

# CACFP Whole Grains Requirements



# Adding Whole Grains To Your Menu

**USDA**  
United States Department of Agriculture

## Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play.**

### Fueling Up With Veggies

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

### Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.

Whole Grains

Refined Grains

once a day. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

### Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new healthy foods.

### Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite.
- Including a wider variety of foods for babies to try during their first year of life.

**Food and Nutrition Service**  
**FNS-651**  
**April 2017**  
<https://teamnutrition.usda.gov>  
USDA is an equal opportunity provider, employer, and lender.

Sources:  
<https://health.gov/dietaryguidelines/2015/>  
[https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table\\_a06.html](https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html)  
[https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table\\_a40.html](https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html)

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



# Whole Grain-Rich Requirement for the CACFP

- Once per day, offer whole grain-rich foods at meals or snacks
- Requirement applies to the day care center or home, not participant
- You can serve whole grain-rich foods more than once a day
- Portions served must meet the minimum serving size for the age group



# Whole Grains Make a Difference

- In the CACFP, grains served at **one** meal or snack every day must be **whole grain-rich**
- **Whole grain-rich:**
  - At least half the grain ingredients in a food are **whole-grain**
  - Any remaining grain ingredients are **enriched, bran, or germ**
- Required for child and adult meal patterns only
  - Not required for infant meal pattern



# Common Whole Grain-Rich Foods

## Foods

- Oats (steel cut, old fashioned, quick cooking, instant oatmeal, oat groats)
- Brown rice
- Wild rice
- Quinoa
- Bulgur
- Cracked wheat
- Teff
- Whole wheat bread/buns/rolls
- Entire wheat bread/buns/rolls
- Graham bread/buns/rolls
- Whole wheat macaroni/spaghetti



# Minimum Serving Sizes



## What is in a Breakfast?

Milk (6 fl. oz. or  $\frac{3}{4}$  cup)  
Vegetables, Fruit, or Both ( $\frac{1}{2}$  cup)  
Grains ( $\frac{1}{2}$  oz. eq.)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

$\frac{1}{2}$  oz. eq.  
Whole Grain-Rich  
Mini Pancakes



Sample Breakfast

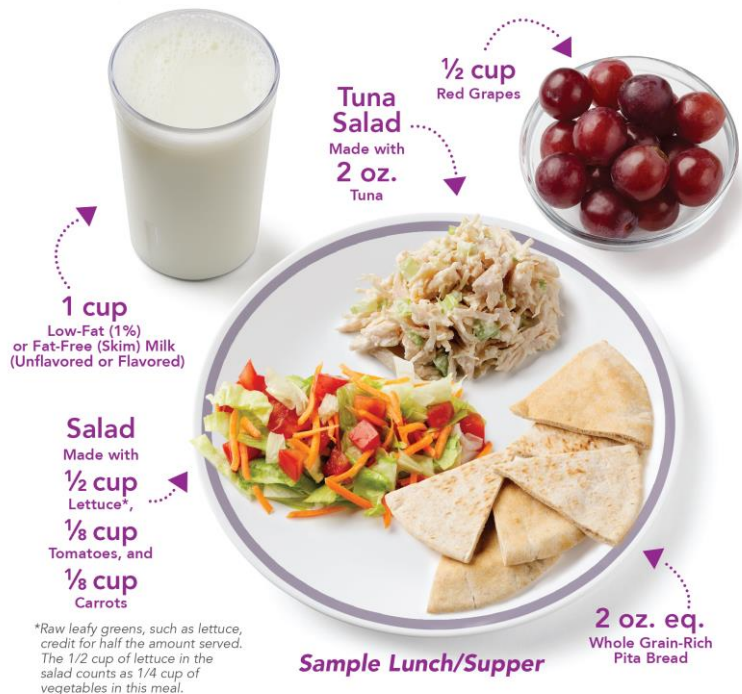
$\frac{1}{2}$  cup  
Sliced  
Strawberries



$\frac{3}{4}$  cup  
Unflavored  
Low-Fat (1%)  
or Fat-Free  
(Skim) Milk

For 3 through 5 year olds

# Minimum Serving Sizes



## What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternate (2 oz. eq.)  
Vegetables (1/2 cup)  
Fruit (1/2 cup)  
Grains (2 oz. eq.)



## For Adults

# The Scoop on Snacks



## What is in a Snack?

Pick 2:

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)

Meat/Meat Alternate ( $\frac{1}{2}$  oz. eq.)

Vegetables ( $\frac{1}{2}$  cup)

Fruit ( $\frac{1}{2}$  cup)

Grains ( $\frac{1}{2}$  oz. eq.)

# If You Only Serve Snacks...

- You are not required to serve a grain at snack
- If you want to serve a grain, it must be whole grain-rich



## What is in a Snack?

Pick 2:

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)

Meat/Meat Alternate ( $\frac{1}{2}$  oz. eq.)

Vegetables ( $\frac{1}{2}$  cup)

Fruit ( $\frac{1}{2}$  cup)

Grains ( $\frac{1}{2}$  oz. eq.)



## Try It Out!

Your child care center serves the same group of children for the entire day.

Today, you serve enriched toast at breakfast, brown rice at lunch, and yogurt and fruit at snack.

Does today's menu meet the whole grain-rich requirement for the CACFP?

- Yes
- No





## Answer

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Today, you serve enriched toast at breakfast, brown rice at lunch, and yogurt and fruit at snack.

Does today's menu meet the whole grain-rich requirement for the CACFP?

Yes

No



# Sample Snack Ideas

<b>Snack</b>	<b>Example 1</b>	<b>Example 2</b>	<b>Example 3</b>
<b>Milk</b>			Low-fat (1%) milk
<b>Meat/Meat Alternate</b>	String cheese		
<b>Vegetables</b>		Bean dip	
<b>Fruit</b>	Apples		Fruit salad
<b>Grains</b>		Whole grain-rich crackers	



## Try It Out!

### What is in a Snack?

Pick 2:

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)

Meat/Meat Alternate ( $\frac{1}{2}$  oz. eq.)

Vegetables ( $\frac{1}{2}$  cup)

Fruit ( $\frac{1}{2}$  cup)

Grains ( $\frac{1}{2}$  oz. eq.)



Your afterschool program only serves snacks. It does not serve breakfast, lunch, or supper. Which snack(s) **do not** meet the whole grain-rich requirement in the CACFP?

- Enriched muffin and low-fat (1%) milk
- Whole-wheat toast and peanut butter
- Applesauce and low-fat (1%) milk
- Diced pears and whole grain-rich mini bagels





## Answer

### What is in a Snack?

Pick 2:

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)

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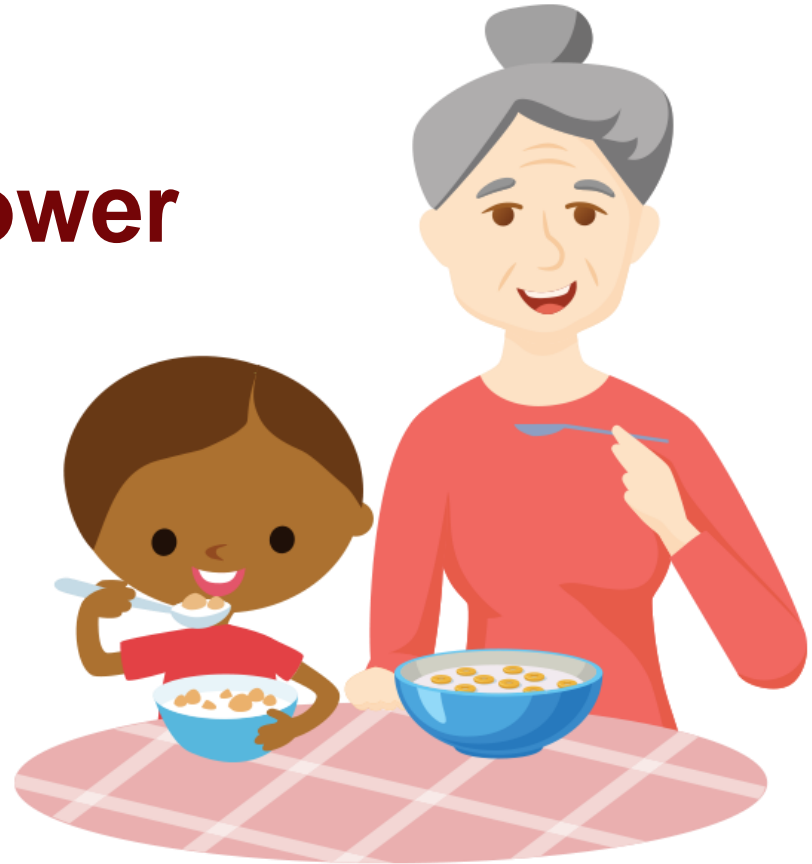


# Grains at Breakfast, Lunch, or Supper

- Required at **meals**:
  - Breakfast
  - Lunch
  - Supper
- If you only serve one **meal** per day, then grains served must be whole grain-rich



# Choose Breakfast Cereals That Are Lower in Added Sugars



# LOWER SUGAR CEREALS FOR KIDS

6g of added sugar or less, plus at least 2g fiber & protein

# Lowering Added Sugars



## Tips!

1

In the CACFP, breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

2

You can use many of the cereal that is listed on any State agency's WIC-approved cereal list.

3

You can find cereals that meet the sugar limit by using Team Nutrition's "Choose Breakfast Cereals That Are Lower in Added Sugars" worksheet ([TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov)).





# Try It Out!

## Which Cereals Can You Add to Your List?



Cereals Within Sugar Limit but NOT Whole Grain-Rich



Providers' Choice  
This institution is an equal



## C Brand Great Granola Cereal

### Nutrition Facts

Serving Size 1 oz. pouch (28g)  
Servings Per Container 1

Amount Per Serving		Calories from Fat 25	
Calories 120			
		% Daily Value*	
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	21g		<b>7%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 6g			
<b>Protein</b>	3g		<b>6%</b>
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Try It Out! (Example 2)  
Is this cereal creditable?

- Yes
- No

C Brand Great Granola Cereal			
Nutrition Facts			
Serving Size 1 oz. pouch (28g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b> 120	Calories from Fat 25		
<b>% Daily Value*</b>			
<b>Total Fat</b> 2.5g	<b>4%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 21g	<b>7%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 6g			
<b>Protein</b> 3g	<b>6%</b>		
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 5%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Nice work everyone!! Yes, C Brand Great Granola cereal is creditable because it meets the CACFP sugar limit of 6 grams of sugars per dry ounce.

To figure out if this cereal was creditable, we looked at the serving size on the Nutrition Facts label which is 28 grams. We then looked at the "Sugars" line on the Nutrition Facts label to see how much sugar is in one serving of this cereal, which is 6 grams of sugar.

We then looked at the chart on the worksheet to find the serving size range for this cereal. Since we know the serving size is 28 grams, we looked at the serving size range of 26-30 grams to see the maximum amount of sugar that can be found in that serving size. So, that means we looked to the right of the 26-30 grams serving size row, and saw that the cereal cannot contain more than 6 grams of sugar. Since this cereal contains 6 grams of sugar, and according to the chart the maximum amount of sugar that can be in this serving size is 6 grams, then this cereal is creditable/meets the



## Answer (Example 2)

Is this cereal creditable?

Yes

No

### C Brand Cereal

#### Nutrition Facts

Serving Size 1 oz. pouch (28g)  
Servings Per Container 1

##### Amount Per Serving

**Calories** 120                      Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.5g                      **4%**

Saturated Fat 0g                      **0%**

Trans Fat 0g

**Cholesterol** 0mg                      **0%**

**Sodium** 0mg                      **0%**

**Total Carbohydrate** 21g                      **7%**

Dietary Fiber 2g                      **8%**

Sugars 6g

**Protein** 3g                      **6%**

Vitamin A 0%                      •                      Vitamin C 0%

Calcium 0%                      •                      Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



# Serving Meat/Meat Alternates at Breakfast

- Required at breakfast:
  - Milk
  - Vegetables/fruit
  - Grains
- Can serve meat/meat alternates in place of grains up to three times per week
- Must serve grains on days you do not serve meat/meat alternate
- If you only serve breakfast, grains must be whole-grain rich





## Try It Out!

Your adult day care only serves breakfast, and only 3 days a week.

Which breakfast **does not** meet the requirement for whole grain-rich in the CACFP?

- Fat-free (skim) milk, eggs, fruit salad
- Low-fat (1%) milk, enriched pancakes, sliced strawberries
- Low-fat (1%) milk, oatmeal, blueberries
- Fat-free (skim) milk, beans, cheese





## Answer

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Which breakfast **does not** meet the requirement for whole grain-rich in the CACFP?

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- Low-fat (1%) milk, enriched pancakes, sliced strawberries**
- Low-fat (1%) milk, oatmeal, blueberries
- Fat-free (skim) milk, beans, cheese



# Offer Versus Serve (OVS)

- For at-risk afterschool or adult participants only
- Can be used only at meals:
  - Breakfast
  - Lunch
  - Supper
- If counting OVS meal towards whole grain-rich requirement, all grains offered must be whole grain-rich



# Food(s) for Thought: Whole Grain-Rich Breakfast Ideas

- Oatmeal\*
- Whole Grain-Rich Pancakes
- Whole Grain-Rich Waffles
- Toast Made with Whole-Wheat Bread
- Whole Grain-Rich Muffin
- Whole Grain-Rich Cereal\*
- Whole Grain-Rich English Muffin, Bagel, or Biscuit

**WHOLE GRAINS**

**Ideas for Getting 3 Servings of Whole Grains Each Day!**

**Breakfast**

- Cereal made with whole grains
- Whole wheat toast with jam
- Oatmeal
- Whole grain pancakes or waffles

**Lunch**

- Sandwich made with whole wheat bread
- Whole grain pizza stuffed with your favorite toppings
- Hamburger on a whole grain bun
- Soup with barley or whole rice

**Snack**

- Apples
- Oatmeal cookie
- Whole grain granola bar
- Soft cereal made with whole grain into grapes!

**Dinner**

- Brown rice with stir-fried vegetables
- Whole grain pasta topped with sauce
- Wild rice
- Whole grain dinner roll

**Check out these brands:**

RICE RONI, Minute, Kashi

**3 Healthy Kids**

**THESE ARE BETTER... THAN THESE!**

WHOLE GRAINS	REFINED GRAINS
• Whole wheat bread	• White bread
• Whole wheat tortillas	• Corn and white flour tortillas
• Oatmeal	• Corn flakes
• Whole wheat pasta	• Enriched white pasta
• Buckwheat or bulgur	• Crisps
• Popcorn!	• Couscous

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**Health benefits:**

- Choosing whole grains as part of a healthy diet may reduce the risk of heart disease.
- Choosing whole grains may help with weight management.
- Eating grain products with fiber may help reduce cholesterol levels.
- Eating fiber can help reduce the risk of constipation.

\*Must meet the sugar limit for cereals in the CACFP.

# Food(s) for Thought: Whole Grain-Rich Lunch/Supper Ideas

- Whole Wheat Macaroni/Spaghetti
- Whole Grain-Rich Pita Bread or Pita Pocket
- Whole-Wheat Bun or Roll
- Whole Grain-Rich Pizza Crust
- Whole Grain-Rich Tortilla
- Brown Rice
- Wild Rice
- Quinoa
- Bulgur



# Food(s) for Thought: Whole Grain-Rich Snack Ideas

- Whole Grain-Rich Crackers
- Whole Grain-Rich Pita Wedges
- Whole Grain-Rich Cereal Mix\*
- Whole Grain-Rich Pretzels
- Rice Cakes Made with Brown Rice
- Whole Grain-Rich Banana Bread



\*Must meet the sugar limit for cereals in the CACFP.

# Questions?



[TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov)

