

# Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans

ISBE Nutrition Department, CACFP Team

# Agenda

- Nutrition Standards
- Menu Planning Flexibilities
- Administrative and Operational Changes
- Implementation Resources

# Nutrition Standards

# Added Sugars: Child and Adult Care Food Program

- Updates the total sugars limits for breakfast cereals and yogurts to instead be added sugars limits
- Must be implemented by October 1, 2025:
  - Breakfast cereals: no more than 6 grams of added sugars per dry ounce
  - Yogurt: no more than 12 grams of added sugars per 6 ounces

# Flavored Milk

## **Maintains the current requirements:**

- The Child and Adult Care Food Program may continue to offer fat-free and low-fat milk, flavored and unflavored, to participants ages 6 and older

# Fluid Milk Substitutes

- Updates the unit of measurement for vitamin A and vitamin D requirements for fluid milk substitutes
- Changes international units (IU) to micrograms (mcg)
- Does not change the amount of vitamin A and vitamin D required in fluid milk substitutes; only the unit of measurement has changed

# Whole Grains: Whole Grain-rich Definition

- Adds a definition of “whole grain-rich” to Child and Adult Care Food Program regulations:
  - *Whole grain-rich* is the term designated by the Food and Nutrition Service to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched

# Menu Planning Flexibilities



# Supporting Traditional Indigenous Foods

- Allows Child and Adult Care Food Program institutions and facilities that serve primarily American Indian or Alaska Native participants to substitute vegetables for bread or grains

# Nuts and Seeds

- Allows nuts and seeds to credit for the full meats/meat alternates component in all Child Nutrition Programs and meals
- Removes the 50 percent crediting limit for nuts and seeds at breakfast, lunch, and supper

# Beans, Peas, and Lentils Terminology

- Terminology Change: the “legumes (beans and peas)” vegetable will be referred to as “beans, peas, and lentils”

# Administrative and Operational Changes

# Meal Modifications

- Explains in regulation that State licensed healthcare professionals may write medical modified meal forms on behalf of participants with disabilities in the Child and Adult Care Food Program
- Expands authority to write medical statements to registered dietitians

# Geographic Preference Option Expansion

- Allows Child Nutrition Program operators to use local as a product specification for unprocessed locally grown, raised, and caught foods

# Resources

# USDA Resources

- Infographics
- Frequently Asked Questions
- Rule Summaries
- Implementation Timelines
- Policy Guidance.
  - USDA Final Rule Webpage:  
<https://www.fns.usda.gov/cn/school-nutrition-standards-updates>
  - Implementation Policy Memo:  
<https://www.fns.usda.gov/cn/initial-implementation-meal-patterns-dga>



# The Institute of Child Nutrition

- The only federally funded national center dedicated to applied research, education and training, and technical assistance for Child Nutrition Programs
- Offers free training on a broad range of topics for child nutrition professionals working in school nutrition and childcare settings

# Thank you!