What’s on the Kids’ Menu in Louisiana

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In 1968, Child and Adult Care Food Program (CACFP) began as a small 3-yr pilot program called Special Food Service Program for Children.

Part of an effort to create affordable food program for low-income working mothers.

Provided grants to states to serve meals when schools were not in session.
<table>
<thead>
<tr>
<th>Date</th>
<th>Legislative Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1968</td>
<td>Establishment of program as 3-year pilot program</td>
</tr>
<tr>
<td>1972</td>
<td>Extended for another 3 years</td>
</tr>
<tr>
<td>1975</td>
<td>Separated Child Care Food Program (CCFP) &amp; Summer Food Service Program</td>
</tr>
<tr>
<td>1978</td>
<td>Made CCFP permanent</td>
</tr>
<tr>
<td>1987</td>
<td>Older Americans Act authorized eligible adult day care centers</td>
</tr>
<tr>
<td>1989</td>
<td>Name changed to Child and Adult Care Food Program (CACFP)</td>
</tr>
</tbody>
</table>
Average Daily Food Group Intakes compared to recommended

Vegetables

Fruits

Males (yrs) Females (yrs) Males (years) Females (years)
Average Daily Food Group Intakes compared to recommended

Total Grains

Recommended Intake Ranges

Average Intake

Ounce-Equivalents

Males (years):
- 1 to 3: 3
- 4 to 8: 8
- 9 to 13: 13
- 14 to 18: 18
- 19 to 30: 30
- 31 to 50: 50
- 51 to 70: 70
- 71+: 71 +

Females (years):
- 1 to 3: 3
- 4 to 8: 8
- 9 to 13: 13
- 14 to 18: 18
- 19 to 30: 30
- 31 to 50: 50
- 51 to 70: 70
- 71+: 71 +
Average Whole & Refined Grain Intakes compared to recommended

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)
Average Dairy Intakes compared to recommended

Males (years)

Females (years)
• Regulations fall under the Child and Adult Care Food Program (CACFP).

• CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.
Under the new CACFP nutrition standards, meals and snacks will include:

• A greater variety of vegetables and fruit
• More whole grains
• Less added sugar
• Less saturated fat

Standards encourage breastfeeding and better align CACFP with WIC and other Child Nutrition Programs

Based on the Dietary Guidelines for Americans to help young children learn healthy eating patterns early.
Encourage and support breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 month olds.
New Infant Meal Pattern

• Serve developmentally appropriate meals:
  – Two age groups, instead of three
    • 0 through 5 month olds
    • 6 through 11 month olds
  – Solid foods are gradually introduced around 6 months of age, as developmentally appropriate
New Infant Meal Pattern

• Serve more nutritious meals:
  – Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old
  – No longer allows juice or cheese food or cheese spread to be served
  – Allows ready-to-eat cereals
New Child Meal Patterns

Regulations for child care centers and adult care centers are identical!

- Greater variety of vegetables and fruits:
  - Combined fruit and vegetable component is now a separate vegetable component and a separate fruit component
  - Juice is limited to only one serving per day
New Child Meal Patterns

• More whole grains:
  – At least one serving of grains per day must be whole grain rich
  – Grain-based desserts no longer count towards the grains component
  – Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019)
New Child Meal Patterns

• More protein options:
  – Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week
  – Tofu counts as a meat alternate

• Less added sugar:
  – Yogurt must contain no more than 23 grams of sugar per 6 ounces
  – Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
New Child Meal Patterns

• Making every sip count:
  – Unflavored whole milk for 1 year olds
  – Unflavored low-fat or fat-free milk for 2-5 year olds
  – Unflavored low-fat or fat-free milk or flavored fat-free milk for 6 years old and older
  – Non-dairy milk substitutes nutritionally equivalent to milk may be served to children with special dietary needs
New Child Meal Patterns

• Age appropriate meals:
  – A new age group to address the needs of older children 13 through 18 years old

• Additional improvements:
  – Extends offer versus serve to at-risk afterschool programs
  – Frying is not allowed as a way of preparing foods on-site
<table>
<thead>
<tr>
<th></th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-18</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Old</strong> Milk</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>New</strong> Milk</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Old</strong> Veg. fr</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>New</strong> Veg. fr</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Old</strong> Grains</td>
<td>½ svg</td>
<td>½ oz eq*</td>
<td>1 svg</td>
</tr>
<tr>
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<td>½ oz eq*</td>
<td>½ oz eq*</td>
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* Meat and meat alternates may be used to substitute the entire grains component a maximum of 3 times per week. Oz eq = ounce equivalents
# Lunch and Supper Meal Patterns

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</thead>
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<tr>
<td><strong>Milk</strong></td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td><strong>Meat &amp; meat alternates</strong></td>
<td>1 oz</td>
<td>1 oz</td>
<td>1 ½ oz</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>¼ cup</td>
<td>1/8 c</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>¼ cup</td>
<td>½ oz eq*</td>
<td>½ oz eq*</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>½ svg</td>
<td>½ oz eq*</td>
<td>1 svg</td>
</tr>
</tbody>
</table>

*Oz eq = ounce equivalents*
# Snack Meal Pattern

<table>
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<td>½ oz eq*</td>
<td>½ svg</td>
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</table>

Select 2 of the 5 components for snack

Oz eq = ounce equivalents
Note about serving sizes

• Regarding the meal pattern requirements, all serving sizes are minimum quantities of the food components that are required to be served!
USDA encourages implementation of the following best practices:

• **Infants**
  – Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.
• **Vegetables and Fruit**
  
  – Make at least 1 of the 2 required components of a snack a vegetable or a fruit
  
  – Serve a variety of fruits, preferably whole (either fresh, canned, dried, or frozen) more often than juice
  
  – Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week
Best Practices

• Grains
  – Provide at least 2 servings of whole grain-rich grains per day

• Meat and Meat Alternates
  – Serve only lean meats, nuts, and legumes
  – Limit serving processed meats to no more than one serving per week
  – Serve only natural cheeses and choose low-fat or reduced-fat cheeses
Best Practices

• Milk
  – Serve only unflavored milk to all participants
  – If flavored milk is served to children 6 years old or older, limit to no more than 22 grams of sugar per 8 fl oz (choose the lowest amount of sugar)
Additional Best Practices

• Incorporate seasonal/locally sourced foods into meals
• Purchased pre-fried foods no more than one serving per week
• Avoid serving non-creditable foods that are sources of added sugars (sweet toppings, sugary items mixed with yogurt, sugar sweetened beverages, etc.)
• The new CACFP meal patterns are designed to lay a foundation for healthy eating patterns for children in care.

• Best practices reflect recommendations to further increase consumption of healthy foods (fruits, veggies, whole grains), and reduce the consumption of added sugars and saturated fats.

*Note: Well-Ahead LA is working to bring healthy kids choices to restaurants!*