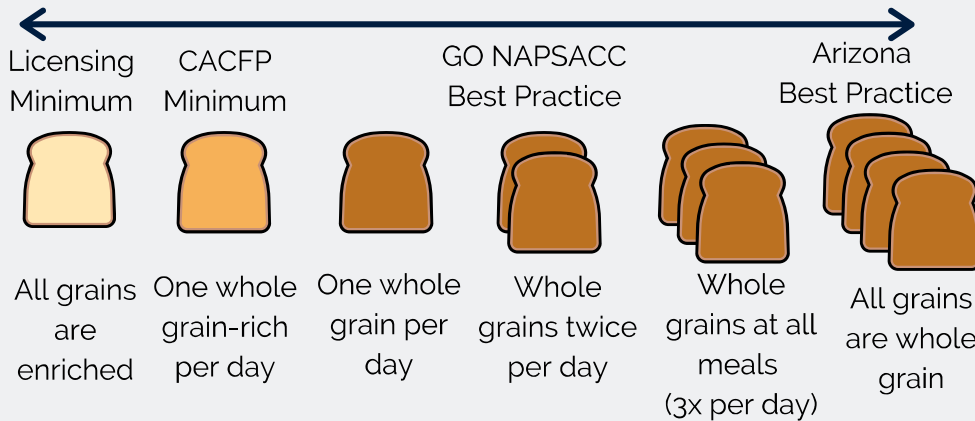


GRAINS



THE CONTINUUM OF GRAINS



BEST PRACTICE *Encourages:*

Serving a variety of grains like rice, oatmeal, pasta, crackers, bread and tortillas.
Serving whole grains as often as possible.

WHOLE GRAIN

Whole grain foods are made with all three parts of the grain;
Germ Endosperm Bran

VS

Whole grain-rich means the majority of the grains used are whole, and the remaining grains are enriched.

WHOLE GRAIN RICH

MEAT/MEAT ALTERNATES



BEST PRACTICE *Encourages:*

Serving only natural, low-fat or reduced fat cheeses.

LIMITING use of processed meats, like deli meats or hotdogs, to no more than once a week.

Serving lean, and high quality meats as often as possible.

Yogurt must be within the allowable sugar limits if participating in CACFP.

EXAMPLES OF



MEAT ALTERNATES

FLUID MILK



Whole milk is required for 1 year olds.

Low fat or fat free milk is required for children ages 2 and older.

Flavored milk can only be served to children ages 6 and older.

BEST PRACTICE *Encourages* **LIMITING THE USE OF FLAVORED MILK.**