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IT'S **MORE**
THAN A MEAL

Crediting Foods for CACFP Reimbursement

UNLESS OTHERWISE NOTED, INFORMATION IN THIS SECTION IS ADAPTED FROM THE FOLLOWING SOURCE: U.S. Department of Agriculture, Midwest Region. *What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Food Care Program*, Fourth Edition, 2003. Reproduced by the National Food Service Management Institute.

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If you have read the previous sections of this manual, you have already learned about good nutrition, special nutrition needs of older adults, and planning healthful meals. Now you can learn how to select nutritious foods that qualify for reimbursement from the Child and Adult Care Food Program (CACFP).

This section will cover the following topics:

CACFP Guidelines for Crediting Meals and Snacks

What criteria are used to decide whether foods can be credited for reimbursement?
How do creditable and non-creditable foods fit into a CACFP meal pattern?
Can *combination foods* (containing foods from 2 or more food groups) be credited?
Which foods – and in what amounts – count in the CACFP meal pattern requirements?

Tips for Crediting Foods

What do you need to know to credit grains/breads, fruit juices, and processed meats?
How can you use ingredient lists on food labels to decide if foods are creditable?
How can you convert servings of commercial grains/breads to CACFP serving sizes?
What documentation do you need to credit *combination foods*?

Tips for Crediting Recipes

What kind of information must appear on a creditable recipe?
What kinds of abbreviations are commonly used in recipes?
What information do you need to convert measures in a recipe?
(for example, 3 teaspoons equal 1 tablespoon)
What are the weights of some commonly used ingredients?
How do you convert measures listed by weight to measures in cups?
How do you determine the number of breads/grains servings in a recipe?
How do you analyze recipes for the number of servings of each food group?
(breads/grains, fruits/vegetables, meats/meat alternates, and milk)

CACFP Regulations: Crediting Foods from Each Food Group

What are the CACFP regulations for crediting individual foods within each food group?
(breads/grains, fruits/vegetables, meats/meat alternates, and milk)

CACFP Guidelines for Crediting Meals and Snacks

The Child and Adult Care Food Program (CACFP) reimburses adult day health programs for costs related to the preparation, service, and cleanup of meals. Adults who are functionally impaired or age 60 or older may receive up to 2 meals and 1 snack each day as part of CACFP. To qualify, your program must serve meals and snacks that meet federal guidelines.

CACFP reimburses programs for meals served, rather than for individual foods. A reimbursable meal provides foods in amounts required by the meal pattern for a specific age group. Meals with extra foods (in addition to all components specified in the meal pattern) are also reimbursable. Reimbursement rates are established annually by the U.S. Department of Agriculture (USDA).

CREDITABLE VS. NON-CREDITABLE FOODS

Creditable foods count toward meeting the requirements for a reimbursable meal. The decision to consider a food as creditable depends on the following criteria:

- Nutrient content of the food.
- Function of the food in a meal.
- Regulations on the quantity of the food.
- FDA Standards of Identity.
- USDA Standards for meat and meat products.
- Administrative policy decisions on the crediting of particular foods.

Non-creditable foods do not meet requirements for any component in the meal pattern. However, they may help meet participants' calorie needs, and may provide extra protein, vitamins, and minerals. You can use them to improve acceptability, satisfy appetites, and supplement the required meal components.

This section provides lists of creditable and non-creditable foods in the grains/breads, fruits and vegetables, meat and meat alternates, and milk categories. These lists focus on foods that adult day health centers often inquire about, or foods that they often credit incorrectly. Use of product brand names does not constitute USDA approval or endorsement. Product names are used solely for clarification. If you have a question about crediting items not listed here, contact your state agency.

MEETING MEAL PATTERN REQUIREMENTS

The chart on the next page shows the amounts and types of foods in meals and snacks that are reimbursable in CACFP. For details on meal options, refer to the "offer vs. serve" and "family style" meal options described on the following page.

Some combination foods can also count as creditable foods. These are dishes with foods from 2 or more food groups. It is recommended that combination foods be credited for only 1 or 2 meal pattern components. Tips for crediting these foods appear later in this section.

CACFP MEAL PATTERN FOR ADULTS

BREAKFAST

Select All 3 Components for a Reimbursable Meal

Milk, fluid	1 cup
Fruit, vegetable, and/or juice (juice must be full-strength)	½ cup
Grains/Breads:	
Bread: whole-grain, bran, germ, or enriched	2 slices
Cornbread, biscuit, roll, or muffin	2 servings
Cold dry cereal (whole grain, enriched, or fortified)	1½ cups
Hot cooked cereal (whole grain, enriched, or fortified)	1 cup
Pasta, noodles, or grains	1 cup

SNACK

Select 2 of 4 Components for a Reimbursable Snack

Milk, fluid	1 cup
Fruit, vegetable, and/or juice (juice must be full-strength)	½ cup
Grains/Breads:	
Bread: whole-grain, bran, germ, or enriched	1 slice
Cornbread, biscuit, roll, or muffin	1 serving
Cold dry cereal (whole grain, enriched, or fortified)	¾ cup
Hot cooked cereal (whole grain, enriched, or fortified)	½ cup
Pasta, noodles, or grains	½ cup
Meat or meat alternate	
Lean meat, poultry, or fish (cooked, edible portion)	1 oz.
Alternate protein product	1 oz.
Cheese	1 oz.
Egg	½ egg
Cooked dry beans or peas	¼ cup
Peanut or other nut or seed butter	2 Tbsp.
Nuts and/or seeds	1 oz.
Yogurt (plain or flavored, sweetened or unsweetened)	4 oz. or ½ cup

LUNCH OR SUPPER

Select All 4 Components for a Reimbursable Lunch

Select All 3 Components (not Milk) for a Reimbursable Supper

Milk, fluid (required at lunch only)	1 cup
Fruit, vegetable, and/or juice (juice must be full-strength)	1 cup total
Grains/Breads:	
Bread: whole-grain, bran, germ, or enriched	2 slices
Cornbread, biscuit, roll, or muffin	2 servings
Cold dry cereal (whole grain, enriched, or fortified)	1½ cups
Hot cooked cereal (whole grain, enriched, or fortified)	1 cup
Pasta, noodles, or grains	1 cup
Meat or meat alternate	
Lean meat, poultry, or fish (cooked, edible portion)	2 oz.
Alternate protein product	2 oz.
Cheese	2 oz.
Egg	1 egg
Cooked dry beans/peas	½ cup
Peanut butter or other nut or seed butters	4 Tbsp.
Nuts and/or seeds	1 oz.* = 50%
Yogurt (plain or flavored, sweetened or unsweetened)	8 oz. or 1 cup

* Nuts and seeds can meet only ½ of the total serving of the meat/meat alternate requirement for lunch or supper. You must combine them with another meat/meat alternate to fulfill the requirement.

“OFFER VS. SERVE” OPTION FOR MEAL REIMBURSEMENT

Your program may choose to use the “offer vs. serve” option. With this option, you must offer each participant all of the required food items with each meal. However, at your discretion, your program may allow participants to decline a certain number of items without affecting the price or CACFP reimbursement for the meal. In other words, you must offer all of the meal items, but participants may decline a certain number of items. This option is not available for snacks.

- **BREAKFAST:** *Participants may decline 1 serving of the 4 meal items:*
 - 1 serving of milk
 - 1 serving of fruit, vegetable, and/or juice
 - 1 serving of grains/breads
 - 1 serving of grains/breads
- **LUNCH:** *Participants may decline 2 servings of the 6 meal items:*
 - 1 serving of milk
 - 1 serving of fruit, vegetable, and/or juice
 - 1 serving of fruit, vegetable, and/or juice
 - 1 serving of grains/breads
 - 1 serving of grains/breads
 - 1 serving of meat or meat alternate
- **SUPPER:** *Participants may decline 2 servings of the 5 meal items:*
 - 1 serving of fruit, vegetable, and/or juice
 - 1 serving of fruit, vegetable, and/or juice
 - 1 serving of grains/breads
 - 1 serving of grains/breads
 - 1 serving of meat or meat alternate

- **SNACK:** *Offer vs. serve is not available for snacks, since the snack has only 2 food items.*

“FAMILY STYLE” OPTION FOR MEAL REIMBURSEMENT

Your program may also choose to serve meals in a “family style” setting. This option can enhance participants’ acceptability of foods, and give them latitude in choosing initial servings. With this option, you must follow these guidelines to be eligible for CACFP reimbursement:

- You must place sufficient quantities of prepared food on each table to provide the full required portions of each meal item for all participants at the table.
- You must initially offer participants the full required portion of each meal item.
- During the meal, the supervising adult(s) must actively encourage each participant to accept the full required portion for each meal item. If a participant initially refuses an item or accepts less than the full portion, the supervising adult should offer the meal item again to the participant.

SOURCE: *CACFP Adult Day Care Handbook*, USDA Food and Nutrition Service, October 1993.

Tips for Crediting Foods

GRAINS AND BREADS

*Grains and breads are creditable for the CACFP if made from whole grain, bran, germ, or enriched meal and/or flour. Refined bread products are only creditable if they are enriched and/or fortified. See the **Crediting Foods** section for required serving sizes.*

Grains and breads provide *B vitamins* (thiamin, riboflavin, niacin, folate, and vitamin B6) and *vitamin E*. They also provide *minerals* (iron, selenium, zinc, and copper). Whole-grain breads often have more vitamins and minerals than refined enriched breads.

- **Dietary fiber** is found in significant amounts in most bread products. Check the label for fiber content. Breads with 2 or more grams of fiber per slice are good sources of fiber.
 - **Flour** is made by finely grinding wheat, rye, corn, oats, or other grains.
 - **Meal** is made by coarsely grinding wheat, rye, corn, oats, or other grains.
 - **Whole grain** is the edible part of grains. It includes the bran, germ, and endosperm. Whole grain flour is made by grinding the entire grain. If a flour or meal does not contain the entire grain, it is not whole grain.
 - **Refined grains** have had their coarse parts removed. They have lost the bran and germ.
- When the bran and germ are removed, some essential nutrients, including fiber, are lost.
- **Enriched products** are refined grains that have had nutrients (thiamin, niacin, riboflavin, and iron) added at levels specified by law. If a product is made from enriched flour, the ingredient list will state that enriched flour was used. If the product itself (rather than its flour) is enriched, the ingredient list will state that these nutrients were added.
 - **Fortified products** have had at least one vitamin, mineral, or protein added to the food. The food label will state that the product has been fortified.
 - **Whole-wheat bread** contains the whole grain, including the fiber-rich bran and germ. Whole-wheat flour should be the first ingredient listed.
 - **Wheat bread** often has wheat flour or enriched wheat flour (not whole-wheat flour) as the main ingredient. This bread is low in fiber unless the manufacturer has added fiber.
 - **Oat bread** is usually white bread with a small amount of oats added. Check the ingredient list to see whether oats appear near the top of the list. If oats appear toward the end of the list, the bread contains little fiber from oats.

FRUIT JUICES

Full-strength (100%) fruit juices are creditable for the CACFP. Fruit drinks are not creditable. (Some state agencies credit fruit drinks with at least 50% fruit juice when twice the required amount is served).

- **Full-strength (100%) fruit juice** is pure juice without added water, sweeteners, spices, or flavorings. Examples are apple (including pasteurized cider), grape, grapefruit, orange, pineapple, prune, tangerine, and any combination of full-strength juices.
- **Fruit drink** is full-strength juice with added water. It may also contain added sweeteners (such as corn syrup), spices, flavorings, or other ingredients. Examples are nectars, lemonade, or cranberry juice cocktail. These contain less than 50% full-strength juice.
- Read the labels carefully. Look for 100% fruit juice.

PROCESSED MEATS

Hot dogs, bologna, knockwurst, and Vienna sausage may be served in the CACFP. Only the meat in these products can be credited. If the binder/ extender is a fortified vegetable protein product, it may be credited along with the meat portion of the binder. All other binders and extenders may not count as meat/meat alternates. Soy-based binders/extenders can generally count as vegetable protein products (VPP), and only when fortified and used according to regulations (7 CFR 226, Appendix A) can they be credited toward the meal pattern as a meat alternate.

Since it's hard to determine the amount of meat in processed meat products, it's recommended that meat products with any non-VPP binders/ extenders not be credited. Meat products without binders/extenders may be fully credited based on weight. An exception to this rule is a meat product with fortified VPP as the only binder/extender.

- Binders and extenders hold processed meats together and may help retain moisture.

Examples include:

Soy flour	Cereal
Soy protein concentrate	Dried milk
Isolated soy protein	Calcium-reduced dried skim milk
Starchy vegetable flour	Carrageenan

Many processed meats contain large amounts of binders and extenders. You need to know the composition of processed meats to credit the meat/meat alternate portion.

READING INGREDIENT LISTS

You can use ingredient lists for some foods to determine if they meet the meal pattern requirements.

Processed Meats

HOT DOGS

Ingredients: pork, turkey, water, salt, corn syrup, dextrose flavoring, sodium erythorbate, sodium nitrite.

*This product is all meat, without any binders/extenders. It is **creditable** toward the meal pattern.*

LOW FAT POLISH SAUSAGE

Ingredients: pork, water, turkey, beef, starch (modified food and vegetable), hydrolyzed milk protein, dextrose, corn syrup, salt, flavorings, autolyzed yeast, sodium lactate, sodium phosphate, gelatin, vitamin C (ascorbic acid), sodium nitrite.

*This product contains modified starch and hydrolyzed milk protein, which are binders/extenders. It is **creditable only if the manufacturer adequately describes the amount of meat in 1 serving. Only the meat portion is creditable.***

Fruit Juices

APPLE MIXED FRUIT JUICE – 100% PURE FRUIT BLEND

Ingredients: concentrated juices (apple, grape, pear, and boysenberry), water, citric acid, calcium hydrate, malic acid, natural flavor, and vitamin C.

*This is a blend of full-strength fruit juices. It is **creditable**.*

FRUIT PUNCH

Ingredients: water, corn syrup, fruit juice from concentrate (apple, cherry, pineapple), citric acid, xanthan gum, sodium citrate, ascorbic acid (vitamin C), gum arabic, glycerol abietate, brominated vegetable oil, citrus oils, natural and artificial flavors, artificial color (red #40).

*This product contains less than 50% full-strength fruit juice. It is **not creditable**. Some state agencies and sponsors credit drinks with at least 50% fruit juice when twice the required amount is served.*

SOURCE: U.S. Department of Agriculture, Midwest Region. *What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Food Care Program*, Fourth Edition, 2003. Reproduced by the National Food Service Management Institute.

CREDITING COMMERCIAL GRAINS/BREADS PRODUCTS

You can use the Nutrition Facts panel and the product weight on the package label to determine the CACFP serving sizes of commercial grains/breads products. You can use this step-by-step worksheet as a guide. (You may want to make extra copies of this worksheet to credit multiple products.) See the next page for an example of how to use the worksheet.

What Amount of Food Equals 1 CACFP Serving?

1. Determine the serving size of a food item for an older adult
Use the Meal Pattern chart in this section. _____
2. Select the group that includes the food being evaluated. Use the Grains/Bread chart in this section. Determine the weight in grams of 1 CACFP serving. _____
3. Record the net weight stated on the food package. _____
4. Divide the package weight (step 3) by the CACFP serving weight (step 2) to determine the number of CACFP servings in the package.* _____
5. Use the Nutrition Facts label to determine the number of food items in the package. Multiply the serving size by the number of servings in the package. _____
6. Divide the total number of items in the package (step 5) by the number of CACFP servings (step 4), to show how many items must be served for 1 CACFP serving for this age group. Round up to the nearest reasonable serving.* _____

**Due to rounding, a package may not have as many CACFP servings as calculated by weight.*

How Many CACFP Servings are in 1 Serving of a Food?

1. Determine the serving size of a food item for an older adult.
Use the Meal Pattern chart in this section. _____
2. Select the group that includes the food being evaluated. Use the Grains/Breads chart in this section. Determine the weight in grams of 1 CACFP serving. _____
3. Use the Nutrition Facts label to determine the weight in grams of 1 serving of food. _____
4. Divide the weight of 1 serving of food (step 3) by the weight required for 1 CACFP serving (step 2). Round down to the nearest quarter serving. _____

EXAMPLE: What Amount of Food Equals 1 CACFP Serving?

1. Determine the serving size of a food item for an older adult.
Use the Meal Pattern chart in this section. 1
1 slice of bread for a snack for an older adult
2. Select the group that includes the food being evaluated. Use the Grains/Bread chart in this section. Determine the weight in grams of 1 CACFP serving 25
1 slice of bread = 25 grams
3. Record the net weight stated on the food package. 680
Pepperidge Farm Whole-Wheat Bread: Net package weight = 680 grams
4. Divide the package weight (step 3) by the CACFP serving weight (step 2).
to determine the number of CACFP servings in the package.* 27
680g ÷ 25g per CACFP serving = 27 CACFP servings
5. Use the Nutrition Facts label to determine the number of food items in the package. Multiply the serving size by the number of servings in the package. 20
1 slice x 20 slices per package = 20 slices
6. Divide the total number of items in the package (step 5) by the number of CACFP servings (step 4), to show how many items must be served for 1 CACFP serving for this age group. Round up to the nearest reasonable serving.* 1
20 slices ÷ 27 CACFP servings = 0.75 slice (round up to 1 slice)

**Due to rounding, a package may not have as many CACFP servings as calculated by weight.*

EXAMPLE: How Many CACFP Servings are in 1 Serving of a Food?

1. Determine the serving size of a food item for an older adult.
Use the Meal Pattern chart in this section. 1
1 slice of bread for a snack for an older adult
2. Select the group that includes the food being evaluated. Use the Grains/Breads chart in this section. Determine the weight in grams of 1 CACFP serving. 25
1 slice of bread = 25 grams
3. Use the Nutrition Facts label to determine the weight in grams of 1 serving of food. 34
1 slice of bread = 34 grams
4. Divide the weight of 1 serving of food (step 3) by the weight required for 1 CACFP serving (step 2). Round down to the nearest quarter serving. 1¼
34 g per slice ÷ 25 g per slice = 1.36 slice (round to 1¼ slice)

CREDITING COMBINATION FOODS

Dishes that contain foods from more than one food group are combination dishes. It is recommended that combination dishes be credited for only 1 or 2 meal pattern components. This is to ensure that participants do not go hungry if they dislike a particular dish. For example, those who refuse to eat lasagna will miss out on consuming meat/meat alternate, fruit/vegetable, and grains/breads components in the meal.

It can be hard to determine the amount of bread, meat, fruit, or vegetables in some commercially prepared foods. Examples are the meat or cheese in frozen ravioli, the tomatoes in canned chili, or the breading on fish sticks. If you do not know the actual content of these food components, do not credit them toward meeting a meal component.

You can credit a commercially processed combination food if you can document that the food contains enough of a specific ingredient to count toward the meal pattern. To do so, you must have a product analysis sheet on file. It must state the amount of cooked lean meat/meat alternate, grains/breads, and/or fruit/vegetable components in 1 serving of the food. It must be signed by an official representative of the manufacturer (not by a salesperson). For more information, contact your state agency.

Tips for Crediting Recipes

DETERMINING WHETHER A RECIPE CAN BE CREDITED

To qualify to be credited, a recipe must list specific information about its ingredients. For example, a recipe should state:

- 1 **15-oz.** can of fruit cocktail **Not** 1 can of fruit cocktail
- 3 cups **cooked** rice **Not** 3 cups rice
- $\frac{1}{2}$ cup **finely chopped** onion **Not** 1 small onion

ABBREVIATIONS USED IN RECIPES

tsp or t	=	Teaspoon	pt	=	Pint	°F	=	Degrees Fahrenheit
Tbsp or T	=	Tablespoon	qt	=	Quart	g	=	Gram
c	=	Cup	gal	=	Gallon	mg	=	Milligram
oz	=	Ounce	wt	=	Weight	L	=	Liter
fl oz	=	Fluid ounce	No.	=	Number	mL	=	Milliliter
lb or #	=	Pound	pkg	=	Package			

MEASURES AND EQUIVALENTS USED IN RECIPES

1 T	=	3 tsp	1 lb	=	454 g
4 T	=	$\frac{1}{4}$ cup	2 c	=	1 pt
8 T	=	$\frac{1}{2}$ cup	4 c	=	1 qt
16 T	=	1 cup	8 c	=	$\frac{1}{2}$ gal
1 oz.	=	28.3 g	1 pt	=	2 c
4 oz.	=	$\frac{1}{4}$ lb	2 pt	=	1 qt
8 oz	=	$\frac{1}{2}$ lb	2 qt	=	$\frac{1}{2}$ gal
12 oz	=	$\frac{3}{4}$ lb	4 qt	=	1 gal
16 oz	=	1 lb			

WEIGHTS OF 1 CUP OF COMMONLY USED INGREDIENTS

The use of company or product names does not imply approval or endorsement of products by the USDA. Product names are listed only for clarification.

Food Item (1 cup)	Type	Grams
Barley	Uncooked	195
	Cooked	162
Breadcrumbs	Fine, dry	107
	Soft	43
Bulgur	Uncooked	140
	Cooked	182
Cereals	All-bran	61
	Bran buds	75
	Cheerios	28
	Corn chex	29
	Corn flakes, crushed	80
	Corn flakes, whole	29
	Puffed rice	13
	Rice chex	33
	Rice krispies	27
	Wheaties	32
Cornmeal, enriched, uncooked	Yellow, degerminated	151
	Yellow, stone-ground	132
Cracker crumbs	Graham	84
	Snack, round	80
Flour, cake	Unsifted, dipped	119
	Unsifted, spooned	111
	Sifted, spooned	99
Flour, rice, brown	Unsifted, spooned	158
Flour, rice, white	Unsifted, spooned	149
Flour, rye, dark	Unstirred, spooned	128
	Stirred, spooned	127
Flour, rye, light	Unstirred, spooned	101
	Stirred, spooned	88
Flour, wheat, all-purpose	Unsifted, dipped	143
	Unsifted, spooned	126
	Sifted, spooned	116
Flour, wheat, bread	Unsifted, dipped	136
	Unsifted, spooned	123
	Sifted, spooned	117
Flour, wheat, self-rising	Unsifted, dipped	130
	Unsifted, spooned	127
	Sifted, spooned	106
Flour, whole-wheat	Stirred, spooned	120
Wheat germ	Spooned	115
Wheat bran*	Untoasted	60
	Toasted	84
Oat bran*	Raw	93
	Cooked	220
Oats, rolled, quick	Uncooked	73
	Ground	109
Oats, rolled, regular	Uncooked	75

Converting Weights to a Fraction of a Cup

If the recipe involves a fraction of a cup of any of the ingredients shown in the table at left, use the conversions listed here to convert the weights to a fraction of a cup.

To find the weight of:	Multiply the weight of 1 cup by:
1/8 cup	0.12
1/4 cup	0.25
1/3 cup	0.33
1/2 cup	0.50
2/3 cup	0.66
3/4 cup	0.75

* Source: Pennington, Jean, A.T. *Food Values of Portions Commonly Used*, 16th edition, 1994.

DETERMINING THE NUMBER OF GRAINS/BREADS SERVINGS IN A RECIPE

Use this information to help select recipes for foods that meet CACFP meal pattern requirements. One serving of grains/breads must contain **14.75 grams** of whole-grain meal, bran, germ, or enriched flour, or **25 grams** of whole-grain cereals.

Instructions:

1. Under *Ingredients A* (1), list any oatmeal, cornmeal, whole-grain bran, germ, or enriched flour used in the recipe. List the quantity of these ingredients under *Quantity* (1). Use the chart in this section to convert fractions to decimal values.
2. Under *Ingredients B* (2), list any other dry, whole-grain cereal ingredients used in the recipe. List the quantity of these ingredients under *Quantity* (2). Use the chart in this section to convert fractions to decimal values.
3. Use the chart *Weights of 1 Cup of Commonly Used Ingredients* from this section to determine the gram weight of each ingredient listed. Record this under *Grams per Cup* (3).
4. Multiply the *Quantity* (1 and 2) by the *Grams per Cup* (3) to determine the *Total Gram Weight* (4) of the ingredients.
5. Divide the *Total Gram Weight* (4) by the factor indicated to determine the *Grains/Breads Contribution* (5).
6. Add all values under *Grains/Breads Contribution* (5) to determine the *Total Grains/Breads Contribution* (6).
7. Divide the *Total Grains/Breads Contributions* (6) by the number of servings in the recipe to determine the *Grains/Breads per Serving of Recipe*. Round down to the nearest ¼ serving (7).

Ingredients – A	Quantity (in cups)	Grams per cup	Total Gram Weight		Grains/Breads Contribution
_____ (1)	_____ (1)	_____ (3)	_____ (4)	÷ 14.75 =	_____ (5)
_____ (1)	_____ (1)	_____ (3)	_____ (4)	÷ 14.75 =	_____ (5)
_____ (1)	_____ (1)	_____ (3)	_____ (4)	÷ 14.75 =	_____ (5)
Ingredients – B	Quantity (in cups)	Grams per cup	Total Gram Weight		Grains/Breads Contribution
_____ (2)	_____ (2)	_____ (3)	_____ (4)	÷ 25 =	_____ (5)
_____ (2)	_____ (2)	_____ (3)	_____ (4)	÷ 25 =	_____ (5)
_____ (2)	_____ (2)	_____ (3)	_____ (4)	÷ 25 =	_____ (5)
Total Grains/Breads Contribution					_____ (6)
÷ Total Number of Servings					_____
Grains/Breads per Serving of Recipe					_____ (7)

EXAMPLE: Oatmeal Raisin Cookies

Yield: 24 Cookies

Ingredients:	¾ cup sugar	¾ cup all-purpose flour
	2 Tbsp margarine	¼ tsp cinnamon
	1 large egg	½ tsp nutmeg
	2 Tbsp low-fat milk	1¼ cups oatmeal, quick oats
	¼ cup applesauce	½ cup raisins

Ingredients – A	Quantity (in cups)	Grams per cup	Total Gram Weight		Grains/Breads Contribution
<i>Flour</i> _____ (1)	<i>0.75 cup</i> (1)	<i>126</i> (3)	<i>94.5</i> (4)	÷ 14.75 =	<i>6.4</i> (5)
<i>Oatmeal</i> _____ (1)	<i>1.25 cups</i> (1)	<i>73</i> (3)	<i>91.25</i> (4)	÷ 14.75 =	<i>6.2</i> (5)
_____ (1)	_____ (1)	_____ (3)	_____ (4)	÷ 14.75 =	_____ (5)
Ingredients – B	Quantity (in cups)	Grams per cup	Total Gram Weight		Grains/Breads Contribution
_____ (2)	_____ (2)	_____ (3)	_____ (4)	÷ 25 =	_____ (5)
_____ (2)	_____ (2)	_____ (3)	_____ (4)	÷ 25 =	_____ (5)
_____ (2)	_____ (2)	_____ (3)	_____ (4)	÷ 25 =	_____ (5)
Total Grains/Breads Contribution					<u><i>12.6</i></u> (6)
÷ Total Number of Servings					<u><i>24 cookies</i></u>
Grains/Breads per Serving of Recipe					<u><i>0.5 or ½ grains</i></u> (7)

CREDITING FOODS FOR CACFP REIMBURSEMENT

RECIPE ANALYSIS WORKSHEET

Instructions:

1. List the ingredients in column 1, and the amount used in the recipe in column 2.
2. Find meats/meat alternates under *Common Food Yields* and *Crediting Meat and Meat Alternates* in this section. Convert the amount used in the recipe to the yield after preparation. Record the yield.
3. Find fruits/vegetables under *Common Food Yields* and *Crediting Fruits and Vegetables* in this section. Convert the amount used in the recipe to the yield in ½ cup servings. Record the yield.
4. Determine the yield of grains/breads servings using the chart in *Crediting Grains/Breads*. Convert the amount used in the recipe to the yield in 1-slice bread equivalents. Record the yield.
5. Under *Calculations*, determine the number of 2-ounce meat/meat alternate servings for older adults by dividing the total by 2.
6. Round the total servings of fruits/vegetables and grains/breads down to the nearest whole number.

Ingredients	Amount Used in the Recipe	Meat/Meat Alternate (ounces)	Fruit/Vegetable (½ cup servings)	Grains/Breads (1 slice bread or equivalent)	Milk (Served as a beverage)
	Total:				
	Calculations:				
	Number of Servings:				

It is recommended that recipes with foods from more than 2 food groups be credited for no more than 2 different meal components.

EXAMPLE: RECIPE ANALYSIS FOR A "CHILI MAC" RECIPE

Instructions:

1. List the ingredients in column 1, and the amount used in the recipe in column 2.
2. Find meats/meat alternates under *Common Food Yields* and *Crediting Meat and Meat Alternates* in this section. Convert the amount used in the recipe to the yield after preparation. Record the yield.
3. Find fruits/vegetables under *Common Food Yields* and *Crediting Fruits and Vegetables* in this section. Convert the amount used in the recipe to the yield in ½ cup servings. Record the yield.
4. Determine the yield of grains/breads servings using the chart in *Crediting Grains/Breads*. Convert the amount used in the recipe to the yield in 1-slice bread equivalents. Record the yield.
5. Under *Calculations*, determine the number of 2-ounce meat/meat alternate servings for older adults by dividing the total by 2.
6. Round the total servings of fruits/vegetables and grains/breads down to the nearest whole number.

Ingredients	Amount Used in the Recipe	Meat/Meat Alternate (ounces)	Fruit/Vegetable (½ cup servings)	Grains/Breads (1 slice bread or equivalent)	Milk (Served as a beverage)
Ground beef	1 pound	11.5 oz			
Elbow macaroni	8 ounces dry wt.			8 oz. ÷ 0.9 oz. = equiv of 9 slices	
Tomato sauce	2 8-ounce cans		3½ servings		
Grated cheese	½ cup = 8 Tbsp	If 6 Tbsp = 1 oz 8 Tbsp = 1.3 oz			
Green pepper, chopped	¼ cup		½ serving		
Onion, chopped	¼ cup		½ serving		
	Total:	13.8 ounces	4¾ servings (½ cup each)	9 servings (1 slice each)	
	Calculations:	13.8 ÷ 2 = 6.9			
	Number of Servings:	7 servings (2 oz each)	4 servings (½ cup each)	9 servings (1 slice each)	

It is recommended that recipes with foods from more than 2 food groups be credited for no more than 2 different meal components.

CREDITING FOODS FOR CACFP REIMBURSEMENT

COMMON FOOD YIELDS

The following are common ingredients used in recipes served in adult day care centers. Yields and servings correspond to required amounts for adults for lunch or supper.

MEAT/MEAT ALTERNATES

Meat/Meat Alternate	Amount as Purchased	Yield After Preparation	Number of 2 oz. Servings or Equivalent
Beef, ground (no more than 26% fat)	1 pound	11.5 oz	5¾ servings
Cheese	1 pound	16 oz	8 servings
Cheese spread, processed cheese food	1 pound	16 oz (2 oz = 1 oz meat alt)	4 servings
Chicken, boneless	1 pound	11.2 oz	5½ servings
Chicken, with bone	1 pound	7.04 oz	3½ servings
Cottage cheese	1 cup	1 cup	2 servings (½ cup each)
Dry beans	1 pound	5.9 cups	12 servings (½ cup each)
Ham, boneless	1 pound	9.28 oz	4½ servings
Pork, ground (no more than 26% fat)	1 pound	11.5 oz	5¾ servings
Tuna	1 6.0 oz can	5.26 oz	2½ servings
Turkey, ground	1 pound	11.2 oz	5½ servings

GRAINS/BREADS

Grain/Bread	Amount Uncooked	Number of ½ Cup Servings
Egg noodles, uncooked	1 pound	20 servings, cooked
Elbow macaroni, uncooked	1 pound	19½ servings, cooked
Lasagna noodles, uncooked	1 pound	14 servings, cooked
Rice, white, enriched, uncooked	1 cup dry = 3.25 cups cooked	6½ servings, cooked
Rice, white, enriched, uncooked	1 pound dry = 7.5 cups cooked	15 servings, cooked
Spaghetti, uncooked	1 pound	10½ servings, cooked

VEGETABLES

Vegetable	Amount Raw	Number of ½ Cup Servings
Broccoli , fresh or frozen	1 pound	4½ servings
Carrots	6 sticks (4" x ½")*	1 servings
Celery , fresh (sliced)	1 pound, chopped 6 sticks (4" x ½")*	6 servings 1 serving
Corn , canned, whole kernel (liquid packed, drained)	15¼ oz (No. 300 can) 106 oz (No. 10 can)	2½ servings 20 servings
Corn , frozen, whole kernel	1 pound	5½ servings
Cucumber , fresh	8 slices (½" thick)*	1 serving
Green beans , canned, cut, drained	14½ oz (No. 300 can)	2½ servings
Green beans , frozen, cut	1 pound	5½ servings
Kidney beans , canned	15½ oz (No. 300 can)	2½ servings
Lettuce , iceberg	2 pieces (4¼" x 4¼")*	1 serving
Peas , canned, drained	15¼ oz (No. 300 can)	2½ servings
Peas , frozen	1 pound	4½ servings
Potatoes , white, fresh	1 pound	4 servings
Potatoes , hash browns, frozen	1 pound	3½ servings
Potatoes , tater tots or rounds, frozen	1 pound	6 servings
Tomatoes , canned	14½ oz (No. 300 can)	3 servings
Tomatoes , cherry, fresh	6 cherry tomatoes*	1 serving
Tomatoes , fresh	1 pound, diced 4 slices (1/8" thick)*	5½ servings 4 servings
Tomato paste	12 oz (1 Tbsp = ¼ cup sauce)	10 servings
Tomato puree	16 oz (2 Tbsp = ¼ cup sauce)	7 servings
Tomato sauce	15 oz	3 servings
Tomato soup (condensed)	1 can (10¾ oz)	1 serving

*Numbers are approximate.

CREDITING FOODS FOR CACFP REIMBURSEMENT

FRUITS

Fruit	Amount Raw	Number of ½ Cup Servings
Apples, fresh	1 pound, raw, cored, peeled	5½ servings
	1 pound, raw, cored, unpeeled	7 servings
Bananas, fresh	1 pound, sliced	3 servings
Blackberries, fresh	1 pound	5½ servings
Blackberries, frozen	1 pound, thawed, sugar added	4½ servings
Blueberries, fresh	1 pound	5½ servings
Blueberries, frozen	1 pound, thawed, unsweetened	5½ servings
Cantaloupe, fresh, cubed or diced	1 pound	2½ servings
Cherries, sweet, fresh	1 pound	4 servings
	14 cherries*	1 serving
Cherries, frozen	1 pound	3½ servings (drained fruit)
Dates, dehydrated, pitted	1 pound	5½ servings
Grapes, fresh, seedless	1 pound	5 servings
	14 large grapes*	1 serving
Melon, honeydew, fresh, cubed	1 pound	2 servings
Oranges, fresh, 138 count	1 pound	3 servings
	1 orange	1 serving
Peaches, fresh	1 pound	5½ servings
	1 peach	1 serving
Raisins	1 pound	6 servings
	1.3 oz – 1.5 oz package	½ serving
Raspberries, fresh	1 pound	6 servings
Strawberries, fresh	1 pound	5 servings
Strawberries, frozen	1 pound	3½ servings
Watermelon, fresh	1 pound	3 servings

*Numbers are approximate.

Note: The numbers of servings for each food have been re-calculated from those listed in the 2003 edition of the USDA manual to reflect CACFP serving sizes for adults. Because the numbers of servings in the 2003 edition of the USDA manual were rounded to the nearest whole number, the numbers listed in these tables are approximate values based on the data available.

CACFP Regulations: Crediting Grains/Breads

- **Breakfast, lunch and supper** must contain grains/breads servings in the amounts specified for older adults. For specific guidelines, refer to the *CACFP Meal Pattern for Adults* chart in this section.
- **For snacks**, a grains/breads item may count as 1 of the 2 components. For specific guidelines, refer to the *CACFP Meal Pattern for Adults* chart in this section.
- **The following grains/breads products may be credited:**
 - ✓ Whole grain, bran, germ or enriched grains/breads products
 - ✓ Products made with whole grain, bran, germ, and/or enriched flour
 - ✓ Cereals that are whole grain, bran, germ, enriched, or fortified
 - ✓ Enriched products that meet the Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, cornmeal or corn grits. The grains/breads item must contain enriched flour, bran, germ and/or whole-grain as specified on the label or according to the recipe or must be enriched in preparation or processing and labeled "enriched."
- **A creditable item must serve the customary function of bread in a meal.** At lunch or supper, it must accompany the main dish (such as dinner rolls), or be a recognizable integral part of the main dish (such as taco shells, potpie crust or spaghetti).
- **There are 9 groups of grains/breads items**, listed in a chart on the next 3 pages. Each group's required weight is based on the key nutrients in 1 slice of bread (25 g or 0.9 oz) or an equal amount (14.75 g) of whole-grain, bran, germ or enriched flour. Within each group, all items have approximately the same nutrient and grain content in each serving. Items with fillings, toppings, or frostings require larger serving sizes to meet minimum grain content. The chart classifies products by groups and credits them according to product weights based on FNS Instruction 783-1, Rev 2.
- **For homemade products**, you can determine serving sizes based on the grains and/or cereal content, following the steps in *Tips for Crediting Recipes* in this section .
- **For dessert-type items**, serve no more than 2 of these items as a snack each week. Examples of dessert-type items are in the chart in this section.
- **For more information** on crediting grains/breads, contact your state agency.

GRAINS/BREADS FOR ADULT NUTRITION PROGRAMS

GROUP A		
$\frac{1}{4}$ serving = 5 g (0.2 oz.)	$\frac{3}{4}$ serving = 15 g (0.5 oz.)	
$\frac{1}{2}$ serving = 10 g (0.4 oz.)	1 serving = 20 g (0.7 oz.)	
Breading type coating	Crackers, saltines	Pretzels, hard
Bread sticks, hard	Crackers, snack	Stuffing, dry
Chow mein noodles	Croutons	

GROUP B		
$\frac{1}{4}$ serving = 6 g (0.2 oz)	$\frac{3}{4}$ serving = 19 g (0.7 oz)	
$\frac{1}{2}$ serving = 13 g (0.5 oz)	1 serving = 25 g (0.9 oz)	
Bagels	Crackers, graham (all shapes)	Rolls, potato
Batter type coating	Crackers, animal	Rolls, white
Biscuits	Egg roll skins	Rolls, wheat
Breads, white	English muffins	Rolls, whole-wheat
Breads, wheat	Pita bread, white	Tortillas, corn
Breads, whole-wheat	Pita bread, wheat	Tortillas, wheat
Breads, French	Pita bread, whole-wheat	Tortilla chips, corn
Breads, Italian	Pizza crust	Tortilla chips, wheat
Buns, hamburger	Pretzels, soft	Taco shells
Buns, hot dog		

GROUP C		
$\frac{1}{4}$ serving = 8 g (0.3 oz)	$\frac{3}{4}$ serving = 23 g (0.8 oz)	
$\frac{1}{2}$ serving = 16 g (0.6 oz)	1 serving = 31 g (1.1 oz)	
Cookies, plain	Pancakes, purchased	Pie crust, meat
Cornbread	Pie crust, dessert pies	Pie crust, meat alternate
Corn muffins	Pie crust, fruit turnovers	Waffles, purchased
Croissants		

CREDITING FOODS FOR CACFP REIMBURSEMENT

GROUP D		
$\frac{1}{4}$ serving = 13 g (0.5 oz)	$\frac{3}{4}$ serving = 38 g (1.3 oz)	
$\frac{1}{2}$ serving = 25 g (0.9 oz)	1 serving = 50 g (1.8 oz)	
Doughnuts, cake, unfrosted	Granola bars, plain	Sweet roll, unfrosted
Doughnuts, yeast, unfrosted	Muffins (except corn muffins)	Toaster pastry, unfrosted

GROUP E		
$\frac{1}{4}$ serving = 16 g (0.6 oz)	$\frac{3}{4}$ serving = 47 g (1.7 oz)	
$\frac{1}{2}$ serving = 31 g (1.1 oz)	1 serving = 63 g (2.2 oz)	
Cookies with nuts	Doughnuts, cake, glazed	Granola bars with raisins
Cookies with raisins	Doughnuts, yeast, frosted	Granola bars with chocolate pieces
Cookies with chocolate pieces	Doughnuts, yeast, glazed	Granola bars with fruit
Cookies with fruit purees	French toast	Sweet rolls, frosted
Doughnuts, cake, frosted	Grain fruit bars	Toaster pastry, frosted
	Granola bars with nuts	

GROUP F		
$\frac{1}{4}$ serving = 19 g (0.7 oz)	$\frac{3}{4}$ serving = 56 g (2 oz)	
$\frac{1}{2}$ serving = 38 g (1.3 oz)	1 serving = 75 g (2.7 oz)	
Cake, plain, unfrosted	Coffee Cake	

GROUP G			
$\frac{1}{4}$ serving	=	29 g (1 oz)	$\frac{3}{4}$ serving = 86 g (3 oz)
$\frac{1}{2}$ serving	=	58 g (2 oz)	1 serving = 115 g (4 oz)
Brownies, plain		Cake, all varieties, frosted	

GROUP H			
$\frac{1}{4}$ serving	=	2 Tbsp. cooked or 6 g (0.2 oz) dry	$\frac{3}{4}$ serving = $\frac{3}{8}$ cup cooked or 19 g (0.7 oz) dry
$\frac{1}{2}$ serving	=	$\frac{1}{4}$ cup cooked or 13 g (0.5 oz) dry	1 serving = $\frac{1}{2}$ cup cooked or 25 g (0.9 oz) dry
Barley	Macaroni, all shapes	Ravioli, noodle only	
Breakfast cereals, cooked	Noodles, all varieties	Rice, enriched brown	
Bulgur (cracked wheat)	Pasta, all shapes	Rice, enriched white	

GROUP I	
$\frac{1}{4}$ serving = $\frac{1}{4}$ cup or 0.3 oz (whichever is less)	1 serving = $\frac{3}{4}$ cup or 1 oz (whichever is less)
$\frac{1}{2}$ serving = $\frac{1}{2}$ cup or 0.5 oz (whichever is less)	
Ready-to-eat breakfast cereal (cold, dry)	

CREDITING FOODS FOR CACFP REIMBURSEMENT

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Bagels	X		Group B	Bagels are relatively low in fat and high in complex carbohydrates. Enriched bagels contain significant amounts of thiamin, riboflavin, iron, and niacin. Whole-grain varieties are good sources of fiber.
Banana bread	X		See: <i>quick bread</i> .	
Bagel chips	X		See: <i>chips</i> .	
Barley	X		Group H	
Batter-type coating	X		Batters may be credited (as Group B) when served as a part of the main dish of the meal. Crediting is based on the amount of whole-grain, bran, germ, and/or enriched meal or flour in the recipe. It may be difficult to determine the amount of batter on products. It is recommended that another bread item be served with the meal.	Foods with a batter-type coating may be high in fat.
Biscuits	X		Homemade biscuits may be credited based on the amount of whole grain, bran, germ, and/or enriched meal or flour in the recipe. For commercial biscuits, use Group B.	Biscuits may be high in fat.
Boston brown bread	X		See: <i>quick bread</i> .	
Bread pudding	X		Bread pudding may be credited for a snack only, based on the amount of whole grain, bran, germ, or enriched bread in a serving.	Serve no more than 2 dessert type items as a snack each week.
Breads (white, rye, whole wheat, pumpernickel, seven grain, Italian, Roman meal, French, etc.)	X		Breads may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial breads, use Group B.	Breads are excellent sources of complex carbohydrates and fiber, along with thiamin, riboflavin, niacin, and iron. Breads are usually low in fat.
Bread sticks, hard	X		Group A	

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Bread stuffing/ dressing, dry	X		Homemade stuffing may be credited based on the amount of bread in the recipe. For commercial stuffing made from croutons or quick stuffing mixes, use Group A.	Bread stuffing may be high in fat depending on the recipe.
Breading	X		Breading may be credited when served as a part of the main dish of a meal. Crediting is based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. It may be difficult to determine the amount of breading on products. It is recommended that another bread item be served with the meal. For commercial breading, use Group A.	Breaded foods may be high in fat.
Brownies, plain	X		Plain brownies may be credited for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal and flour in the recipe. For commercial brownies, use Group G.	Serve no more than 2 dessert type items as a snack each week.
Brownies, frosted, or with fillers such as cream cheese, nuts, etc.		X		
Bulgur	X		Group H	
Buns, hamburger and hot dog	X		Homemade buns may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial buns, use Group B.	
Cake	X		Homemade cake may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	Serve no more than 2 dessert type items as a snack each week.

CREDITING FOODS FOR CACFP REIMBURSEMENT

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Cake (<i>continued</i>)	X		For commercial cake, unfrosted, use Group F. For commercial cake, frosted, use Group G.	
Caramel corn		X	Popcorn does not meet the definition of grains/breads.	Popcorn is a good source of fiber.
Carrot bread	X		See: <i>quick bread</i> .	
Cereal bars	X		See: <i>granola bars</i> .	Serve no more than 2 dessert type items as a snack each week.
Cereal, cooked	X		Group H	
Cereal, dry	X		Group I	
Cheese puffs	X		See: <i>chips</i> .	Cheese puffs may be high in fat and salt.
Chips	X		Chips made from whole-grain, bran, germ and/or enriched meal or flour are creditable using Group B.	Chips may be high in fat and salt.
Chow mein noodles	X		Group A	
Cinnamon roll	X		See: <i>sweet rolls</i> .	These rolls may be high in fat and sugar. Serve no more than 2 dessert type items as a snack each week.
Cobbler, fruit	X		The bread portion of the cobbler is creditable for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. See: <i>fruit/vegetable</i> section for additional crediting information.	Serve no more than 2 dessert type items as a snack each week.
Coffee cake	X		Homemade coffee cake is creditable for breakfast/snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial coffee cake may be credited using Group F.	Serve no more than 2 dessert type items as a snack each week.

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Cookies	X		Homemade cookies may be credited for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial cookies, plain, use Group C. For commercial cookies with nuts, raisins, chocolate pieces, peanut butter, fillings and/or fruit purees, use Group E.	Serve no more than 2 dessert type items as a snack each week.
Corn		X	See: <i>fruits and vegetables</i> .	Corn is considered a vegetable.
Cornbread	X		Homemade cornbread may be credited based on the amount of whole-grain and/or enriched meal or flour in the recipe. For commercial cornbread, use Group C.	
Corn chips	X		See: <i>chips</i> .	
Corn dog batter	X		See: <i>batter-type coating</i> .	
Corn meal	X		If corn meal is used in a recipe: 1 serving = 14.75 g	
Corn muffin	X		Homemade corn muffins may be credited based on the amount of whole-grain and/or enriched meal or flour in the recipe. For commercial corn muffins, use Group C.	
Couscous	X		See: <i>pasta</i> .	
Crackers	X		For saltine or snack crackers, use Group A. For graham or animal crackers, use Group B.	Some crackers are high in fat and/or salt. They should be served in moderation.
Cream puff shells	X		Homemade cream puff shells may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	Cream puffs and traditional custard or cream fillings are high in fat.

CREDITING FOODS FOR CACFP REIMBURSEMENT

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Cream puff shells <i>(continued)</i>	X		For commercial cream puff shells, use Group D. For commercial filled cream puffs, use Group E.	Serve no more than 2 dessert type items as a snack each week.
Crepes	X		Homemade crepes may be credited based on the amount of whole-grain bran, germ and/or enriched meal or flour in the recipe. For commercial crepes, use Group C.	
Crisp	X		The grains/breads portion of the crisp is creditable for snack only, based on the amount of cereal and/or whole-grain, bran, germ and/or enriched meal or flour in the recipe. <i>See: fruit/vegetable</i> section for additional crediting information.	Serve no more than 2 dessert type items as a snack each week.
Croissants	X		Group C	Croissants may be high in fat.
Croutons	X		Group A	
Cupcakes	X		<i>See: cake.</i>	Serve no more than 2 dessert type items as a snack each week.
Danish pastry	X		<i>See: sweet rolls.</i>	Serve no more than 2 dessert type items as a snack each week.
Doughnuts	X		Homemade doughnuts are creditable for breakfast/snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour used in the recipe. For commercial doughnuts, unfrosted, use Group D. For commercial doughnuts, frosted glazed and/or filled, use Group E.	Doughnuts may be high in fat and sugar. Serve no more than 2 dessert type items as a snack each week.
Dressing	X		<i>See: bread stuffing.</i>	
Dumplings	X		<i>See: batter-type coating.</i>	
Egg roll or wonton wrappers	X		Group B	

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
English muffins	X		Group B	
French bread	X		See: <i>breads</i> .	
French toast	X		Homemade French toast may be credited based on the amount of whole-grain, bran, germ and/or enriched bread in the recipe. For commercial French toast, use Group E.	
Fried bread	X		Fried bread may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	Fried bread is high in fat.
Ginger bread	X		See: <i>cake</i> .	Serve no more than 2 dessert type items as a snack each week.
Glorified rice	X		See: <i>rice pudding</i> .	Serve no more than 2 dessert type items as a snack each week.
Grain fruit bars/ fruit and cereal bars	X		Grain fruit bars may be credited for breakfast/snack only, using Group E.	Serve no more than 2 dessert type items as a snack each week.
Granola bars	X		Granola bars may be credited for breakfast/snack only based on the amount of cereal and/or whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial granola bars, plain, use Group D. For commercial granola bars with nuts, raisins, chocolate pieces and/or fruit, use Group E.	Granola bars may be high in sugar and fat. They can be a good source of fiber and complex carbohydrates. Serve no more than 2 dessert type items as a snack each week.
Grits, corn, enriched	X		Corn grits must be enriched to be credited. If corn grits are served as a cooked cereal, use Group H. If corn grits are used in a recipe: 1 serving = 14.75 g	

CREDITING FOODS FOR CACFP REIMBURSEMENT

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Hominy		X	Hominy is not creditable. It is not made from the whole kernel of corn, and therefore does not meet the criteria for grains/breads.	
Hush puppies	X		Homemade hush puppies may be credited based on the amount of cereal and/or whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial hush puppies, use Group C.	
Ice cream cones	X		Ice cream cones may be credited for snack only. It may take 2 or 3 cones to equal 1 serving. Group A	Serve no more than 2 dessert type items as a snack each week.
Lefsa	X		Lefsa is a unleavened bread made primarily of potatoes and flour. It is often rolled with butter, jams, brown sugar, or cinnamon and sugar. Lefsa is credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	
Macaroni, all shapes	X		Macaroni must be whole-grain, bran, germ or enriched. Group H	
Melba toast	X		Group A	
Millet	X		Group H	
Muffins	X		Homemade muffins may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial corn muffins, use Group C. For other muffins, use Group D.	
Nachos	X		<i>See: chips.</i>	
Noodles	X		Noodles must be whole-grain, bran, germ or enriched. Group H	
Nut or seed meal or flour		X	Nuts and seeds are not grains. There are no standards for enrichment.	

GRAINS/BREADS

Food Item	Creditable?		Comments	Nutrition Information
	Yes	No		
Oat bran	X		If oat bran is used in a recipe: 1 serving = 14.75 g	
Oatmeal	X		If oatmeal is served as a cooked cereal, use Group H. If oatmeal is used in a recipe: 1 serving = 14.75 g	
Pancakes	X		Homemade pancakes may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial pancakes, use Group C.	
Party mix	X		Party mix may be credited based on the cereal content per serving. Group I	Some party mixes are high in salt.
Pasta, all shapes	X		Pasta must be whole-grain, bran germ or enriched. Group H	
Pie crust	X		Homemade pie crust in dessert pies, meat/meat alternate pies and turnovers may be credited based on the amount of whole-grain, bran germ and/or enriched meal or flour in the recipe. For commercial pie crust, use Group C.	Pie crust may be high in fat. Dessert pies may be credited for snack only. Serve no more than 2 dessert type items as a snack each week.
Pineapple-upside-down cake	X		Upside-down cakes may be credited for snack only, based on the whole-grain, bran, germ and/or enriched meal or flour in the recipe. Crediting by weight may be impractical.	Serve no more than 2 dessert type items as a snack each week.
Pita bread	X		Group B	Pita bread is a good source of complex carbohydrates. Enriched pita is a good source of thiamin, riboflavin, and iron. Whole wheat pita can be high in fiber.

CREDITING FOODS FOR CACFP REIMBURSEMENT

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Pizza crust	X		Homemade pizza crust may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial pizza crust may be credited using Group B	
Pop Tarts	X		See: <i>toaster pastry</i> .	Serve no more than 2 dessert type items as a snack each week.
Popcorn		X	Popcorn does not meet the general requirements for grains/breads.	
Popovers	X		Homemade popovers may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial popovers may be credited using Group C.	
Potato chips or shoe string potatoes		X	Potato chips are not a grain-based chip and not creditable.	
Potato pancakes		X	Potato pancakes contain a minimal quantity of flour.	
Potatoes		X	See: <i>fruits and vegetables</i> .	Potatoes are a vegetable.
Pound cake	X		See: <i>cake</i> .	Serve no more than 2 dessert type items as a snack each week.
Pretzel chips	X		See: <i>pretzels, hard</i> .	
Pretzels, hard	X		Group A	
Pretzels, soft	X		Soft pretzels may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe using Group B.	
Puff pastry	X		Homemade puff pastry may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial puff pastry, use Group D.	Puff pastry may be high in fat.
Pumpernickel bread	X		See: <i>bread</i> s.	

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Pumpkin bread	X		See: <i>quick bread</i> .	
Quick bread	X		Homemade quick breads may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial quick breads may be credited using Group D.	
Quinoa	X		Quinoa is a cereal-like plant product. Group H	
Raisin bread	X		See: <i>breads</i> .	
Ravioli	X		The pasta in homemade ravioli is creditable based on the amount of whole-grain, bran, germ or enriched meal or flour in the recipe. For commercial ravioli, use Group H.	
Rice, white or brown	X		Rice must be whole-grain or enriched. Group H	Rice is a good source of complex carbohydrates.
Rice cakes	X		Rice cakes must be enriched or whole-grain. Rice cakes made from puffed rice may be credited based on the serving size for cereal. Group I	
Rice cereal bars	X		Rice cereal bars may be credited based on the amount of cereal in a serving. Group I	Serve no more than 2 dessert type items as a snack each week.
Rice pudding	X		Rice pudding may be credited for snack only based on the amount of whole-grain or enriched rice in a serving.	Serve no more than 2 dessert type items as a snack each week.
Rolls, all varieties	X		See: <i>breads</i> .	
Roman meal bread	X		See: <i>breads</i> .	
Rye wafers	X		Group A	
Scones	X		Homemade scones may be credited based on the amount of whole-grain bran, germ and/or enriched meal or flour in the recipe. For commercial scones, use Group E.	

CREDITING FOODS FOR CACFP REIMBURSEMENT

GRAINS/BREADS

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Sopaipillas	X		Homemade sopaipillas may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial sopaipillas, use Group C.	Serve no more than 2 dessert type items as a snack each week.
Spoon bread	X		Spoon bread may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	
Squash bread	X		See: <i>quick bread</i> .	
Stuffing, bread	X		See: <i>bread stuffing</i> .	
Sweet rolls, sticky buns, cinnamon rolls, Danish pastries, caramel rolls	X		Homemade sweet rolls may be credited for breakfast/snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial rolls, unfrosted, use Group D. For commercial rolls, frosted, use Group E.	These rolls may be high in fat and sugar. Serve no more than 2 dessert type items as a snack each week.
Taco chips	X		See: <i>chips</i> .	
Taco shells	X		Group B	
Tapioca pudding		X		Tapioca is not a grain.
Toaster pastry	X		Toaster pastry may be credited for breakfast/snack only. For unfrosted toaster pastry, use Group D. For frosted toaster pastry, use Group E.	Serve no more than 2 dessert type items as a snack each week.
Tortilla chips, wheat or corn	X		See: <i>chips</i> .	
Tortillas, wheat or corn	X		Tortillas must contain whole-grain, bran, germ or enriched meal or flour. Group B	

GRAINS/BREADS

Food Item	Creditable?		Comments	Nutrition Information
	Yes	No		
Turnovers	X		See: <i>pie crust</i> .	Turnovers may be high in fat. Serve no more than 2 dessert type items as a snack each week.
Waffles	X		Homemade waffles may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial waffles, use Group C.	
Wheat germ	X		If wheat germ is used in a recipe: 1 serving = 14.75 g	
Wild rice	X		Group H	
Zucchini bread	X		See: <i>quick bread</i> .	
Zwieback	X		Group A	

CACFP Regulations: Crediting Fruits and Vegetables

- **Breakfast** must contain 1 serving of fruit(s) or vegetable(s) or full-strength fruit or vegetable juice, or an equivalent quantity of any combination of these foods.
- **Lunch and supper** must each contain at least 2 separate servings of fruits or vegetables. Full-strength fruit or vegetable juice may count as up to half of this requirement.
- **For snacks**, a fruit or vegetable serving may count as 1 of the required 2 components.
- **Juice** cannot count as 1 component of a snack when milk is served as the only other component.
- **Cooked dry beans or peas** may count as a vegetable or as a meat alternate, but not as both in the same meal.
- **Small amounts (less than 1/8 cup) of fruits and vegetables** used as garnishes cannot count toward the fruit and vegetable component.
- **Dishes with more than 1 fruit or vegetable** (such as fruit cocktail, mixed fruit, mixed vegetables, or tossed salad) may count toward only 1 of the 2 required components for lunch and supper.
- **Home-canned products** cannot be credited due to health and safety reasons. For more information on canned foods, contact your state agency.

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
"Ade" drinks (lemonade, limeade, etc.)		X	"Ade" drinks are not 100% full-strength juice.	"Ade" drinks are usually high in sugar.
Apple butter		X	Apple butter does not contain enough fruit for crediting purposes.	
Apple cider	X		Apple cider is a full-strength juice Only pasteurized apple cider should be served.	
Apple fritters homemade	X		Apple fritters may be credited as part of the total requirement for fruits/vegetables if each serving has at least ½ cup of apples.	Apple fritters are high in fat.
Aspic	X		See: <i>gelatin salads</i> .	
Banana bread		X	Fruit and vegetable breads, such as banana bread or zucchini bread, do not contain enough fruit/vegetable to count toward the fruit/vegetable requirement. They contain less than ½ cup per serving. See: <i>grains/breads section</i> for more information.	
Banana pudding	X		Banana pudding may be credited based on the amount of fruit in each serving of pudding. Fruit may count as a fruit/vegetable if each serving has at least ½ cup of bananas.	
Barbecue sauce		X	Barbecue sauce does not contain enough vegetable per serving to be credited.	Barbecue sauce may be high in salt. Choose lower sodium varieties or limit the use of barbecue sauce.
Bean sprouts	X		Bean sprouts can be credited if at least ½ cup is served.	
Beans and peas, canned or dry	X		Beans and peas, canned or cooked from dry (kidney, garbanzo, black beans, etc.) may count as a vegetable. They cannot count as a meat/meat alternate and a fruit/vegetable in the same meal.	Beans and peas are good sources of protein, fiber, and iron, and are naturally low in fat.

CREDITING FOODS FOR CACFP REIMBURSEMENT

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Beverages, fruit		X	Fruit drinks (ades, juice drinks, punches) contain less than 50% full-strength juice. They are mainly sugar, flavors, and water.	
Cake containing fruit	X		Cakes with at least ¼ cup fruit per serving can be credited. <i>See: pineapple upside down cake in the grains/breads section for more crediting information.</i>	
Carrot bread		X	<i>See: banana bread</i>	
Catsup		X	Catsup does not contain enough vegetable to be credited.	Catsup has a high sodium content.
Chili sauce		X	Chili sauce does not contain enough vegetable to be credited.	
Coconut		X	Coconut does not contribute towards the meal pattern. It is considered a nut or seed product.	Compared to other fruits, coconut is high in fat. A ¼ cup serving has about 7 g fat. Most other fruits have less than 1 g fat per serving.
Coleslaw	X		Only the fruit/vegetable ingredients can count toward the fruit/vegetable requirement.	Cabbage is a good source of vitamin C.
Corn chips		X	<i>See: chips in the grains/breads section.</i>	Chips are high in fat and salt.
Corn syrup		X	Corn syrup is mainly sugar and does not count as a fruit/vegetable.	
Cranberries	X			Cranberries are a good source of vitamin C and fiber.
Cranberry juice blend	X		Cranberry juice (not cocktail) blended with another full-strength juice is creditable. An example is a blend of 100% cranberry juice and 100% apple juice. Cranberry juice (100%) that is not blended with other juices is not commercially available as a fruit juice.	
Cranberry juice cocktail		X	Cranberry juice cocktail contains less than 50% full-strength juice.	
Cranberry relish or sauce	X		Only sauces with whole or crushed berries can be credited Jellied sauces are up to ½ sugar and cannot be credited.	

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Drinks, fruit		X	Fruit drinks contain less than 50% full-strength juice. They are mainly sugar, flavors, and water.	
Dry spice mixes		X		
Fig bar cookies		X	The amount of fig in the cookies is too small to count toward the fruit/vegetable component. See: <i>cookies</i> in the <i>grains/breads</i> section for more information.	
Frozen fruit flavored bars (commercial)		X	Frozen fruit flavored bars do not contain enough fruit juice to be creditable.	
Frozen fruit juice bars (homemade or commercial)	X		The fruit juice portion of the bars may count toward the fruit/vegetable requirement. Commercial fruit juice bars with 100% juice can count. Other commercial fruit juice bars cannot count because it is impossible to determine the amount amount of fruit juice in each bar.	
Fruit in breads or muffins (banana, carrot, cranberry, pumpkin, zucchini, etc.)		X	See: <i>banana bread</i> .	
Fruit cobblers (homemade)	X		The fruit may contribute toward the fruit/vegetable requirement if 1 serving has at least ½ cup fruit. See: <i>cobbler</i> in the <i>grains/breads</i> section for more crediting information.	Depending on the recipe, many fruit cobblers may be high in sugar and fat.
Fruit crisps (homemade)	X		The fruit may contribute toward the fruit/vegetable requirement if 1 serving has at least ½ cup. See: <i>fruit pie filling (below)</i> and <i>crisp</i> in the <i>grains/breads</i> section for more crediting information.	Fruit crisps may be high in fat.
Fruit, dried	X		Check the <i>Food Buying Guide</i> for serving sizes of various dried fruits.	

CREDITING FOODS FOR CACFP REIMBURSEMENT

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Fruit drinks		X	See: <i>drinks, fruit</i> in this section.	
Fruit flavored punch		X	Fruit flavored punch does not contain a sufficient amount of full-strength juice.	Fruit punch is high in sugar.
Fruit flavored powders and syrups		X	Fruit flavored powders and syrups do not contain a sufficient amount of fruit to contribute toward the fruit/vegetable requirement.	Fruit flavored powders are mainly sugar and flavoring.
Fruit juice bases		X	Fruit juice bases do not contain a sufficient amount of fruit to contribute toward the fruit/vegetable requirement.	
Fruit pie filling, commercial (except lemon pie filling)	X		If the first item in the ingredient list is fruit, the filling may provide one-half credit ($\frac{1}{2}$ cup of fruit pie filling will provide $\frac{1}{4}$ cup of fruit credit).	The use of fruit pies to meet the fruit/vegetable requirement should be limited due to high fat and sugar contents.
Fruit pie filling, homemade (except lemon pie filling)	X		In a homemade or center-made pie, the amount of fruit can be credited based on the amount of fruit in each serving.	The use of fruit pies to meet the fruit/vegetable requirement should be limited due to high fat and sugar contents.
Fruit sauces, homemade	X		The fruit portion of the sauce may be credited. One serving must provide a minimum of $\frac{1}{8}$ cup (2 Tbsp.) of fruit.	
Fruit snacks		X	It is impossible to determine the amount of fruit in products such as fruit bars, roll-ups, wrinkles, or candy.	
Gelatin salads or desserts with fruit/fruit juice/vegetable	X		The fruit/vegetable in gelatin salads or desserts may be credited toward the fruit/vegetable requirement if each serving contains at least $\frac{1}{8}$ cup fruit, vegetable, or full-strength fruit or vegetable juice.	
Gravy bases		X		
Honey		X		
Ice cream, fruit flavored		X	Fruit flavored ice cream contains an insufficient amount of fruit to credit toward the meal pattern.	

FRUITS AND VEGETABLES

Food Item	Creditable?		Comments	Nutrition Information
	Yes	No		
Jam		X	Jam contains an insufficient amount of fruit per serving to credit toward the meal pattern.	Jams are high in sugar.
Jelly		X	Jelly contains an insufficient amount of fruit per serving to credit toward the meal pattern.	Jellies are high in sugar.
Juice bars	X		Juice bars made from 100% juice can be credited.	
Juice blends – all fruit juice	X		Juice blends that are made of full-strength juices can be credited. Only pasteurized fruit juices should be served.	
Ketchup		X	Ketchup does not contain enough vegetable to be credited.	Ketchup has a high sodium content.
Kiwi fruit	X		¼ cup serving = about 6 slices of ¼ inch each	Kiwi is a good source of vitamin C.
Kool-Aid		X	See: <i>fruit-flavored powders</i>	
Lefsa	X		Lefsa is an unleavened bread made primarily of potatoes and flour. Lefsa with at least ½ cup potato per serving is creditable as a fruit/vegetable. See: <i>lefsa</i> in the <i>grains/breads</i> section.	Lefsa is often served with butter, brown sugar, jams, or cinnamon and sugar. These toppings are high in fat and/or sugar.
Lemon pie filling		X	Lemon pie filling contains an insufficient amount of fruit per serving.	
Lemonade		X	Lemonade is not creditable because it must be diluted beyond the 50% fruit juice level and have sugar added to be palatable.	
Maple syrup		X		
Mayonnaise		X		
Mustard		X		
Muffins with fruit		X	See: <i>banana bread</i>	
Nectar (apricot, pear, peach, etc.)		X	Nectars usually contain less than 50% full-strength juice.	
Oil, salad		X		

CREDITING FOODS FOR CACFP REIMBURSEMENT

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Olives	X		Olives can be credited if each serving is at least $\frac{1}{8}$ cup (2 Tbsp.).	Olives are high in salt and fat.
Onion rings	X		Onion rings are creditable if they are homemade, or if a product specification sheet is available that states the amount of onion.	Fried onion rings are high in fat.
Pickles	X		Pickles can be credited if each serving is at least $\frac{1}{8}$ cup (2 Tbsp.).	Pickles are high in sodium.
Pickle relish		X	Pickle relish is considered a garnish or condiment.	
Pineapple upside down cake	X		See: <i>cake containing fruit</i> .	
Pizza sauce	X		At least $\frac{1}{8}$ cup (2 Tbsp.) per serving is needed. $\frac{1}{8}$ cup of pizza sauce = $\frac{1}{8}$ cup vegetable.	
Pop Tart filling		X	See: <i>toaster pastry filling</i> .	
Popsicles		X	Popsicles contain an insufficient amount of fruit juice for crediting.	Popsicles are high in sugar.
Posole		X	Posole is a thick soup. It usually contains pork or chicken, broth, hominy, onion, garlic, dried chili peppers, and cilantro.	
Potato chips		X		Potato chips are high in fat and salt.
Potatoes and potato skins	X			Potato skins are high in fiber. Potatoes and potato skins can be high in fat if fried. Toppings such as sour cream, cheeses, butter, or margarine are also high in fat.
Preserves		X	Preserves contain an insufficient amount of fruit per serving for crediting.	
Pumpkin in bread		X	See: <i>banana bread</i> .	
Pudding with fruit	X		The pudding must contain at least $\frac{1}{8}$ cup or 2 Tbsp. fruit per serving.	
Raisins	X		$\frac{1}{8}$ cup raisins = $\frac{1}{8}$ cup fruit. Larger serving sizes may be impractical. Serve raisins with other fruits or vegetables.	Raisins are high in sugar. $\frac{1}{8}$ cup has almost 3 Tbsp. sugar. Raisins are high in iron and fiber.

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Rice		X	Rice is a grain. See: <i>rice</i> in the <i>grains/breads</i> section.	
Salad dressing		X		
Salsa	X		Salsa with all vegetable ingredients and small amounts of spices or flavorings is creditable. At least $\frac{1}{8}$ cup (2 Tbsp.) is needed. $\frac{1}{8}$ cup salsa = $\frac{1}{8}$ cup vegetable. If salsa contains non-vegetable components such as gums, starches, or stabilizers, only the vegetable portion may be credited.	
Sherbet		X	Sherbet contains an insufficient amount of fruit for crediting.	
Sorbet	X		Sorbet made from 100% juice is creditable.	
Soup, canned, condensed (1 part soup to 1 part liquid): clam chowder; minestrone; split pea; tomato; tomato with basic components such as rice or vegetables; vegetable with basic components such as meat or poultry	X		Based on reconstituted soup: 1 cup soup = $\frac{1}{4}$ cup vegetable $\frac{1}{2}$ cup soup = $\frac{1}{8}$ cup vegetable A serving of less than $\frac{1}{2}$ cup soup does not contribute to the fruit/vegetable requirement.	Broth-based soups with a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Some canned soups may be high in sodium. Cream-based soups are high in fat.
Soup, canned, ready-to serve: clam chowder; minestrone; split pea; tomato; tomato with basic components such as rice or vegetables; vegetable with basic components such as meat or poultry	X		1 cup soup = $\frac{1}{4}$ cup vegetable $\frac{1}{2}$ cup soup = $\frac{1}{8}$ cup vegetable A serving of less than $\frac{1}{2}$ cup soup does not contribute to the fruit/vegetable requirement.	Broth-based soups with a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Some canned soups may be high in sodium. Cream-based soups are high in fat.

FRUITS AND VEGETABLES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Soup, canned, beef with vegetables and barley; beef, chicken, or turkey noodle; chicken gumbo; chicken with rice or stars; cream of celery, cream of chicken; cream of mushroom; French onion; homestyle beef or chicken; pepper steak; chicken corn chowder		X	These types of canned soups contain an insufficient amount of vegetable to contribute toward the fruit/vegetable requirement.	Broth-based soups with a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Some canned soups may be high in sodium. Cream-based soups are high in fat.
Soup, dehydrated soup mix	X		Dehydrated vegetables may be credited; their yields must be based on the rehydrated volume, not the dry volume stated on the label. Rehydration yields vary from brand to brand. To determine the vegetables' rehydrated volume: (1) rehydrate them by adding liquid according to the manufacturer's directions; (2) measure their rehydrated volume; (3) calculate the number of servings provided; (4) keep a record of yield data for referral.	Dry soups may be high in sodium.
Soup, homemade	X		When making homemade soups, use a quantity of vegetables that results in at least ½ cup (2 Tbsp.) vegetable per serving for crediting purposes.	
Spaghetti sauce	X		At least ½ cup (2 Tbsp.) per serving is needed to be credited. ½ cup spaghetti sauce = ½ cup vegetable.	
Sprouts: alfalfa bean, etc.	X			Sprouts are a potential food safety hazard.
Squash in bread		X	See: <i>banana bread</i> .	

FRUITS AND VEGETABLES

Food Item	Creditable?		Comments	Nutrition Information
	Yes	No		
Toaster pastry filling		X	These do not contain enough fruit to count toward the fruit/vegetable requirement. See: <i>toaster pastry</i> in the <i>grains/breads</i> section.	
Tomato paste	X		1 Tbsp. = ¼ cup vegetable	
Tomato puree	X		2 Tbsp. = ¼ cup vegetable	
Tomato sauce	X		¼ cup = ¼ cup vegetable	
V-8 juice	X		See: <i>vegetable juice blends</i> .	
Vegetable juice blends	X		Vegetable juice blends are mixed, full-strength vegetable juices.	Vegetable juice blends may contain a variety of nutrients. However, they may be high in sodium.
Vegetable, chopped	X		Vegetables may count toward the meal pattern if each serving has least ½ cup (2 Tbsp.) vegetables.	
Vinegar		X		
Wild plants	X		USDA does not recommend using wild plants due to the possibility of gathering look-alikes or poisonous plants. Mustard or dandelion greens, if used, should be purchased from a reputable commercial source.	Dark green leafy vegetables and greens are good sources of iron and vitamin A.
Yogurt with fruit, commercial		X	Commercially prepared yogurt with fruit contains less than ¼ cup fruit per serving. Fruit added to yogurt is creditable. See <i>meat/meat alternates</i> section for crediting yogurt.	
Zucchini bread		X	See: <i>banana bread</i> .	

CACFP Regulations: Crediting Meat and Meat Alternates

- **Lunches and suppers** must contain a serving of meat or meat alternates as specified in the meal pattern.
- **Snacks** may include meat or meat alternates as 1 of the 2 components.
- **Foods that count as meat and meat alternates are as follows:**
 - **Meat** includes lean meat, poultry, or fish.
 - **Meat alternates** include cheese, eggs, cooked dry beans or peas, nuts and seeds, and their butters (except for acorn, chestnut, and coconut), and yogurt.
- **Meat and meat alternates** must be served in a main dish, or in a main dish with one other item, to meet this requirement.
- **The usual serving size** of meat or meat alternates for adults is 2 ounces at meals and 1 ounce at snacks. To count toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of 1 ounce of cooked lean meat or equivalent. The rest of the required serving must be met by adding other meat or meat alternates.
- **Nuts and seeds** may fulfill no more than $\frac{1}{2}$ of the meat/meat alternate requirement for lunch and supper, or all of the meat/meat alternate requirement for a snack.
- **Vegetable protein products** may count as meeting part of the meat or meat alternate requirement. State agencies can provide information on the preparation, serving, and crediting of vegetable protein products.

MEAT/MEAT ALTERNATES

Food Item	Creditable?		Comments	Nutrition Information
	Yes	No		
Acorns		X		Acorns have a low protein content.
Baco-bits		X		Baco-bits are low in protein and high in fat.
Bacon or imitation bacon products		X		Bacon is low in protein and high in fat. It is also high in sodium.
Bacon, turkey	X		<i>See: processed meat and poultry products.</i>	
Beans, canned or dry	X		Beans and peas cooked from dry count as a meat/meat alternate. Canned black, garbanzo, kidney, pinto, etc. beans count as a meat/meat alternate or as a fruit/vegetable, but not both. Canned green or yellow beans and green peas count only as vegetables.	The types of beans and peas that can count as meat/meat alternates are good sources of protein and fiber, and are low in fat.
Beef jerky	X		Beef jerky made with pure beef may be credited as a snack only. The label should state: "beef jerky chopped and formed," "natural jerky," or "beef jerky sausage."	Beef jerky does not serve the customary function of meat in a meal. Beef jerky is very high in sodium.
Bologna	X		<i>See: processed meat and poultry products.</i>	Bologna and other processed meats can be high in fat and sodium. Like all processed meats, bologna has less protein than fresh meat by weight.
Canadian bacon	X		1 lb. (16 oz.) will yield 11 servings (1 oz. each) of cooked meat. Refer to the <i>Food Buying Guide</i> or your state agency for information.	Canadian bacon is high in sodium.
Canned or frozen food, commercial: beef stew, chili mac, meat stew, pizza, pot pies, ravioli, etc.	X		These are creditable only if a product analysis sheet signed by an official of the manufacturer (not a salesperson) is on file that states the amount of cooked lean meat/meat alternate per serving.	Processed combination foods such as these are usually higher in fat and sodium than homemade foods.
Canned pressed luncheon meat (Spam)	X		<i>See: processed meat and poultry products.</i>	Canned pressed luncheon meat is usually high in fat and sodium.

CREDITING FOODS FOR CACFP REIMBURSEMENT

MEAT/MEAT ALTERNATES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Cheese, cottage	X		2 oz. (¼ cup) cottage cheese = 1 oz. meat	Cottage cheese requires a greater serving size than meat because it contains less protein per ounce.
Cheese, cream		X	Due to low protein and high fat content, a serving size that would provide enough protein would be excessively large.	Cream cheese has more fat and less protein than other cheeses.
Cheese food and cheese spread (Velveeta, Cheese Whiz, and reduced-fat, lite, or non-fat substitutes)	X		2 oz. cheese food or cheese spread = 1 oz. meat	Cheese food and cheese spread are often high in sodium, so look for lower sodium varieties. Compared to natural cheeses, these foods have more moisture and less protein.
Cheese, imitation		X	Products labeled “imitation” are not creditable.	
Cheese, natural or processed (American, brick, cheddar, Colby, Monterey jack, mozzarella, Muenster provolone, Swiss); includes reduced-fat, lite, or non-fat substitutes	X		1 oz. natural or processed cheese = 1 oz. meat	Some cheeses are high in fat and cholesterol. Cheese is a good source of protein, calcium, and vitamins A and D.
Cheese, Neufchatel		X	Due to low protein and high fat content, a serving size that would provide enough protein would be excessively large.	Neufchatel cheese has less protein and more fat than creditable cheeses.
Cheese, Parmesan	X		6 Tbsp. Parmesan cheese = 1 oz. meat If served as a garnish, the cheese is not creditable because the serving size is too small.	
Cheese, pimento	X		2 oz. pimento cheese = 1 oz. meat	
Cheese products		X		“Cheese product” is a category name and is not standardized.

MEAT/MEAT ALTERNATES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Cheese, ricotta	X		2 oz. (¼ cup) ricotta cheese = 1 oz. meat	Ricotta cheese has less protein and a higher moisture content than natural cheese.
Cheese, Romano	X		6 Tbsp. cheese = 1 oz. meat If served as a garnish, the cheese is not creditable because the serving size is too small.	
Chestnuts		X		Chestnuts are very low in protein.
Chicken nuggets	X		See: <i>processed meat and poultry products</i> .	
Chitterlings		X	Chitterlings are too low in protein to be credited.	Chitterlings are high in fat.
Coconuts		X	Coconuts cannot count as either a meat/meat alternate or a fruit/vegetable.	Coconuts are very low in protein.
Corndogs	X		The frankfurter can count as a meat/meat alternate if it meets criteria for frankfurters. See: <i>batter-type coating</i> in the <i>grains/breads</i> section additional crediting information.	Corndogs are high in fat.
Crab, imitation		X	See: <i>imitation seafood</i> .	No standard of identity.
Cream cheese		X	See: <i>cheese, cream</i> .	
Deviled eggs	X		Cooked eggs may be credited. See: <i>eggs</i> .	Deviled eggs are high in fat and cholesterol. For less fat, use a reduced fat mayonnaise instead of regular mayonnaise.
Eggs	X		Cooked eggs may be credited. Eggs cannot be credited when part of a homemade custard or pudding.	Eggs are a good source of protein. However, they contain a significant amount of cholesterol.
Fish	X			Fish is a good source of protein and iron. Many varieties have less fat than meats. Try to broil or bake fish rather than frying it.
Fish, non-commercial (home-caught)		X	For safety reasons, home-caught fish should not be served.	
Fish sticks or nuggets	X		Only the edible fish portion counts toward the meat requirement.	

CREDITING FOODS FOR CACFP REIMBURSEMENT

MEAT/MEAT ALTERNATES

Creditable?				Nutrition Information
Food Item	Yes	No	Comments	
Frankfurters, imitation		X		
Frankfurters, meat and poultry	X		See: <i>processed meat and poultry products</i> .	Up to 80% of the calories in frankfurters may be from fat. They may also be high in sodium and cholesterol.
Game (venison, squirrel, rabbit, etc.)		X	For health and safety reasons, these are not creditable unless inspected and approved by the appropriate federal, state, or local agency.	
Garbanzo beans	X		See: <i>beans, canned or dry</i> in this section.	
Hamhocks		X		They are high in fat and low in protein by weight.
Home-slaughtered meat and poultry		X	To be credited, home-raised animals must be slaughtered at a USDA facility with a USDA inspector on duty. Poultry is subject to state inspection.	
Hot dogs	X		See: <i>processed meat and poultry products</i> .	Up to 80% of the calories in hot dogs may be from fat. They may also be high in sodium and cholesterol.
Imitation seafood		X		No standard of identity.
Kidney	X			
Kidney beans	X		See: <i>beans, canned or dry products</i> in this section.	
Legumes	X		See: <i>beans, canned or dry products</i> in this section.	
Liver	X			Liver is high in fat and cholesterol.
Liverwurst	X		See: <i>processed meat and poultry products</i> .	Liverwurst is high in fat and cholesterol.
Luncheon meat	X		See: <i>processed meat and poultry products</i> .	
Macaroni and cheese, commercial		X	The powdered cheese in commercial mixes cannot count toward the meat requirement. See: <i>macaroni</i> in the <i>grains/breads</i> section.	

MEAT/MEAT ALTERNATES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Macaroni and cheese, homemade	X		The cheese in homemade macaroni and cheese may be may be credited based on the amount of cheese in each serving. See: <i>macaroni</i> in the <i>grains/breads</i> section.	
Meat sauce, commercial		X	The meat in commercial sauce cannot be credited.	
Meat sauce, homemade	X		The meat in homemade sauce can be credited based on the amount of meat in each serving.	
Neufchatel cheese		X	See: <i>cheese, Neufchatel</i> .	
Nuts	X		Nuts and seeds may count as a serving of meat alternate for a snack, but as only ½ serving of meat alternate at lunch or supper. Serve only ground or finely chopped nuts and seeds to adults who are at risk of choking.	Nuts and seeds are good sources of protein. They have no cholesterol, but are high in fat and low in iron.
Nut or seed meal or flour		X	Nut or seed meal or flour cannot be credited unless it meets the requirements for vegetable protein products. Contact your stage agency for information.	
Pasta products with meat, commercial	X		See: <i>canned or frozen food, commercial</i> in this section.	
Pasta products with meat, homemade	X		Pasta products may be credited based on the amount of meat in each serving. See: <i>pasta</i> in the <i>grains/breads</i> section.	
Peanut butter, reduced fat	X			
Peanut butter, regular	X		Unlike nuts, peanut butter and other 100% nut butters can fulfill 100% of the meat/meat alternate requirement for lunch or supper.	Peanut butter is high in fat. It has no cholesterol.

CREDITING FOODS FOR CACFP REIMBURSEMENT

MEAT/MEAT ALTERNATES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Peanut butter spreads		X	Peanut butter spreads do not meet the FDA Standard of Identity for peanut butter.	
Peas, dry or canned	X		See: <i>beans, dry or canned</i> .	
Pepperoni	X		See: <i>processed meat and poultry products</i> in this section.	Pepperoni is high in fat and sodium.
Pig's feet		X	Pig's feet provide an insufficient amount of meat.	Pig's feet are high in fat.
Pig neck bones		X	Pig neck bones provide an insufficient amount of meat.	Pig neck bones are high in fat.
Pig tails		X	Pig tails provide an insufficient amount of meat.	Pig tails are high in fat.
Pimento cheese	X		See: <i>cheese, pimento</i> in this section.	
Pinto beans	X		See: <i>beans, canned or dry</i> in this section.	
Pizza, commercial	X		See: <i>canned or frozen food, commercial</i> in this section.	
Pizza, homemade	X		Homemade pizza may be credited based on the amount of meat/meat alternate in each serving. See: <i>pizza crust</i> in the <i>grains/breads</i> section.	
Polish sausage	X		See: <i>processed meat and poultry products</i> in this section.	Polish sausage, like most sausages, is high in fat and sodium.
Pot pies, commercial	X		See: <i>canned or frozen food, commercial</i> in this section.	The crust and sauce may both be high in fat.
Pot pies, homemade	X		Homemade pot pies can be credited based on the amount of meat/meat alternate in each serving. See: <i>pie crust</i> in the <i>grains/breads</i> section.	The crust and sauce may both be high in fat.
Potted meat	X		See: <i>processed meat and poultry products</i> in this section.	Potted meat is high in sodium.
Powdered cheese in macaroni		X	See: <i>macaroni and cheese, commercial</i> in this section.	
Pressed meat products	X		See: <i>processed meat and poultry products</i> in this section.	Pressed meat products are high in sodium. Use them infrequently.

MEAT/MEAT ALTERNATES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Processed meat and poultry products	X		Processed meat and poultry products and sausages may be served in the CACFP. Only the meat in these products can be credited. Since many processed meats contain large amounts of binders and extenders, you need to know their composition to properly credit the meat/meat alternate portion. Meat products without binders/extendors may be fully credited based on weight. For information on crediting meats with vegetable protein products as an extender, refer to the <i>processed meats tips</i> under <i>Tips for Crediting Foods</i> in this section.	To provide a reasonable serving size, it is recommended that all meat or poultry products be purchased.
Quiche	X		The eggs, meat, and/or cheese in quiche may be credited based on the amount of meat/meat alternate in each serving. See: <i>pie crust</i> in the <i>grains/breads</i> section for crediting information.	
Ravioli, commercial	X		See: <i>canned or frozen food, commercial</i> in this section.	
Salt pork		X	Salt pork is not creditable due to its high fat and low protein content.	
Sausage	X		See: <i>processed meat and poultry products</i> in this section.	
Scrapple		X	Scrapple provides an insufficient amount of meat.	
Seeds	X		See: <i>nuts</i> in this section.	
Shellfish	X		Only the edible portion of shellfish is creditable. The shellfish must be fully cooked.	
Soups, homemade	X		Homemade soups with at least ¼ oz. meat/meat alternate per serving may contribute toward the meat requirement.	

MEAT/MEAT ALTERNATES

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Soups, commercial: bean, lentil, or split pea only	X		¾ cup of bean, lentil, or split pea soup may count as 1.5 ounce (¾ cup) of meat alternate.	Commercial soups are often high in sodium.
Soups, commercial: other than bean, lentil, or split pea		X	These soups contain insufficient quantities of meat.	
Soy burgers or other soy products	X		Vegetable protein products may be credited if the quantity (by weight) of the fully hydrated vegetable protein product does not exceed 30 parts to 70 parts meat, poultry, or seafood on an uncooked basis.	
Soy butter	X		Soy butter made from 100% soy nuts is creditable. It is a good alternate to peanut butter, and is nutritionally comparable to meat or other meat alternates.	
Tempeh		X	Tempeh is fermented soybean. Because there is no standard of identity for this food, and it could vary from manufacturer to manufacturer, it cannot be credited.	
Tofu		X	Tofu is soybean curd. Because there is no standard of identity for this food, and it could vary from manufacturer to manufacturer, it cannot be credited.	
Tripe	X			Tripe has low quality protein.
Vienna sausage	X		<i>See: processed meat and poultry products</i> in this section.	
Yogurt, plain or sweetened and flavored	X		Yogurt is creditable as a meat/meat alternate. 4 oz. (by weight) or ½ cup plain or sweetened flavored yogurt is equivalent to 1 oz. meat/meat alternate.	Yogurt is a good source of calcium and phosphorus.
Yogurt products: frozen yogurt, yogurt bars, yogurt coating on fruit or nuts		X	There is not enough yogurt in these products to be creditable.	

CACFP Regulations: Crediting Milk Products

- **Breakfast** must include fluid milk. It can be served as a beverage, used on cereal, or used in part for each purpose.
- **Lunch** must include fluid milk, served as a beverage.
- **Snacks** may include fluid milk as 1 of the components (unless juice is served as the only other component). It can be served as a beverage, used on cereal, or used in part for each purpose.
- **To qualify for crediting**, milk must be pasteurized and meet state or local standards for fluid milk. It should contain vitamins A and D at levels specified by the Food and Drug Administration.
- **Milk that can be credited** includes:
 - ✓ Flavored or unflavored milk:
 - Whole milk
 - Reduced fat (2%) milk
 - Low-fat (1%) milk
 - Non-fat (skim) milk
 - ✓ Cultured buttermilk
- **Milk can not be credited** when cooked in:
 - ✓ Cereals
 - ✓ Puddings
 - ✓ Other foods

MILK

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Acidified milk	X		Acidified milk is fluid milk that has been made sour by an acidifying agent. Examples are acidified kefir milk and acidified acidophilus milk.	
Buttermilk	X			Buttermilk is low in fat.
Certified raw milk		X	Certified raw milk is not pasteurized. Regulations require the use of pasteurized milk. Pasteurized milk is heated at a high temperature for a period of time to destroy microorganisms.	
Cheese		X	Cheese cannot be credited toward the milk requirement, because it does not meet the definition of milk as "fluid." However, cheese can count toward the <i>meat/meat alternate</i> requirement.	
Chocolate milk	X			Try to limit the use of flavored milks due to their high sugar content.
Cocoa	X		Cocoa made with fluid milk is creditable. Credit the fluid milk portion only. Cocoa made from water is not creditable.	
Cream		X	Cream does not meet the definition of milk.	
Cream sauces		X	To be credited, milk must be served as fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Cream soups		X	To be credited, milk must be served as fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Cultured milk	X		Cultured milk is fluid milk with a unique flavor and/or consistency as a result of adding certain microorganisms under controlled conditions. Examples are cultured buttermilk and cultured kefir milk.	

CREDITING FOODS FOR CACFP REIMBURSEMENT

MILK

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Custard		X	To be credited, milk must be offered as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Eggnog: commercial or homemade	X		Eggnog made with cooked eggs is creditable. Only the fluid milk portion is creditable. Eggnog made with uncooked eggs is NOT creditable due to the risk of Salmonella enteritidis, a foodborne illness related to uncooked or undercooked eggs.	
Eggnog flavored milk	X			Try to limit the use of flavored milks due to their high sugar content.
Evaporated milk		X	Evaporated milk does not meet the definition of milk.	
Flavored milk	X			Try to limit the use of flavored milks due to their high sugar content.
Frozen yogurt		X	Frozen yogurt does not meet the definition of milk.	
Goat's milk	X		Goat's milk must meet state standards for fluid milk to be creditable.	
Half and half		X	Half and half does not meet the definition of milk.	
Hot chocolate	X		Hot chocolate made with fluid milk is creditable. Credit the fluid milk portion only.	Try to limit the use of flavored milks due to their high sugar content.
Ice cream		X	To be credited, milk must be provided as a serving of fluid milk.	Ice cream contains 11% to 20% fat.
Ice cream, low fat (ice milk)		X	To be credited, milk must be provided as fluid milk.	Low-fat ice cream contains 2% to 6% fat.
Imitation milk		X	Imitation milk does not meet the definition of milk.	
Lactose reduced milk	X		People who cannot digest lactose found in standard milk may be able to drink lactose reduced milk.	

MILK

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Low fat milk (1% or light)	X			Whole, reduced fat, low fat, and nonfat milk provide equal amounts of nutrients. They differ in fat content and therefore, the number of calories per serving.
Milk and fruit drink	X		When milk is combined with a full-strength juice, either the fruit juice or milk may be credited as a snack component, but not both.	
Milkshakes, homemade and commercial	X		Milkshakes containing at least 1 cup fluid milk per serving are creditable. Only the fluid milk portion is creditable.	
Nonfat milk (fat free or skim)	X			Nonfat milk contains virtually no fat. Nonfat milk provides equal amounts of the same nutrients as whole, reduced fat, and low fat milk (except for fat).
Nonfat dry milk, reconstituted		X	Nonfat dry milk may be used only in emergency situations where the availability of milk has been affected. Contact your state agency for approval.	
Pudding		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Pudding pops		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Reduced fat milk	X			Whole, reduced fat, low fat, and nonfat milk provide equal amounts of nutrients. They differ in fat content and therefore, the number of calories per serving.
Sherbet		X	Sherbet does not meet the definition of milk.	

CREDITING FOODS FOR CACFP REIMBURSEMENT

MILK

Creditable?				
Food Item	Yes	No	Comments	Nutrition Information
Skim milk (nonfat or fat free milk)	X			Skim milk contains virtually no fat. Skim milk provides equal amounts of the same nutrients as whole, reduced fat, and low fat milk (except for fat).
Sour cream		X	Sour cream does not meet the definition of milk.	Sour cream is high in fat. Look for reduced fat sour cream as an alternative.
Soy milk		X	Soy milk is creditable only if used as a substitution due to medical or other dietary needs. A statement signed by a medical authority must be on file for a person being served soy milk.	
UHT (ultra-high temperature) milk	X		UHT milk is Grade A pasteurized milk heated to 280°F, then cooled. It can be stored without refrigeration until opened.	
Whole milk	X			Whole milk contains 3.3% fat. Reduced fat, low fat, or skim milk provide equal amounts of the same nutrients, with less fat.
Yogurt		X	Yogurt does not meet the definition of milk. Yogurt can be credited as a meat alternate. See: <i>yogurt</i> in the <i>meat/meat alternate</i> section.	Yogurt is a good source of calcium, phosphorus, and protein.

