g	
Monounsaturated fats 0.5g	
Cholesterol 0 mg	0%
Sodium 230 mg	11%
Potassium 55mg	
Total Carbohydrate 21g	7%
Dietary Fiber 2g	4%
Sugars 4g	
Protein 2 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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

Calories

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

Percent Daily Value

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

Fats

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

Nutrients

- Look for foods with higher percent daily values for these nutrients.

Ingredients

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

4 — Resources

This section includes links to federal and state Web sites, guides, policy memoranda, and the CSDE's guides, resource lists, forms, and handouts.

CSDE GUIDES

Action Guide for Child Care Nutrition and Physical Activity Policies
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322594

Nutrition Policies and Guidance for the CACFP

- *Accommodating Special Diets in CACFP Child Care Programs:* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#special
- *Crediting Foods in CACFP Child Care Programs:* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#crediting
- *Feeding Infants in CACFP Child Care Programs:* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#infants
- *Food Safety in CACFP Child Care Programs:* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#safety
- *Healthy Meals in CACFP Child Care Programs* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#healthymeals
- *Meal Pattern Requirements for CACFP Child Care Programs* www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#mealpattern

CSDE RESOURCE LISTS

The CSDE resource lists are available on the CSDE's Resources for CACFP Child Care Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333812.

- *Nutrition Resources:* This list contains online resources related to nutrition guidelines and information, menu planning and food production, special diets, food safety and the USDA Child Nutrition Programs.
- *Healthy School Environment Resources:* This list contains online resources to assist USDA programs with promoting healthy eating and physical activity.

WEB SITES

CACFP Resources (USDA):
http://healthymeals.nal.usda.gov/resource-library/child-nutrition-program-resources/child-and-adult-care-food-program

Child Nutrition (USDA):
https://fnic.nal.usda.gov/lifecycle-nutrition/child-nutrition

Child Nutrition (CN) Labeling (USDA):
www.fns.usda.gov/cnd/cnlabeling/default.htm

Child Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320670

Community Food Systems, Farm to Preschool (USDA):
www.fns.usda.gov/farmtoschool/farm-preschool

Dietary Guidelines for Americans (U.S. Department of Health and Human Services):
http://health.gov/DietaryGuidelines/

Dietary Reference Intakes (USDA):
https://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes

Food Labeling (USDA):
https://fnic.nal.usda.gov/food-labeling

Labeling and Nutrition (FDA):
www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm

Menu Planning (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780

Menu Planning (USDA):
http://healthymeals.nal.usda.gov/menu-planning-0

Nutrition Education Resources (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798

Nutrition Policies and Guidance for the CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326

Purchasing and Procurement (USDA):
https://healthymeals.nal.usda.gov/menu-planning/purchasing-and-procurement

Resources for CACFP Child Care (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333812

Preschool Nutrition (USDA):
https://fnic.nal.usda.gov/lifecycle-nutrition/preschool-nutrition

Program Guidance for the CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333814

Recipes for Child Care Providers (USDA):
http://healthymeals.nal.usda.gov/recipes/recipes-child-care-providers

Toddler Nutrition (USDA):
https://fnic.nal.usda.gov/lifecycle-nutrition/toddler-nutrition

USDA Standardized Recipes (USDA):
www.fns.usda.gov/usda-standardized-recipe

What's Shaking: Creative Ways to Boost Flavor with Less Sodium (USDA):
https://healthymeals.nal.usda.gov/whatsshaking

REGULATIONS AND POLICIES

CACFP Policy Memos (USDA):
www.fns.usda.gov/cacfp/policy

CACFP Regulations (USDA):
www.fns.usda.gov/cacfp/regulations

Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24348): www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf

Final Rule: Food Labeling: Revision of the Nutrition and Supplement Facts Labels (81 FR 33741):
https://www.regulations.gov/document?D=FDA-2012-N-1210-0875

Guidance for Industry, A Food Labeling Guide — Appendix A: Definitions of Nutrient Content Claims (FDA):
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm

Guidance for Industry, A Food Labeling Guide — Appendix B: Additional Requirements for Nutrient Content Claims (FDA):
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064916.htm

Guidance for Industry, A Food Labeling Guide — Appendix H: Rounding the Values According to FDA Rounding Rules (FDA):
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064932.htm

Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296):
www.fns.usda.gov/sites/default/files/HealthyHungerFreeKidsActof2010.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA):
www.fns.usda.gov/cacfp/meals-and-snacks

Operational Memos for the CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794

Glossary

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. For more information, see "Limiting Added Sugars" in section 2.

alternate protein products (APP): APPs are generally single ingredient powders that are added to foods. Some examples include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolates, and casein. APPs include vegetable protein products. The USDA has specific requirements for the crediting of APP in Child Nutrition Programs. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

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, and Necta Sweet), sucralose (Splenda), and tagatose. These nonnutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. For more information, see "nonnutritive sweeteners" in this section.

at-risk afterschool care centers: The at-risk afterschool meals component of the CACFP provides reimbursement for snacks and suppers served to children through age 18 who are participating in afterschool programs in eligible (at-risk) areas. The program provides funds to public and private nonprofit (federal tax-exempt) and for-profit organizations, and schools, for nutritious snacks and suppers served as part of organized programs of care, which are known to help reduce or prevent children's involvement in high-risk behaviors. All snacks must meet the requirements of the CACFP meal pattern for children. For more information, see the USDA's CACFP Afterschool Programs Web page.

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.

Effective October 1, 2017, the final rule requires that grains must be whole grain-rich, or contain enriched meal or flour. Bran and germ no longer credit toward the grains component.

carbohydrates: A category of nutrients that includes sugars (simple carbohydrates), and starch and fiber (complex carbohydrates). Carbohydrates are easily converted by the body to energy (calories). Foods in the basic food groups that provide carbohydrates — fruits, vegetables, breads, cereals, grains, milk, and dairy products — are important sources of many nutrients. However, foods containing large amounts of added sugars provide calories but few, if any, nutrients. For more information, see "added sugars," "simple carbohydrates," and "complex carbohydrates" in this section.

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 the USDA's CACFP Web page.

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

CACFP meal pattern for children: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to children ages 1-12 to receive federal reimbursement for meals (breakfast, lunch, and supper) and snacks served to children. (Note: Emergency shelters can serve CACFP meals to residents ages 18 and younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks to students ages 18 or younger.) For more information, see the CACFP meal pattern for children in the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs*.

CACFP meal pattern for infants: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to infants from birth through 11 months to receive federal reimbursement for meals and snacks served to infants. For more information, see the CACFP Infant Meal Pattern, and the CSDE's *Feeding Infants in CACFP Child Care Programs*.

CACFP sponsor: A public or private nonprofit organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters, or at-risk afterschool care centers. In some situations, for-profit institutions may also be eligible to participate in the CACFP. For more information, see Section 226.2 in the CACFP regulations (7 CFR 226).

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.

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 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. The CN label will also indicate the contribution of other meal components that are part of these products. For more information, see the USDA's Child Nutrition (CN) Labeling Web page and the CSDE's handout, *Using Child Nutrition (CN) Labels in the CACFP*.

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), Afterschool Snack Program (ASP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, see the CSDE's Child Nutrition Programs Web page.

cholesterol: A fat-like substance that performs important functions in the body such as making cell membranes and some hormones. There are two different types of cholesterol, blood and dietary. Blood (serum) cholesterol circulates in the body in lipoproteins, such as low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is known as "bad" cholesterol because high levels can clog arteries, causing atherosclerosis. A high level of serum cholesterol is a major risk factor for coronary heart disease, which leads to heart attack. HDL is known as "good" cholesterol because high levels seem to protect against heart attack. Dietary cholesterol does not contain any calories. It comes from foods of animal origin, including meat, fish, poultry, eggs, and dairy products. Plant foods (including vegetable oils) do not contain cholesterol. There is no dietary requirement for cholesterol because the body can make all it needs.

complex carbohydrates (starch and fiber): Complex carbohydrates include starch and fiber, which are made from three or more simple sugars linked together. Starch is the storage form of energy in plants and provides calories. Fiber is the structural framework of plants and does not contain any calories. Food sources of complex carbohydrates include legumes, starchy vegetables (e.g., potatoes, corn, dry beans, and green peas), whole-grain breads, and cereals, and nuts and seeds. For more information, see "dietary fiber" in this section.

Connecticut Child Care Nutrition Standards (CCCNS): The CSDE's guidelines for the nutritional content of all foods and beverages served throughout the child care environment, including CACFP meals and snacks, celebrations and any other activities where foods and beverages are provided by the child care program or families. The CCCNS reflects current nutrition science and national health recommendations, and promotes whole or minimally processed nutrient-rich foods that are low in fat, added sugars, and sodium. The CCCNS eliminates foods and beverages that do not contribute to the CACFP meal pattern, e.g., potato chips, ice cream, frozen novelties, pudding, gelatin, candy, bacon, cream cheese, soda, lemonade, and fruit-flavored drinks. Foods that credit toward the CACFP meal pattern for children but contain little nutritional value are also eliminated, such as sweetened grain-based desserts (e.g., cakes, cookies, doughnuts, and brownies), grain-based snack chips (e.g., tortilla chips, corn chips, and multi-grain chips), fried or baked pre-fried vegetables (e.g., french fries and potato puffs) and fried, baked pre-fried or high-fat meats and meat alternates (e.g., chicken nuggets, fish sticks, processed luncheon meats, full-fat cheeses, and process cheese foods. For more information, see the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies*.

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. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

cycle menu: A series of menus planned for a specific period of time, with a different menu for each day. Cycle menus can help schools comply with the meal pattern requirements, increase variety, control food cost, control inventory, and save time.

Daily Value: A number on the Nutrition Facts panel of food labels that provides recommendations for daily intake of nutrients based on daily caloric intakes of 2,000 and 2,500 calories. The Nutrition Facts panel also includes percent Daily Value, which shows how a serving of the food fits into an overall daily diet of 2,000 calories. For more information, see "Daily Reference Values" in section 3.

dietary fiber: Nondigestible carbohydrates and lignin (a noncarbohydrate substance bound to fiber) that are naturally occurring in plants, e.g., gums, cellulose, and 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, and dry beans and other legumes. Note: Popcorn does not credit toward the CACFP grains/breads component.

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

Dietary Reference Intakes (DRIs): A set of nutrient-based reference values that expand upon and replace the former Recommended Dietary Allowances (RDAs) in the United States and the Recommended Nutrient Intakes (RNIs) in Canada. The DRIs include four reference values: Estimated Average Requirements (EARs), RDAs, Adequate Intakes (AIs), and Tolerable Upper Intake Levels (ULs).

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. The endosperm 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 some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B_1), riboflavin (B_2), niacin (B_3), folic acid, and iron. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

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. For more information, see "enriched grains" in this section.

family-style meal service: A method of meal service that allows children to serve themselves from common platters of food with assistance from supervising adults, if needed. For more information, see "Family-style Meal Service" in the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs*.

fiber: A general term for the indigestible carbohydrates (e.g., pectin, cellulose, and other substances) that make up the framework of plants. Dietary fiber is the total amount of these materials that are not digested by humans. For more information, see "dietary fiber" in this section.

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

food components: The four food groups that comprise reimbursable meals in the CACFP, including milk, fruits/vegetables, grains/breads, and meat/meat alternates. For more information on the individual food components, see the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs*.

Effective October 1, 2017, the final rule changes the CACFP meal pattern to include five components (milk, fruits, vegetables, grains and meat/meat alternates).

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 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), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., an "energy" bar made from processed flour that is fortified with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

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.

full serving: The quantity of food that meets the minimum required amount of a specific component in the CACFP meal pattern.

full-strength fruit or vegetable juice: An undiluted product obtained by extraction from sound fruit. Full-strength juice 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 juice on the label must include one of the following terms: "juice," "full-strength juice," "100 percent juice," "reconstituted juice," or "juice from concentrate." For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

germ: The sprouting section of the whole-grain kernel that contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants and phytochemicals. Germ is not a whole grain.

Effective October 1, 2017, the final rule requires that grains must be whole grain-rich, or contain enriched meal or flour. Bran and germ no longer credit toward the grains 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. When foods contain partially hydrogenated oils, they are listed in the ingredients, e.g., partially hydrogenated cottonseed and partially hydrogenated 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 do not credit toward the meal pattern requirements.

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 credits toward the USDA meal patterns only if it is whole grain, enriched, or fortified.

meals: See "reimbursable meals" in this section.

meat alternates: Foods that provide similar protein content to meat. 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 (plain or flavored). For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

Effective October 1, 2017, the final rule allows tofu and other soy products to credit in the meat/meat alternates component. It also requires that yogurt contains no more than 23 grams of sugar per 6 ounces.

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. For more information, see "food item" in this section.

monosaturated fats: A type of unsaturated fats found in olive, canola, peanut, sunflower, and safflower oils, and in avocados, peanut butter, and most nuts. Monosaturated fats may help lower blood cholesterol when used as part of an overall diet that is moderate in fat.

MyPlate: Released in June 2011, MyPlate is the USDA's food guidance system to translate the *Dietary Guidelines for Americans* into a healthy eating plan. MyPlate emphasizes consuming more fruits, vegetables, whole grains, and low-fat dairy. For more information, see the USDA's Choose MyPlate Web site.

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 the FDA's "*What is the meaning of 'natural' on the label of food?*"

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 foods: Foods and beverages that do not count toward any meal pattern components in the USDA Child Nutrition Programs. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

noncreditable grains: Grain ingredients that do not contribute toward the grains component. Examples include fiber, bran, germ, and modified food starch (including potato, legume, and other vegetable flours). For more information, see "whole grain-rich" in this section.

nonnutritive sweeteners: Ingredients with no calories used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners can be 200 to 600 times sweeter than sugar. They include artificial sweeteners such as acesulfame-potassium, neotame, saccharin, and sucralose, and "natural" sweeteners such as stevia (e.g., Rebiana, Rebaudioside A, Truvia, PureVia, and SweetLeaf). For a list of artificial sweeteners, see "artificial sweeteners" in this section.

nutrient-dense foods: Foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects, and contain little or no solid fats, added sugars, refined starches, or sodium. Ideally, these foods and beverages are also in forms that retain naturally occurring components, such as dietary fiber. Examples include all vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry (when prepared with little or no added solid fats, sugars, refined starches, and sodium). The term "nutrient dense" indicates the nutrients and other beneficial substances in a food have not been "diluted" by the addition of calories from added solid fats, sugars, or refined starches, or by the solid fats naturally present in the food.

nutrient-rich foods: See "nutrient-dense foods" in this section.

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 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 Web page.

partially hydrogenated oils: Oils that have been chemically altered to change their consistency from liquid to 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. Partially hydrogenated oils will be listed in the ingredients statement, e.g., partially hydrogenated cottonseed and partially hydrogenated soybean oil. For more information, see "trans fats" in this section.

polyunsaturated fats: A type of unsaturated fats found in corn, soybean and cottonseed oils; walnuts; pine nuts; sesame, pumpkin, and flax seeds; and fatty cold-water fish (e.g., salmon, trout, herring, tuna, and mackerel). Polyunsaturated fats may help lower blood cholesterol when consumed as part of an overall diet that is moderate in fat.

potable water: Water that is safe for human consumption.

product fact sheet: See "product specification sheet" in this section.

product formulation statement (PFS): An information statement obtained from the manufacturer that provides specific information about how a product credits toward the USDA meal pattern requirements, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in a PFS must match a description in the USDA's *Food Buying Guide for Child Nutrition Programs*. Unlike a CN label, a PFS does not provide any warranty against audit claims. If foods with a PFS will be used in a reimbursable meal, the CACFP facility must check the manufacturer's crediting information for accuracy. For more information, see the CSDE's handouts, *Using Product Formulation Statements in the CACFP* and *Accepting Processed Product Documentation in the CACFP*.

product specification sheet: Manufacturer sales literature that provides various information about the company's products. These materials do not provide the specific crediting information that is required on a product formulation statement, and cannot be used to determine a product's contribution toward the USDA meal pattern components.

Recommended Dietary Allowance (RDA): The average daily dietary intake level that is sufficient to meet the nutrient requirement of most healthy individuals in a particular life stage and gender group. The RDA is one of four reference values that comprise the Dietary Reference Intakes (DRIs). For more information, see "Dietary Reference Intakes" in this section.

reimbursable meals: Meals and snacks that meet the meal pattern requirements of the CACFP regulations, and are eligible for USDA funds. For more information, see the CSDE's *Meal Pattern Requirements for CACFP Child Care Programs.*

refined grains: Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, see "enriched grains" in this section.

saturated fats: A type of fat that raises blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fats include coconut, palm, and palm kernel oils, butter, and beef fats. They also are found in other animal fats such as pork and chicken fats, and in other plant fats such as nuts. For more information, see "solid fats" and "trans fats" in this section.

serving size or portion: The weight, measure, or number of pieces or slices of a food or beverage. CACFP facilities must provide the minimum serving sizes in the USDA meal patterns for meals and snacks to be reimbursable.

simple carbohydrates (sugars): Carbohydrates consisting of one sugar (e.g., fructose and galactose) or two sugars (e.g., lactose, maltose, and sucrose). 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.

sodium: A mineral that helps maintain the body's fluid balance and blood pressure. Diets that are high in sodium can increase the risk of high blood pressure in individuals who are sodium sensitive. For more information, see "Limiting Sodium" in section 2.

solid fats: Fats that are usually not liquid at room temperature. Solid fats are found in most animal foods but also can be made from vegetable oils through hydrogenation. Some common solid fats include butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, coconut oil, palm oil, and shortening. Foods high in solid fats include full-fat (regular) cheese, cream, whole milk, ice cream, well-marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked goods (such as cookies, crackers, donuts, pastries, and croissants). Solid fats contain more saturated fats and/or trans fats. For more information, see "saturated fats" and "trans fats" 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, and 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. 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: A type of unsaturated fat that is structurally different from the unsaturated fatty acids that occur naturally in plant foods, and therefore has different health effects. Trans fats increase the risk of cardiovascular disease. Most trans fats are artificially made as the result of "hydrogenation." This manufacturing process transforms liquid vegetable oils into a solid (saturated) fat to increase shelf life and enhance the flavor and texture of food products. Sources of trans fatty acids include partially hydrogenated vegetable oils used in processed foods such as desserts, microwave popcorn, frozen pizza, some margarines, and coffee creamer. Trans fats are also present naturally in foods that come from ruminant animals (e.g., cattle and sheep) such as dairy products, beef, and lamb. For more information, see "partially hydrogenated oils" in this section.

USDA Foods: Foods available to the USDA Child Nutrition Programs through the CSDE's Food Distribution Program. For more information, see the USDA's Food Distribution Programs Web page, and the CSDE's Food Distribution Program Web page.

wheat bread: Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. Wheat bread is not whole grain unless it is labeled "whole-wheat bread." Wheat bread is low in fiber unless the manufacturer has added fiber.

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: 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 fiber-rich bran, nutrient-rich germ, and starchy endosperm. Flour or meal that does not contain all parts of the grain is not whole grain, e.g., degermed corn, milled rice, and wheat flour.

whole grain-rich: Grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula. For more information, see "noncreditable grains" in this section.

Effective October 1, 2017, the final rule requires that at least one serving per day, across all eating occasions, must be whole grain-rich.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich 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 such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.

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

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