











Home Child Nutrition Resources

Training

ICN Sites I

ICN Consultants

i-Bites News

Contact ICN

Q

MEALTIME MEMO













The Nutrition Facts label on food packages provides helpful information. For example, it features key information for crediting tofu and determining if a yogurt or cereal meets the sugar limit requirements in the Child and Adult Care Food Program (CACFP). It is a great tool to use when planning menus to determine creditable foods.

A Nutrition Facts label displays nutrient quantities based on the listed serving size of the food. The serving size may be different from the serving sizes specified in the CACFP meal pattern. This Mealtime Memo focuses on how to use the Nutrition Facts label to credit certain foods in the CACFP.

The U.S. Food and Drug
Administration (FDA) updated the
Nutrition Facts label on food
products. Labels are easier to
read and provide nutrition
information consumers want and
need. Learn more about food
labels at these FDA websites:

- How to Understand and Use the Nutrition Facts Label
- The New Nutrition Facts Label

Nutrition Facts Information Needed in the CACFP

Programs participating in the CACFP use the information on the Nutrition Facts label for two different purposes:

- To identify creditable foods
- To determine the ounce equivalents for grains

Determine Creditable Food Items

er
2/3 cup (55g)
200
230
% Daily Value*
10%
5%
0%
7%
13%
14%
gars 20%
6%
alcium, iron, and

CACFP program operators use the Nutrition Facts label to determine if tofu, yogurt, and breakfast cereals are creditable. Here is a closer look at how to use the Nutrition Facts label information for each of these foods.

Extra Firm Tofu **Nutrition Facts** 4.5 servings per container Serving size 3 ounces (84g) **Amount Per Serving** 90 **Calories** % Daily Value* Total Fat 4.5g 6% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 0mg 0% Sodium 5ma 0% Total Carbohydrate 3g 1% Dietary Fiber 1g 4% Total Sugars 1g Includes On Added Sugars 0% Protein 9g 18% Not a significant source of vitamin D, calcium, iron, and The % Daily Value (DV) 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.

Tofu

In the CACFP, 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.

• 1.0 ounce meat alternate = 2.2 ounces (1/4 cup) with at least 5 grams of protein

Use the Nutrition Facts label to determine if tofu is creditable. Looking at the Extra Firm Tofu Nutrition Facts label:

- Serving size = 3 ounces (84 grams)
- 3 ounce portion provides 9 grams of protein

Since this example is for a 3 ounce serving, you must determine the number of grams of protein per ounce so you can calculate how many grams of protein are in a 2.2 ounce serving. Divide the grams of protein (9) by the Serving size (3 ounces) to get grams per ounce.

• 9 grams protein ÷ 3 ounces = 3 grams protein per ounce

Next, calculate how many grams of protein are in a 2.2 ounce serving:

• 2.2 ounce serving X 3 grams protein per ounce = 6.6 grams protein in a 2.2 oz serving

This tofu product is creditable in the CACFP because a 2.2 ounce portion provides 6.6 grams of protein, which is more than the required 5 grams.

Yogurt

Yummy Yogurt

In the CACFP, yogurt must not have more than 23 grams of sugar per 6 ounces. Total sugars include both natural and added sugar. To determine if yogurt is creditable, use the Nutrition Facts label on the yogurt and the *Sugar Limits in Yogurt* chart found in the USDA worksheet Choose Yogurts That Are Lower in Sugar (pictured below).

*The weight of a serving may be listed in either ounces or grams. Some packages will list both. The *Sugar Limits in Yogurt* chart gives the sugar limits for common serving



In the Yummy Yogurt example, use the following information from the Nutrition Facts label:

- Serving size = 8 ounces (227 grams)*
- Total Sugars = 9 grams

Compare the Serving size and Total Sugars amount from the Nutrition Facts label to the *Sugar Limits in Yogurt* chart. If the yogurt has that amount of sugar or less, the yogurt meets the sugar limit and is creditable.

The Yummy Yogurt is creditable because the 8 ounce (227 grams) serving has 9 grams of Total Sugar, which is less than 31 grams from the *Sugar Limits in Yogurt* chart.

sizes in ounces (oz) and grams (g).

Sugar Limits in Yogurt

Serving Size* Ounces (oz)	Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g



The following USDA resources help determine if yogurt is creditable in the CACFP. They are available in English and Spanish:

- Calculating Sugar Limits for Yogurt in the CACFP
- Choose Yogurts That Are Lower in Sugar

Breakfast Cereal

In the CACFP, all breakfast cereals, including ready-to-eat, instant, and regular hot cereal, must contain no more than 6 grams of sugar per dry ounce. Total sugars include both natural and added sugar. To determine if cereal is creditable, use the Nutrition Facts label for the cereal and the *Sugar Limits in Cereal* chart found in the USDA worksheet Choose Breakfast Cereals That Are Lower in Sugar (pictured below).

In the Toasty Oats Cereal example, use the following information from the Nutrition Facts label:

- Serving Size = 1 cup (43 grams)*
- Total Sugars = 8 grams

Find the Serving size in grams and the Total Sugars amount from the Nutrition Facts label. Use the

*Some Nutrition Facts labels may show more than one serving size column. For cereals, the second column shows amounts if milk is served. The serving sizes on the label may vary from the serving sizes for the CACFP Meal Pattern.

Sugar Limits in Cereal

Total Sugar amount from the column without milk and compare it to the *Sugar Limits in Cereal* chart. If the cereal has that amount of sugar or less, the cereal meets the sugar limit and is creditable.

The Toasty Oats Cereal meets the sugar limit. The 43 gram serving size has 8 grams of Total Sugars, which is less than the 9 grams, as indicated on the chart.

Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams



Learn more about the CACFP sugar limits for breakfast cereals with these USDA resources (available in English and Spanish):

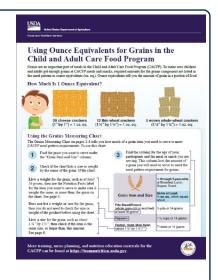
- Choose Breakfast Cereals That Are Lower in Sugar
- Calculating Sugar Limits for Breakfast Cereals in the CACFP

Determine the Ounce Equivalents Contribution of Creditable Grains

In the CACFP Meal Pattern, the required amounts of grains are listed in ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food. CACFP operators use the Nutrition Facts label and one of the methods below to determine ounce equivalents for grains.

USDA's Using Ounce Equivalents for Grains in the CACFP worksheet has a grains measuring chart that tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. The resource provides detailed instructions on using the chart for many types of grains.

CACFP operators can also use the Exhibit A Grains Tool to calculate ounce equivalent grains based on the grain's Nutrition Facts label Serving size and weight. This tool is available in the Food Buying Guide and on the FBG Mobile App. Below is an example of the Exhibit A Grains Tool from the FBG Mobile App.



Flour Tortilla



Flour Tortilla

Locate the Serving size and weight of a product on the Nutrition Facts label. In the Flour Tortilla example:

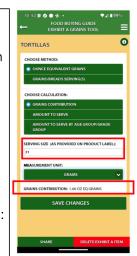
• Serving size = 1 tortilla (31 grams)

The image on the right shows the FBG Mobile App screen when the product's serving size (31 grams) is entered. Once entered, the mobile app tells you:

• 1 tortilla provides 1 oz eq grains

Here are some resources that provide more information on the Exhibit A Grains Tool:

- Exhibit A Grains Tool to the Rescue!
- How to Maximize the Exhibit A Grains Tool





Nutrition Facts labels have many uses. CACFP operators must understand how to use these labels to credit foods to the CACFP meal pattern. USDA has another resource to help understand Nutrition Fact labels: Using the Nutrition Facts Label in the CACFP

Menu Ideas

The following menu ideas provide a variety of foods, colors, and textures. Some recipes contain multiple food components listed in parentheses after the recipe.

Breakfast



Lunch/Supper



Snack



Flour Tortilla with Nut Butter (Grain, Meat Alternate)

Diced Peaches

1% Milk

Sautéed Tofu with Broccoli (Meat Alternate, Grain, Vegetable)

Raspberries

1% Milk

Vanilla Yogurt with Cinnamon (Meat Alternate)

Apple Slices

Water



Recipes

You can find the featured recipes from the Menu Ideas section in the resources below:

- The Child Nutrition Recipe Box has USDA standardized recipes for child care centers and family child care homes.
- The Child Nutrition Recipe Box: New CACFP Lunch/Supper Recipes has standardized recipes per age group (3–5 and 6–18 year-olds) and for servings of 6, 25, and 50.

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