



## FRUITS

Fruits are a required meal component for a reimbursable lunch/supper in the CACFP. Vegetables, fruits, or portions of both are a required meal component for a reimbursable breakfast. Fruits are not required at snack but may be served as one of two required meal components. Fresh, frozen, dried, or canned fruits and full-strength fruit juice may credit toward the fruits component. The importance of adequate and recognizable amounts of fruits must be considered in menu planning to ensure a well-balanced meal and to meet meal pattern requirements.

To allow program operators flexibility to offer a variety of vegetables, the meal patterns allow a second vegetable to be served in place of the fruits component at lunch and supper. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

A **reimbursable breakfast** must contain:

- minimum required serving of fruits

OR

- minimum required serving of vegetables

OR

- portions of both a fruit and a vegetable to provide the minimum required serving.

A **reimbursable lunch/supper** must contain:

- the minimum required serving of fruits and the minimum required serving of vegetables

OR

- two minimum servings of different vegetables; with this option, the second different vegetable is served in place of the fruit requirement.

A **reimbursable snack** may contain a minimum serving of fruit as one of the two meal components required.



### Crediting Tips for Serving Fruits in the CACFP

- The minimum creditable amount for fruit is  $\frac{1}{8}$  cup per serving.
- Fruits credit based on volume served (except for dried fruit).
- Dried fruits credit as twice the volume served (for example:  $\frac{1}{8}$  cup of raisins credits as a  $\frac{1}{4}$  cup fruit).
- Full-strength 100% fruit juice may credit toward the fruits component at one meal, including snack, per day.
- Menu items that are mixtures of fruits and vegetables (for example: fruit salsa made with peaches and red pepper), must be credited separately for the fruits and the vegetables components, except at breakfast when fruits and vegetables are a combined component.
- Snack-type foods made from fruits (for example: fried banana chips, fruit drops, fruit strips) do **not** credit toward the meal pattern requirements.

## Fruit Juices

Pasteurized, 100% fruit juice (in either liquid, gelled, or frozen form) may be used to meet the fruits requirement of reimbursable meals or snacks. The name of the full-strength juice as it appears on the label must include the word(s): “juice” or “full-strength juice” or “single-strength juice” or “100% juice” or “reconstituted juice” or “juice from concentrate.” Juice concentrates can be used only when reconstituted to 100% juice. Fruit juice may count toward the fruits component at only one meal per day, including snack. Juice may be used as one component of a snack when the other component is not fluid milk. Juice may not be served as part of a reimbursable meal for infants.

If juice blends are served, they must be 100% juice or a full-strength juice blend. For example, a juice blend that contains 100% apple, blueberry and strawberry juice counts as fruit juice and credits toward the fruits component. As a best practice, you are encouraged to specify the type of juice served on your menu.

Juice blends or purees that are mixtures of vegetables and fruits credit toward the vegetables or fruits component based on the highest quantity ingredient. For example, if the first ingredient listed on the product label is a fruit juice/puree (e.g., strawberry), then the juice blend credits toward the fruit requirement. If the first ingredient is a vegetable juice/puree (e.g., carrot), then the juice blend credits toward the vegetables requirement.

## Smoothies

Smoothies may be offered as part of reimbursable meals and snacks. Milk, yogurt, fruits, and vegetables used in smoothies may credit toward CACFP meal pattern requirements for all meals, including snacks. If the smoothie contains at least ¼ cup fruits or vegetables per serving, then it may credit toward those meal components. Smoothies may be made from scratch, commercially-prepared mixes, or be commercially pre-packaged (ready to consume) smoothies.

Fruits and vegetables used in smoothies credit as juice. CACFP operators must limit the amount of juice offered to one serving per day. Fruits or vegetables included in a smoothie may be counted as the entire combined fruit/vegetables component at breakfast, or as the fruits or vegetables component at lunch/supper or snack. However, at snack, juice may not be served when milk is served as the only other component; therefore, a smoothie containing juice and milk can credit as either juice or milk, but not both. For additional guidance on smoothies, see the policy memo: **Smoothies Offered in the Child Nutrition Programs.**





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### Food Mixtures With Fruits and Vegetables

Foods that contain a mixture of vegetables and fruits with known quantities must be credited separately for the vegetables and fruits component in reimbursable lunches/suppers and snacks. The mixture must contain at least an  $\frac{1}{8}$  cup of vegetable to count toward the vegetables component and at least an  $\frac{1}{8}$  cup of fruit to count toward the fruits component. For example, a carrot-pineapple mixture served to 6-year-olds contains a  $\frac{1}{2}$  cup carrots and a  $\frac{1}{4}$  cup pineapple. This mixture credits as a  $\frac{1}{2}$  cup vegetable and a  $\frac{1}{4}$  cup fruit. This carrot-pineapple mixture meets the full vegetables component and full fruits component requirements for a reimbursable lunch/supper for children 6 through 12 years old.



### Noncreditable Fruits

Snack-type fruit products such as commercial fried fruit chips (e.g., banana chips) and fruit gummies or drops are not creditable toward CACFP meal pattern requirements. These highly processed food items are typically high in added sugars and low in nutrients. Please keep in mind that young children—especially age 4 and younger—and some elderly participants are at risk of choking on these foods. Always supervise participants during meals and snacks.

Condiments such as jams and jellies are not creditable toward CACFP meal pattern requirements.

Home-canned fruit products may not be served in the CACFP due to health and safety reasons. See the **Resource Section** for additional information on produce safety. However, home-frozen fruit may be served. For example, program operators may choose to freeze blueberries when they are in season (when they are the most economical to buy and taste the best) for use during the winter months when berries are not available or are more expensive.



## Serving Sizes and Yields for Fruits

This is a quick-reference table of commonly served fruits and the amounts needed to provide various serving sizes. Double check to ensure that your serving sizes meet meal pattern requirements and refer to the FBG for purchasing and yield information.

Fruit	Serving Size and Yield
Apples	¼ raw, unpeeled medium apple = about ¼ cup fruit
Bananas	1 medium banana = ½ cup fruit
Blueberries	¼ cup measure = ¼ cup fruit
Strawberries	¼ cup measure = ¼ cup fruit
Cantaloupe	¼ cup diced fruit without rind = ¼ cup fruit
Grapes, Seedless	7 grapes = about ¼ cup fruit
Nectarines	1 small nectarine = about ½ cup fruit; 1 medium nectarine = about ¾ cup fruit
Oranges	1 medium orange = about ½ cup fruit
Peaches	1 small peach = about ⅔ cup fruit; 1 medium peach = about ⅔ cup fruit
Pears	1 medium pear = about ¾ cup fruit
Plums	1 medium plum = ½ cup; 1 large plum = ⅔ cup fruit
Raisins*	1 package (1.3 – 1.5 oz) = ¼ cup credits as ½ cup fruit
Tangerine	1 medium tangerine = about ⅔ cup fruit; 1 large tangerine = about ½ cup fruit
Watermelon	¼ cup diced fruit without rind = ¼ cup fruit

\*Dried fruit credits as twice the volume served. For example, a ¼ cup of raisins credits as a ½ cup fruit.



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Use this section as a guide to identify creditable fruits and products that contain creditable fruits. This is NOT an all-inclusive list. For information on creditable fruits commonly served in Child Nutrition Programs (CNP) see the FBG.

Details in the “Additional Information” column help you to determine if the product is creditable and where to find more information.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Ade Drinks (Lemonade, Limeade)			X	Ade drinks, such as lemonade and limeade, are not 100% juice and are not creditable.
Apple Butter			X	Apple butter is a condiment and is not creditable.
Apple Cider		X		Cider must follow the same crediting rules as fruit juice (must be 100% juice and pasteurized).
Apple Fritters		X		Fritters must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, fritters contain an insufficient amount of fruit per serving. Fritters are a grain-based dessert and do not credit toward the grains component. Deep-fat frying is not allowed as a way of preparing foods onsite. Apple fritters may credit if reheated using a method other than deep-fat frying and if they contain a creditable amount of visible fruit per serving. This product has a high fat and added sugars content and should be served on a limited frequency.
Applesauce	X			Applesauce credits toward the fruit component. See the Fruits section in the FBG. Note: Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in muffins. Purees will credit as juice if included in a beverage.
Banana Bread		X		Banana bread must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Typically, banana bread contains an insufficient amount of fruit per serving.
Berries, All Varieties	X			See the Fruits section in the FBG.



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Food	Creditable			Additional Information
	Yes	Maybe	No	
Cake Containing Fruit		X		Although cake containing fruit is a grain-based dessert and cannot credit toward the grains component, if it contains at least an 1/8 cup (2 tablespoons) of visible fruit per serving, the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a PFS. Generally, cakes with fruit contain an insufficient amount of fruit per serving.
Coconut, Dried	X			Dried coconut credits as twice the volume served. For example, a 1/4 cup dried coconut credits as a 1/2 cup fruit. See the Fruits section in the FBG.
Coconut Flour			X	Coconut flour is not creditable.
Coconut, Fresh or Frozen	X			See the Fruits section in the FBG.
Cranberry Juice Cocktail			X	Juice cocktails are not 100% juice and are not creditable.
Cranberry Sauce or Relish		X		Canned cranberry sauce/relish credits toward the fruit component. See the Fruits section in the FBG. Note: canned cranberry sauce/relish often contains a large amount of added sugars, therefore, as a best practice, program operators should limit how often these foods are served. Cranberry sauces made from scratch may be creditable if they contain an 1/8 cup of fruit per serving. Document meal pattern contribution with a standardized recipe.
Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)	X			Dried fruit credits as twice the volume served. For example, a 1/4 cup of raisins credits as a 1/2 cup fruit. See the Fruits section in the FBG. Dried fruit may be a choking hazard for some populations.
Fig Bars		X		Although fig bars are a grain-based dessert and cannot credit toward the grains component, if it contains at least an 1/8 cup (2 tablespoons) of visible fruit per serving, the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a PFS. Generally, fig bars contain an insufficient amount of fruit per serving.



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Food	Creditable			Additional Information
	Yes	Maybe	No	
Frozen Fruit-Flavored Bars/Popsicles (Freezer Pops)			X	Frozen fruit-flavored bars/popsicles are not made of 100% juice and are not creditable.
Frozen Fruit Juice Bars or Cups		X		Frozen fruit juice bars or cups must contain at least an $\frac{1}{8}$ cup (2 tablespoons) of fruit and/or full-strength 100% fruit juice per serving. Only the fruit or fruit juice portion may credit toward the fruit requirement. Document meal pattern contribution with a standardized recipe or a PFS.
Fruit Cups		X		Commercially prepared fruit cups (packed in water, 100% juice, or light syrup) must contain at least an $\frac{1}{8}$ cup (2 tablespoons) of visible fruit. Document meal pattern contribution with a PFS.  Fruit cups prepared by using a #8 scoop serving from a #10 can of fruit may credit $\frac{1}{2}$ cup measure of fruit and juice as $\frac{1}{2}$ cup of fruit as described in the FBG.
Fruit Cobblers/Crisps		X		Although fruit cobblers/crisps are a grain-based dessert and cannot credit toward the grains component, if it contains at least an $\frac{1}{8}$ cup (2 tablespoons) of visible fruit per serving, the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a PFS.
Fruit Juice Bases			X	Juice bases are not 100% fruit juice and are not creditable.
Fruit Juice Concentrates		X		Juice concentrates may only be credited when reconstituted to full-strength 100% juice. Juice concentrate cannot be credited when used as an ingredient in another food or beverage unless it is reconstituted to 100% full-strength and provides a minimum of $\frac{1}{8}$ of a cup of full-strength 100% juice.
Fruit Drinks			X	Fruit drinks are not 100% juice and are not creditable.
Fruit-Flavored Powders and Syrups			X	Fruit-flavored powders and syrups do not meet the definition of fruit or juice and are not creditable.
Fruit-Flavored Punch			X	Fruit-flavored punch is not 100% juice and is not creditable.

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	Yes	Maybe	No	
Fruit-Flavored Waters			X	Fruit-flavored waters are not 100% juice and are not creditable.
Fruit Purees	X			Fruit purees credit on volume served. See the Fruits section in the FBG. Please note: Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in muffins. Purees will credit as juice if included in a beverage, including smoothies.
Fruit Sauces (Other than applesauce or cranberry sauce)		X		Fruit sauces must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, commercial sauces contain an insufficient amount of fruit per serving.
Fruit Snacks (Fruit Strips, Leather, Fruit Drops, or other Fruit Snack-Type Products)			X	Fruit snacks are not creditable.
Gelatinized Fruit/ Gelatin Containing Fruit		X		Thickened or gelatinized fruit (such as gelatin with fruit) must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS.
Honey			X	Honey is a sweetener and is not creditable. See the Other Foods section in the FBG for purchasing information. For food safety reasons, honey should not be served to children less than 1 year of age.
Ice Cream, Fruit Flavors			X	Fruit-flavored ice cream contains an insufficient amount of fruit to credit toward the fruits component. See the Other Foods section in the FBG for purchasing information.
Jam			X	Jam is a condiment and is not creditable. See the Other Foods section in the FBG for purchasing information.
Jelly			X	Jelly is a condiment and is not creditable. See the Other Foods section in the FBG for purchasing information.



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Food	Creditable			Additional Information
	Yes	Maybe	No	
Juice, 100% Fruit	X			Pasteurized, 100% full-strength fruit juice is creditable.
Juice Blends (All Fruit)		X		Juice blends made from pasteurized, 100% full-strength fruit juice are creditable.
Juice Blends (Fruit and Vegetable)		X		Juice blends containing combinations of full-strength 100% fruit and vegetable juice are creditable. May be credited toward the fruits component when fruit is the first ingredient listed.
Maple Syrup			X	Maple syrup is a condiment or sweetener and is not creditable. See the Other Foods section in the FBG for purchasing information.
Muffins Containing Fruit		X		Muffins must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, muffins contain an insufficient amount of fruit per serving.
Nectars (Fruit)		X		Full-strength 100% fruit nectars are creditable. Please note that there are no industry standards for nectars, and juice content may range anywhere from 0 to 100%.
Pie Filling (Fruit)		X		Pie filling must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Pies are a grain-based dessert and do not credit toward the grains component.
Pineapple Upside-Down Cake		X		Cake must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Cake is a grain-based dessert and does not credit toward the grains component.
Preserves			X	Preserves, similar to jams and jellies, are considered a condiment and are not creditable.
Puddings Containing Fruit, Commercial			X	Commercial puddings are not creditable toward the fruits component.

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Food	Creditable			Additional Information
	Yes	Maybe	No	
Puddings Containing Fruit, Homemade		X		Homemade pudding containing fruit must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving to credit toward the fruits component. Document meal pattern contribution with a standardized recipe. In most cases, puddings are an “Other Food” and do not credit toward the meal pattern requirements. See the Other Foods section in the FBG for purchasing information.
Sherbet, Commercial or Homemade			X	Sherbet is not creditable. See the Other Foods section in the FBG for purchasing information.
Sorbets, Commercial or Homemade		X		Sorbets must contain at least an ⅛ cup (2 tablespoons) of fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Please note that sorbets are perceived as desserts and often contain a large amount of added sugars, therefore, as a best practice, program operators should limit how often these foods are served.
Syrup (Fruit Flavored)			X	Syrup is a condiment and is not creditable.
Toaster Pastries with Fruit			X	Toaster pastries do not credit toward the fruits component. Toaster pastries are a grain-based dessert and do not credit toward the grains component.
Yogurt, Commercial (Fruit added by Provider)		X		Yogurt containing fruit added by the provider must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe. Yogurt must contain no more than 12 g of added sugars per 6 oz.
Yogurt with Fruit, Commercial			X	The entire volume of commercial yogurt with fruit may credit toward the meat alternates component but cannot count toward the fruits component. See the Meats/Meat Alternates section in the FBG for additional crediting information. Yogurt must contain no more than 12 g of added sugars per 6 oz.