NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

USDA Food & Nutrition Service
Child Nutrition Programs
thank you!
Agenda

Morning:
- Infant meal pattern
- Child and adult meal pattern
- Other Child Nutrition Programs

Afternoon:
- Best practices
- Implementation plan
- Q&A
Regulation Process

- Proposed Rule published 1/15/15
- Comment period and development of final rule
- Final Rule published TODAY!
- Implementation October 1, 2017
NEW INFANT MEAL PATTERN
Infant Age Groups and Solid Foods

- Two age groups: 0-5 months and 6-11 months
- Solid foods are allowed when developmentally appropriate for the infant
Gradual Introduction of Solid Foods

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Old</th>
<th>New</th>
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<tbody>
<tr>
<td></td>
<td>0-3 months</td>
<td>0-5 months</td>
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<tr>
<td></td>
<td>4-6 fl oz breastmilk or formula</td>
<td>6-8 fl oz breastmilk or formula</td>
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<tr>
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<td>4-8 fl oz breastmilk or formula</td>
<td>4-6 fl oz breastmilk or formula</td>
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<tr>
<td></td>
<td>0-3 tbsp infant cereal</td>
<td>0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas, or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination*</td>
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<tr>
<td></td>
<td>1-4 tbsp vegetable, fruit or both</td>
<td>0-2 tbsp vegetable, fruit or both*</td>
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Breastfeeding and Infant Snack

- Meals may be reimbursed when a mother breastfeeds on-site
- A vegetable or fruit must be served at snack for older infants; prohibits juice
- Ready-to-eat cereals are allowed at snack for older infants
Meat and Meat Alternates

- Allows cheese, cottage cheese, and yogurt
- Whole eggs
NEW CHILD AND ADULT MEAL PATTERNS
Vegetables and Fruit

✓ Creates a separate vegetable component and a separate fruit component
Vegetable and Fruit Consumption

**Vegetables**

- **Recommended Intake Ranges**
- **Average Intake**

**Fruits**

- **Recommended Intake Ranges**
- **Average Intake**
Vegetables and Fruit

- Allows two vegetables at lunch and supper
Vegetables and Fruit

- Limits juice to once per day
Grains

- Requires at least one grain per day be whole grain-rich
Grain Consumption

Range of Recommended Intake for Whole Grains/Limits for Refined Grains Intake

Average Refined Grains Intake

Average Whole Grains Intake

Ounce-Equivalents

Males (years)

Females (years)
Whole Grain-Rich

- Whole grain-rich = foods that contain at least 50% whole grains and the rest are enriched, or contain 100% whole grains
Grains

- Disallows grain-based desserts
Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
Grains

- Uses *ounce equivalents* to determine serving sizes for grains (starting October 1, 2019)
Meat and Meat Alternates

- May substitute the ENTIRE grains component at breakfast a maximum of three times per week
- Allows tofu
Meat and Meat Alternates

- Yogurt must contain no more than 23 grams of sugar per 6 ounces
Added Sugar Consumption

![Graph showing added sugar consumption by age and gender](image)
Fluid Milk

❖ 1 year old children: whole, unflavored milk
❖ 2 year olds and older and adults: low-fat or fat-free milk
❖ Adults: yogurt in place of milk once per day
❖ Non-dairy beverages
Flavored Milk
<table>
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<tr>
<td>Children 0 through 5 years old</td>
<td>❖ Prohibits flavored milk</td>
</tr>
<tr>
<td>Children 6 years old and older and adults</td>
<td>❖ Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces</td>
</tr>
</tbody>
</table>
Food Preparation

- **Deep-fat frying** = cooking by submerging in hot oil or other fat
Additional Provisions

- Use of food and beverage for reward or punishment
- Offer and make water available
- Parent/guardian provided components
- Family style meals
- Offer vs. Serve
Other Child Nutrition Programs
For More Information...

🔘 CACFP Meal Standards webpage: