

Milk Requirements by Age



Milk Requirements by Age

Nutrient Criteria for Milk Substitutes

Whole Grain Rich Requirements



Popular Cracker Serving Size Cheat Sheet

Nutrient Criteria for Fortified Breakfast Cereals



Sugar Limits in Cereal



Sugar Limits in Yogurt



Milk Requirements by Age

Newborn to 1st birthday

Breastmilk

Iron-fortified formula

*Breastmilk is allowed at any age in CACFP

12 months through 23 months

(1 year through 1 year and 11 months)

Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to cows milk

2 years through 5 years

(up to 6th birthday)

Unflavored skim or 1% milk

*Unflavored whole milk and 2% milk may be served to children between the ages of 24 and 25 months to help with the transition to skim or 1% milk

6 years and older

Unflavored skim or fat free milk

Flavored skim milk

Milk substitutes given to accommodate a **non- disability** related request must be nutritionally equivalent to cows milk. To be considered nutritionally equivalent, the milk substitute must meet or exceed the values in the table below for the listed nutrients.



At least one serving of grains per day must be whole grain rich. First ingredient is a whole grain, any additional grain ingredients are enriched.

Nutrient Criteria for Milk Substitutes

Per 1 cup serving

	Nutrient Values	Daily Values	%
Calcium	276 mg	1000 mg	30% DV
Protein	8 g	50 g	8 g
Vitamin A	500 IU	5000 IU	10% DV
Vitamin D	100 IU	400 IU	25% DV
Magnesium	24 mg	400 mg	6% DV
Phosphorus	222 mg	1000 mg	20% DV
Potassium	349 mg	3500 mg	10% DV
Riboflavin	0.44 mg	1.7 mg	25% DV
Vitamin B 12	1.1 mcg	6 mcg	20% DV

Values

Whole Grain Ingredients	Ingredients not considered a whole grain (must be enriched)	Ingredients that can be ignored
Whole wheat flour	White flour	Oat fiber
Cracked or crushed wheat	Wheat flour	Corn fiber
Graham flour	All-purpose flour	Corn starch
Wheat berries	Hominy	Food starch
Oats and oatmeal	Farina	Wheat starch
Groats	Semolina	Modified starches
Brown rice	Corn meal	Bran
Brown rice flour	Rice flour	Germ
Wild rice	Stoneground white or wheat flour	
Quinoa		
Millet		
Buckwheat		
Sorghum		
Triticale		
Teff		
Amaranth		



Popular Cracker Serving Size Cheat Sheet

Name of Cracker	# of Crackers	
	1/2 serving	1 serving
Animal crackers	6	11
Cheez-It®/Cheese Nips®	9	18
Club Crackers	3 squares	6 squares
Goldfish®	19 or ½ oz	38 or ¾ oz
Graham crackers	1 full cracker sheet	2 full cracker sheets
Ritz Crackers®	4	7
Rice, Rye or Corn Cakes (regular)	2	3

Cont'd
on back



Popular Cracker Serving Size Cheat Sheet

Name of Cracker	# of Crackers	
	1/2 serving	1 serving
Rold Gold® pretzel twists	7	13
Saltines	4	7
Snyder's® pretzel sticks	10	20
Soup and Oyster Crackers	1/4 cup	1/2 cup
Townhouse® Crackers	4	7
Triscuits®	3	5
Wheat Thins®	5	10

Ready to eat breakfast cereals don't always have a "whole" or "enriched" first grain in-ingredient. The cereal can still be credited as a grain item as long as it meets the minimum fortification requirements



Nutrient Criteria for Fortified Breakfast Cereals								
Minimum required nutrients in daily value percentages								
	Manufacturer's Suggested Serving Size							
	1/4 c	1/3 c	1/2 c	2/3 c	3/4 c	1 c	1 1/4 c	1 1/3 c
Iron	1.3%	1.8%	2.6%	3.5%	3.9%	5.2%	6.5%	7.0%
Thiamin (B1)	2.2%	3.0%	4.4%	5.9%	6.6%	8.8%	11.0%	11.8%
Riboflavin (B2)	1.2%	1.6%	2.4%	3.2%	3.5%	4.7%	5.9%	6.3%
Niacin (B3)	1.4%	1.9%	2.8%	3.8%	4.2%	5.6%	7.0%	7.5%
Folate/Folic Acid	1.7%	2.2%	3.3%	4.5%	5.0%	6.7%	8.4%	8.9%



Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
15-18 grams	3 grams
19-23 grams	4 grams
24-28 grams	5 grams
29-32 grams	6 grams
33-37 grams	7 grams
38-42 grams	8 grams
43-47 grams	9 grams
48-51 grams	10 grams
52-56 grams	11 grams
57-60 grams	12 grams

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g)	Sugar Limit
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g

Serving Size Ounces (oz)	Serving Size Grams (g)	Sugar Limit
4.5 oz	128 g	17 g
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g