



Nutrition for the CACFP

GRAIN-BASED DESSERTS

WHY ARE GRAIN-BASED DESSERTS NOT CREDITABLE?

As of October 1, 2017, grain-based desserts are no longer allowed to count towards the grains component for the Child and Adult Care Food Program meal pattern. By eliminating grain-based desserts, children are able to receive more nutrient dense food and are able to reduce the total amount of added sugar in their diet. Additionally, limiting grain-based desserts encourages healthy eating habits at an early age.

COMMON GRAIN-BASED DESSERTS (NOT REIMBURSABLE IN THE CACFP)

- Brownies
- Cakes, including coffee cake and cupcakes
- Cereal bars, breakfast bars, and granola bars
- Cookies, including vanilla wafers
- Doughnuts, any kind
- Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies
- Gingerbread
- Ice Cream Cones
- Marshmallow cereal treats (Rice Krispie Treats)
- Pie crust of dessert pies, cobblers, and fruit turnovers
- Sweet bread puddings
- Sweet biscotti, such as those made with fruits, chocolate, icing, etc.
- Sweet croissants, such as chocolate-filled
- Sweet pita chips, such as cinnamon-sugar flavored
- Sweet rice puddings
- Sweet scones, such as those made with fruits, icing, etc.
- Sweet rolls, such as cinnamon rolls, honey buns, and snack cakes
- Toaster Pastries (Popt Tarts)



COMMON CACFP REIMBURSABLE GRAINS

- Banana bread, zucchini bread, and other quick breads
- Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified
- Cornbread
- Crackers, all types
- French Toast
- Muffins
- Pancakes
- Pie crust of savory pies, such as vegetable pot pie and quiche
- Plain croissants
- Plain or savory pita chips
- Savory biscotti, such as those made with cheese, vegetables, herbs, etc.
- Savory bread puddings, such as those made with cheese, vegetables, and herbs, etc.
- Savory rice puddings, such as those made with cheese, vegetables, etc.
- Savory scones, such as those made with cheese, vegetables, herbs, etc.
- Teething biscuits, crackers, and toasts
- Tortilla and tortilla chips
- Waffles

NOT ALL CREDITABLE GRAINS ARE NUTRITIONALLY EQUAL.

In an effort to reduce consumption of sugar-laden foods, CACFP regulations prohibit the use of grain-based desserts as creditable food items in the CACFP meal pattern. Although, elimination of grain-based desserts has helped reduce overall sugar consumption, some creditable grains can be high in added sugar. To further reduce sugar consumption and promote good nutrition, we need to be mindful of the grains we are serving.

KEY ITEMS OF CONCERN



Muffins and Quick Breads



Pancakes, Waffles, and French Toast



Sweet Snack Chips/ Ready to Eat Cereal

LOOK AT THE NUTRITION FACTS LABEL TO IDENTIFY SUGAR CONTENT.

Nutrition Facts	
2 servings per container	
Serving size	2 cups (26g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	19%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	2%
Potassium 60mg	0%

* 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.

Total Sugar

Naturally
Occurring
Sugar

Sugar Added
by
Manufacturer

BEST PRACTICES FOR REDUCING SUGAR IN CREDITABLE GRAINS

- Aim to serve items that contain greater than 12 grams added sugar only once per week.
- If an item is high in added sugar, ensure that it is also whole-grain rich.
- Do not add sugar-laden toppings (syrup, powdered sugar, icing, etc.) to grain products like pancakes, waffles, French toast, etc.
- Serve fruit and vegetable-based quick breads instead of chocolate based quick breads.
- If serving a grain with added sugar, serve only the minimum amount necessary for a creditable portion.



SIMPLE SWAPS

Limit



Blueberry Muffin: 28 grams of added sugar per muffin

Serve Often



Oatmeal made from 100% Whole Grain Oatmeal: 0 grams added sugar per serving



French Toast: 11 grams of added sugar per serving



100% Whole Grain Toast: 2 grams added sugar per serving

MAKE THE SWITCH TO REDUCE SUGAR

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