



Changes

Currently, for the Child and Adult Care and Food Program, foods that have to be creditable are those foods that may be counted toward meeting the meal pattern. Now in addition to being creditable, the types of food and beverages allowed have been revised to more closely reflect the Dietary Guidelines for Americans.

	Current Recommendations	New Recommendations
Juice	<ul style="list-style-type: none"> Juice may be served at meals and snacks Fruit and vegetable juice must be 100 % juice 	<ul style="list-style-type: none"> No juice for infants under 12 months of age No more than 4 ounces of 100% juice may be served to children per day Fruit and vegetable juice must be 100 % juice
Milk	<ul style="list-style-type: none"> Children one to two years of age: whole milk Children over two: lowfat (1%) or reduced fat (2%) fluid milk 	<ul style="list-style-type: none"> Children one to two years of age: whole milk Children over two: 1% or fat-free milk
Fruits/ Vegetables	<ul style="list-style-type: none"> Minimum fruit and vegetable portion must be served 	<ul style="list-style-type: none"> Offer a variety of different fruits and/or vegetables at every meal that are low in fat, sodium and sugar content Offer fresh produce whenever possible Fruits and vegetables served must meet the requirement of < 35% of calories from total fat Minimum fruit and vegetable portion must be served

Meat/ Meat Alternates	<ul style="list-style-type: none"> • Minimum portions must be served 	<ul style="list-style-type: none"> • Emphasize lean and lower sodium choices such as lean meat, skinless poultry, fish, cooked beans and peas, nut butters, eggs, fat-free or low-fat yogurt and cheeses • Processed meats (e.g. hot dogs, sausage, baloney, etc.) may only be served once per two-week cycle. It is highly recommended not serving at all. • Meat and meat alternates served must meet the requirement of < 35% of calories from total fat
Grains	<ul style="list-style-type: none"> • Allows grains/breads items that the primary ingredient is either enriched or whole grain, or made from enriched or whole-grain meal and/or flour 	<ul style="list-style-type: none"> • Whole grains are preferred for all grains • A whole grain product must be served at least once per day where a whole grain is listed as the first ingredient • All grain product (including cereals) must contain =<6 grams of sugar • Sweet grains/bakes goods (e.g., cookies, cakes, donuts, Danishes, etc.) may only be served once per two-week cycle as a snack. It is highly recommended not serving at all. • Emphasize products low in sugar, fat and sodium