



## **New Revised Missouri Eat Smart Guidelines**

### **Differences Between Old and New Guidelines**

#### Breakfast:

- **B.1.I and B.1.A:** Changed the criteria for cereals to make it more understandable for child care providers – must contain 9 grams of sugar or less (intermediate) or 6 grams of sugar or less (advanced) per one ounce serving. The advanced guideline meets the recommendation of the IOM and is consistent with the WIC Program requirements for cereal.
- The fiber requirement was removed from the cereal criteria, as it was found most cereals provide at least one gram of fiber.
- **B.2.I and B.2.A:** Included “waffles or pancakes with syrup” as one of the sweet breakfast choices limited by the guidelines. Also added the statement, “Foods served with syrup, jam, jelly, table sugar, and honey are considered sweet breakfast items.” This is consistent with the IOM recommendation.
- Removed the requirement for low sugar or “lite” jellies or jams, since regular syrups, jams and jellies are now included as one of the sweet breakfast choices.
- **B.6.A:** Added a requirement for a meat/meat alternate at breakfast to the advanced level. The IOM recommends three meat/meat alternates per week at breakfast. The breakfast meat/meat alternate may not include a high fat or salty meat listed in L.1.I and L.1.A.

#### Lunch/Supper:

- **L.1.I and L.1.A:** Combined two of the old guidelines into one guideline addressing all processed meats and high fat, salty meats. Simplified the requirement by eliminating the information about grams of fat and simply limiting the number of times per week that processed meat items can be served. This guideline is consistent with the IOM recommendation.
- Removed the requirement that only reduced fat/or fat free salad dressings are served. The IOM recommends that limited amounts of healthy fats, such as those used in salad dressings and mayonnaise, be served daily.

#### Overall Meal Pattern:

- No changes made to this section

#### Snacks:

- **S.1.I and S.1.A:** included toaster pastries and donuts in the list of sweet snacks, and added croissants and grain-based snack chips to the list of snack foods that are limited each week.

- **S.2.I and S.2.A:** Added the statement “High fat and salty processed meats may not be provided at snack. These include meat items listed in L.1.I and L.1.A.”
- **S.4.I and S.4.A:** Added this section to specify that a whole grain food is served at least one to two snacks per week, per the IOM recommendation.

Nutrition Environment:

- **E.3.A:** Changed the word “All” to “Most” so that the statement reads, “Most foods are served family style within the children’s capabilities,” to make it easier for centers to meet this criteria.
- **E.7.I:** Changed the wording to make this section clearer. Original guidelines stated, “Parent are encouraged to bring non-food items for holidays and celebrations.”
- **E.7.A:** Changed wording to match the wording used in E.7.I. Removed some of the language from the guideline that was informational, not a standard.
- **E.8.A:** Added “nutrition education activities” to the guideline, and removed “through a standardized curriculum.”
- Removed guideline regarding handwashing, as this is a licensing/safety rule, not so much a nutrition environment rule.

Definitions:

- **Foods Containing Whole Grain:** Added the IOM definition of whole grain.