Making Changes One Bite at a Time: Implementing the New Meal Patterns

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Implementation Plan

- Home/ Center Training at Trimester Visits
- Food Program Training Workshop: Making Changes One Bite at a Time: New Meal Patterns
- Trimester Newsletter
- Trimester Wellness/ Recipe Cards
- Twist and Sprout Cookbook
- Weekly/Daily Facebook Updates
- Website New Meal Patterns Page with Q&A
- Early Implementation: Option 1

Training in the Home

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
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</thead>
<tbody>
<tr>
<td>Vegetable/Fruit Components</td>
<td>Infant Meal Pattern</td>
<td>Grains Component</td>
</tr>
<tr>
<td>No frying</td>
<td>Meat/Meat Alternate Component</td>
<td>Sugar Limits</td>
</tr>
<tr>
<td>Milk Component</td>
<td></td>
<td>Parent Provided Components</td>
</tr>
</tbody>
</table>

USDA Child & Infant Meal Pattern Summary Sheets
PCI Child & Infant Meal Patterns
PCI O & A Sheet
PCI Cereal List
Twist & Sprout Cookbook
Meal Pattern Magnets

Evaluations

Overall, how would you rate this training?

<table>
<thead>
<tr>
<th></th>
<th>Excellent</th>
<th>Fair</th>
<th>Poor</th>
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<tbody>
<tr>
<td>The trainer presented the information using language and examples that were easy for me to understand.</td>
<td></td>
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<tr>
<td>The trainer encouraged people in the class to ask questions about the topic.</td>
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<tr>
<td>The trainer encouraged people in the class to share their own information about the topic.</td>
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<tr>
<td>I received helpful handouts, resources, and information about where to find other resources.</td>
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<tr>
<td>I feel prepared to share what I have learned in my work with children and families.</td>
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Agenda

- Child Meal Pattern
- Required Training Elements
- Infant Meal Pattern
- Best Practices
Objectives

After completing this training participants will accurately...
1. Describe at least three changes to the updated meal patterns.
2. Identify creditable meals and foods for meal planning.

Training Guidelines

• Turn your mind on and your phone to silent or off
• Everyone participates
• Be respectful
• Share ideas
• Confidential
• Ask for clarification if you do not understand

Roll the Dice!

1. What kind of whole grain foods do you serve?
2. What kind of milk do you serve to a 12 to 23 month old child?
3. Do you serve juice? How often?
4. At what age do your infants start solid foods?
5. The most unusual vegetable your kids like
6. In what ways do you introduce new foods?

Change

Progress is a nice word. But change is its motivator. And change has its enemies.

- Robert Kennedy

Overview

• First major change since 1968
• Changes: greater variety of fruits/vegetables, more whole grains, less added sugar
• Effective Date: October 1, 2017

Why the Change?

Shift in habits:
• Diets high in added sugar, saturated fats and sodium
• 75% of Americans diets are low in vegetables, fruit and dairy
• 1 in 3 children are overweight or obese

Purpose to help children develop healthy eating habits
**Child Meal Pattern**

**Fluid Milk**

<table>
<thead>
<tr>
<th>Age</th>
<th>Milk Type</th>
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<tbody>
<tr>
<td>1 year (12-23 months)</td>
<td>Unflavored whole (Vitamin D)</td>
</tr>
<tr>
<td>2-5 years</td>
<td>Unflavored skim (fat-free)</td>
</tr>
<tr>
<td>6-12 years</td>
<td>Unflavored skim (fat-free)</td>
</tr>
</tbody>
</table>

*Non-dairy beverages that are nutritionally equivalent to cow’s milk and meet the nutritional standards for fortification of calcium, protein, vitamin A and vitamin D are also allowed (some soy milks).*

**Vegetables**

- **Recommended vegetable intake=**
- **Average vegetable intake =**
- **Children need =**

<table>
<thead>
<tr>
<th>Age</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1-3 year olds</td>
<td>1 - 1 ½ cups per day</td>
</tr>
<tr>
<td>4-8 year olds</td>
<td>1 ½ - 2 ½ cups per day</td>
</tr>
<tr>
<td>9-13 year olds</td>
<td>2 - 3 cups per day</td>
</tr>
</tbody>
</table>

**Vegetables and Fruits**

- **Option to serve two different vegetables at lunch or supper**

**3-5 year old lunch**

- Chicken Rice
- ½ cup peas
- ½ cup apples
- Milk

**3-5 year old snack**

- Carrot Sticks
- Apples

***Starting October 1, 2017***
Vegetables and Fruits

What is a vegetable???

visit: choosemyplate.gov

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Vegetables and Fruits

¼ cup = ½ cup

Leafy Greens

Dried Fruit

1 cup = ¼ cup

¼ cup = ¼ cup

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Vegetables and Fruits

Fruit or vegetable juice is limited to 1x per day

Juice must be:
• 100% fruit or vegetable juice
• Full strength (not diluted)

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Meat/Meat Alternate

May serve meat/meat alternate in place of grain at breakfast a maximum of 3 times per week

Example:
3-5 years: ½ serving grain swapped for 0.5 oz MMA.

Meat/Meat Alternate

• Tofu and soy yogurt are now creditable meat/meat alternates

Identifiable Firm Tofu

Soy Yogurt

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Meat/Meat Alternate

• Yogurt must contain no more than 23 grams of sugar per 8 ounces

Peach Yogurt (6 oz)

18 grams of sugar
6 oz serving

YES
Meat/Meat Alternate

- Yogurt must contain no more than 23 grams of sugar per 6 ounces (Or less than 3.83 gm sugar/oz)

Strawberry Go-Gurt (2.25 oz)

9 gm / 2.25 oz = 4 gm/oz

NO

Yogurt Sugar Limits

NO

YES

Grains

Recommended whole grain intake =

Average whole grain intake =

Average refined grain intake =

Grains

At least one grain per day must be whole grain-rich.
Whole Grain–Rich

Definition: at least 50% whole grains and the remaining grains are enriched

*A Applies Only to the Child Meal Pattern*

Documentation: Menus must list whole grain–rich items (whole wheat bread, brown rice)

Whole Grains
- Whole-wheat flour
- Oatmeal
- Brown Rice
- Quinoa
- Wild Rice
- Whole-wheat bread
- Whole-grain cereal
- Whole-wheat pasta
- Whole-grain crackers

Whole Grain–Rich

Whole grain is the first ingredient listed (or second after water) and all remaining grains listed must be whole grain or enriched

OR

The product includes a FDA approved health claim

Determining Whole Grain–Rich

Tips:
- Enriched grains must include the word “enriched”
  - Ex: Enriched wheat flour
- Ignore wheat gluten
- Ignore bran and germ
- Unless one of these is the first ingredient, in which case the product is not creditable as a grain
- Ignore everything listed as less than 2% of the product

Determining Whole Grain–Rich

Reviewing Labels
Identifying Creditable Foods

Activity 2: Whole Grain-Rich

Is it Whole Grain-Rich?

Ingredients:
Whole Grain Wheat Flour, Soybean Oil, Sugar, Cornstarch, Malt Syrup (from Corn and Barley), Salt, Invert Sugar, Leavening (Calcium Phosphate and/or Baking Soda), Vegetable Color (Annatto Extract, Turmeric Oleoresin). BHT added to packaging material to preserve freshness. ****Contains: Wheat.****

Is it Whole Grain-Rich?

Ingredients:
Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid, Calcium Phosphate, Leavening (Calcium Phosphate and/or Baking Soda), Salt, High Fructose Corn Syrup, Soy Lecithin.

Is it Whole Grain-Rich?

Activity Continued

Grains

• What is a grain-based dessert?
  • Cakes/ Cookies/ Sweet Pies/ Fruit Turnovers/ Brownies
  • Doughnuts/ Sweet Rolls
  • Toaster Pastries/ Granola Bars/ Cereal Bars
  • Graham Crackers/ Animal Crackers

Grains

• Grain-based desserts are no longer creditable for any meal or snack

• Can they still be served? Yes (Extra Only)
Grains

- Breakfast cereal nutrient requirement
- *No more than 6 grams of sugar per dry ounce*
- Includes: ready-to-eat, instant and regular hot cereals

**Is It Creditable?**

1. Find serving size in grams and the grams of sugars
2. Divide sugars by serving size (in grams)
3. If the answer is:
   - Equal to or less than 0.21 – **Creditable**
   - Greater than 0.21 – **Not Creditable**

**Is it Creditable?**

- Cheerios
  - 1/28 = 0.035
  - Yes

**Is it Creditable?**

- Honey Nut Cheerios
  - 9/28 = 0.32
  - No
Activity 3: Cereal Sugar Limits

Ingredients:
- Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (Mixed Tocopherols) and BHT Added to Preserve Freshness. Vitamins and Minerals...

Cereal Sugar Limits

Ingredients:
- Whole Grain Rolled Oats (With Oat Bran), Sugar, Salt, Brown Sugar Flavor Blend (Natural Flavors, Non-Fat Milk, Carob Powder, Salt), Calcium Carbonate (A Source Of Calcium), Natural Flavors, Guar Gum, Caramel Color, Niacinamide*, Vitamins...

Cereal Sugar Limits

Ingredients:
- Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Salt, Brown Sugar Syrup, Tricalcium Phosphate, Vegetable and Fruit Juice Color, Trisodium Phosphate, Citric Acid, Natural Flavor. Vitamin E Added to Preserve Freshness.

Grains

Minnesota WIC Shopping Guide Cereal List

Additional Changes

No deep fat frying food
**Additional Changes**

Water must be available **AND** offered to children throughout the day.

**Additional Changes**

Food cannot be used as a reward or punishment.

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**Child Summary**

- Make every sip count
- More protein options
- Greater variety of vegetables and fruits
- More whole grains
- Less added sugars
- No deep fat frying

**Child Meal Planning**

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**How Can You Make This Creditable?**

- Oatmeal
- Apple Juice
- Skim Milk
- Turkey on Bread
- French Fries/Bananas
- Skim Milk
- Graham Crackers
- Grape Juice

- Oatmeal (WGR)
- Apples
- Skim Milk
- Turkey, WW Bread (WGR)
- Baked Fries/Bananas
- Skim Milk
- Wheat Thin Crackers (WGR)
- Grape Juice

- Rice Krispies
- Peaches
- Whole Milk
- Pancakes, Sausage
- Oranges/Watermelon
- 1% Milk
- Gogurt
- Strawberries

- Cheerios (WGR)
- Peaches
- 1% Milk
- Pancakes, Sausage
- Oranges/Hashbrowns
- 1% Milk
- <23 gm sugar / 6 oz Yogurt
- Strawberries
How Can You Make This Creditable?

- Scrambled Eggs w/ Spinach, Peppers & Salsa
- Whole Milk
- Skim Milk
- WW Pasta/Meat Sauce
- Broccoli/Peas
- Chocolate Milk
- Apple
- Peanut Butter

New Infant Meal Pattern

Breastfeeding

- Breastfeeding is reimbursable on site
- Expressed breastmilk is an acceptable fluid milk substitute for any age

Two Age Groups

<table>
<thead>
<tr>
<th>Current Meal Pattern</th>
<th><em>New</em> Meal Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 months</td>
<td>0-5 months</td>
</tr>
<tr>
<td>4-7 months</td>
<td>6-11 months</td>
</tr>
<tr>
<td>8-11 months</td>
<td></td>
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</tbody>
</table>

*Solid foods when developmentally ready

Discussion

How do you communicate and implement new foods with parents of an infant that is developmentally ready to start solids?

Developmentally Ready

- Sit in a high chair with good head control
- Opens his/her mouth for food
- Can move food from a spoon into throat
- Doubled birth weight and weighs about 13 pounds or more
Infant Fruits, Vegetables & Grains

- Vegetable or fruit required at snack
- No Juice
- Ready-to-eat cereals* at snack

Infant Meat/Meat Alternate

Allows:
- Cheese
- Cottage cheese
- Yogurt*
- Whole eggs

Not allowed: Cheese food or cheese spreads

Infant Meals and Snacks

Meals
- BM/IFIF
- IFIC and/or MMA
- Vegetable and/or fruit

Snacks
- BM/IFIF
- Vegetable and/or fruit
- Grains

Infant Summary

- Encourage and support breastfeeding
- Developmentally appropriate meals
- More nutritious meals

Additional Change

A parent may now only provide ONE component of the meal pattern

Best Practices
Infants:
- Support breastfeeding

Vegetables/Fruit:
- Serve a vegetable or fruit for snack daily
- Serve a variety of fruits and choose whole fruits
- Provide at least one serving per week of:
  - Dark green vegetables
  - Red/orange vegetables
  - Beans and peas (legumes)
  - Starchy vegetables
  - Other vegetables

Grains:
- Serve whole grain-rich twice per day

Meat/ Meat Alternate:
- Serve only lean meats, nuts, legumes
- Limit processed meats to once/week
- Serve only natural, low-fat/ reduced fat cheeses

Limit pre-fried food to once/week

Seasonal and local produce

Avoid non-creditable foods that are sources of added sugars

How will these changes benefit the children?