



Eat Smart Guidelines—Children Aged 2 through 12 Years

**The Intermediate Guidelines must be met to qualify for recognition.
For even greater healthfulness, meet all of the guidelines at the advanced level.**

MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
BREAKFAST:		
B.1.M. All child care meals comply with USDA regulations and state policies.	B.1.I. All ready-to-eat and hot cereals offered contain 9 grams of sugar or less per serving, as listed on the Nutrition Facts label.	B.1.A. All ready-to-eat and hot cereals offered contain 6 grams of sugar or less per serving, as listed on the Nutrition Facts label.
	B.2.I. Sweet breakfast items, such as breakfast pastries, donuts, Pop-Tarts and other toaster pastries, sweet rolls, muffins, cereal bars and other sweet breads are served no more than one time per week, or not at all. Foods served with syrup, jam, jelly, table sugar and honey are considered sweet breakfast items.	B.2.A. Sweet breakfast items, such as breakfast pastries, donuts, Pop-Tarts and other toaster pastries, sweet rolls, muffins, cereal bars and other sweet breads are served no more than one time every two weeks, or not at all. Foods served with syrup, jam, jelly, table sugar and honey are considered sweet breakfast items.
	B.3.I. A whole grain food is served at least one breakfast per week.	B.3.A. A whole grain food is served at least three breakfasts per week.
	B.4.I. Fresh, frozen, canned (packed in water or 100% juice, without added sugar) or dried fruits or vegetables are served at least three breakfasts per week.	B.4.A. <ul style="list-style-type: none"> ● Fresh, frozen, canned (packed in water or 100% juice, without added sugar) or dried fruits or vegetables are served for breakfast every day. ● Fresh fruits or vegetables are served at least one breakfast per week.
		B.5.A. A meat/meat alternate is provided at breakfast two days per week. High fat and salty processed meats may not be provided at breakfast. These include meat items listed in Guideline L.1.
LUNCH/SUPPER:		
L.1.M. All child care meals comply with USDA regulations and state policies.	L.1.I. Limit highly processed meat, poultry and fish (including any meat/meat alternate that requires CN documentation) to two times per week. This includes, but is not limited to, chicken nuggets, fish sticks, chicken patties, pork patties, Salisbury steak, pizza, ravioli, meatballs, corn dogs, hot dogs, bologna, pepperoni, sausages, Spam, Treet, liverwurst, salami, and other luncheon meats*	L.1.A. Limit highly processed meat, poultry and fish (including any meat/meat alternate that requires CN documentation) to one time per week. This includes, but is not limited to, chicken nuggets, fish sticks, chicken patties, pork patties, Salisbury steak, pizza, ravioli, meatballs, corn dogs, hot dogs, bologna, pepperoni, sausages, Spam, Treet, liverwurst, salami, and other luncheon meats*
	L.2.I. A whole grain food is served at least one lunch per week.	L.2.A. A whole grain food is served at least three lunches per week.
	L.3.I. Fresh (raw) fruits or vegetables are served one or more times per week.	L.3.A. Fresh (raw) fruits or vegetables are served three or more times per week.

MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
SNACKS:		
S.1.M. All snacks comply with USDA regulations and state policies.	S.1.I. Sweet and high fat snack items, such as sweet pastry items, toaster pastries, donuts, cookies, cakes, pie, quick breads, cereal bars, etc., AND croissants and grain-based snack chips are served no more than one time per week, or not at all.	S.1.A. Sweet and high fat snack items, such as sweet pastry items, toaster pastries, donuts, cookies, cakes, pie, quick breads, cereal bars, etc., AND croissants and grain-based snack chips are served no more than one time every two weeks, or not at all.
	S.2.I. One or more snacks per week contain a meat/meat alternate. High fat and salty processed meats may not be provided at snack. These include meat items listed in Guideline L.1.	S.2.A. Two or more snacks per week contain a meat/meat alternate. High fat and salty processed meats may not be provided at snack. These include meat items listed in Guideline L.1.
	S.3.I. Fresh, frozen, canned (packed in water or 100% juice, without added sugar) or dried fruits or vegetables are served at least two snacks per week.	S.3.A. Fresh, frozen, canned (packed in water or 100% juice, without added sugar) or dried fruits or vegetables are served at least three snacks per week.
	S.4.I A whole grain food is served at least one snack per week.	S.4.A A whole grain food is served at least two snacks per week.
OVERALL MEAL PATTERN (Breakfast, Lunch/Supper, Snacks):		
P.1.M. A variety of food which broadens each child’s food experiences is served.	P.1.I. The menu is at least a 3 week cycle. Different vegetables, fruits, and entrees are used so there is little repetition in the cycle.	P.1.A. <ul style="list-style-type: none"> The menu is at least a 3 week cycle. Different vegetables, fruits, and entrees are used so there is little repetition in the cycle. Foods served at a meal include a variety of textures, shapes, temperatures, sizes and colors. Menus reflect the ethnicity and culture of all children in care.
	P.2.I. Dark green or orange fruits or vegetables are served at least two times per week.	P.2.A. Dark green or orange fruits or vegetables are served at least three times per week.
	P.3.I. <ul style="list-style-type: none"> Juice is not served at lunch and supper meals. 100% juice is served no more than once per day, or not at all. 	P.3.A. <ul style="list-style-type: none"> Juice is not served at lunch and supper meals. 100% juice is served no more than three times per week, or not at all.
	P.4.I. Sweetened beverages, such as Kool-Aid; pop, soda or Cola; fruit punch; sports drinks; flavored waters; etc. are not served at all, for any occasion.	P.4.A. Sweetened beverages, such as Kool-Aid; pop, soda or Cola; fruit punch; sports drinks; flavored waters; etc. are not served at all, for any occasion.
	P.5.I. No foods containing artificial sweeteners are served. This includes sugar-free and ‘lite’ versions of products, such as yogurt, syrup, jam, jelly and canned fruits.	P.5.A. No foods containing artificial sweeteners are served. This includes sugar-free and ‘lite’ versions of products, such as yogurt, syrup, jam, jelly and canned fruits.
	P.6.I. Only skim (nonfat) or low fat (½% or 1%) milk is served, flavored or unflavored.	P.6.A. Only skim (nonfat) or low fat (½% or 1%) milk is served, flavored or unflavored.

MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
NUTRITION ENVIRONMENT:		
E.1.M. Menus are available for staff and parents.	E.1.I. Menus are available and posted for staff and parents.	E.1.A. <ul style="list-style-type: none"> • Menus are available and posted for staff and parents. • Children have opportunities to provide input on food and menus.
	E.2.I. Adults sit at the table and eat the same foods served to the children.	E.2.A. <ul style="list-style-type: none"> • Adults sit at the table and eat the same foods served to the children. • Adults do not eat or drink any foods or beverages other than those offered to children while in the presence of children.
	E.3.I. <ul style="list-style-type: none"> • At least one item is served family style at each meal within children’s capabilities. • Child-size serving utensils are available and used. 	E.3.A. <ul style="list-style-type: none"> • Most foods are served family style at each meal within children’s capabilities. • Child-size serving utensils are available and used.
	E.4.I. Children have ample time to eat and practice social interaction skills, such as having a conversation.	E.4.A. Children have ample time to eat and practice social interaction skills, such as having a conversation.
	E.5.I. Children help clear dishes after the meal is finished.	E.5.A. Children help set the table and clear dishes after the meal is finished.
E.6.M. Children are not forced to eat any foods or beverages.	E.6.I. <ul style="list-style-type: none"> • Staff gently encourage but do not force children to eat or taste foods. • Food* is not used as a punishment or reward at any time throughout the day. 	E.6.A. <ul style="list-style-type: none"> • At meals, staff informally educate children about the foods they are eating. • Staff gently encourage but do not force children to eat or taste foods. • Food* is not used as a punishment or reward at any time throughout the day.
	E.7.I. Parents are provided a written policy prohibiting foods brought from home or other outside sources at any time, including holidays and celebrations.	E.7.A. <ul style="list-style-type: none"> • Parents are provided a written policy prohibiting foods brought from home or other outside sources at any time. • Holidays and celebrations are observed with non-food treats like stickers or with mostly healthy foods (facility provided).
		E.8.A. Nutrition education and/or nutrition education activities are provided at least one time per week.
	E.9.I. If families/children participate in fundraisers, the fundraising activity or product must be supportive of physical activity and healthful eating. Any foods sold must be nutritious foods.	E.9.A. If families/children participate in fundraisers, the fundraising activity or product must be supportive of physical activity and healthful eating. Any foods sold must be nutritious foods.
	E.10.I. Visible supports, such as posters and books, encourage healthy nutrition habits.	E.10.A. Visible supports, such as posters and books, encourage healthy nutrition habits.
	E.11.I. Food and beverage vending machines, if present, are located in areas not accessible to children.	E.11.A. Food and beverage vending machines, if present, are located in areas not accessible to children.
	E.12.I. Television viewing is not allowed during mealtime and snacks.	E.12.A. Television viewing is not allowed during mealtime and snacks.

References:

Missouri Eat Smart Guidelines for School Meals, October 2008. Missouri Council for Activity and Nutrition.

Head Start Program Performance Standards and Other Regulations

USDA Meal Patterns for Child and Adult Care Food Program.

[Meal Patterns-http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm](http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm)

Creditable Foods Guide. Missouri Child and Adult Care Food Program, Missouri Department of Health and Senior Services, Bureau of Community Food and Nutrition Assistance. 2013.

Missouri Child Care Licensing Rules. <http://health.mo.gov/safety/childcare/lawsregs.php>

Dietary Guidelines for Americans 2010. U.S. Department of Health and Human Services; U.S. Department of Agriculture.

Child and Adult Care Food Program: Aligning Dietary Guidance for All, November 2010. Institute of Medicine of the National Academies of Science

Definitions:

Food is considered to be anything given by mouth to include candy, sweets and gum.

Dark Green or Orange Vegetables or Fruit. Examples are acorn squash, beet and mustard greens, bok choy, broccoli, butternut squash, carrots, collard greens, dark green leaf lettuces or salad greens (e.g. romaine lettuce, spinach), hubbard squash, sweet potatoes, kale, pumpkin, or yams, turnip greens, watercress, apricots, cantaloupe, guava, mandarin oranges, mango, nectarines, oranges, papaya, peaches, tangerines, (Food & Nutrient Guidance, Healthier US School Challenge, 2006).

Fruits may be fresh, frozen, canned or dried. Condiments (such as jelly or jam) made from fruit are not considered fruit under these guidelines. Canned fruit should be packed in water or 100% juice without added sugar.

Vegetables may be fresh, frozen or canned. Fried vegetables, such as French fries, are discouraged. Snack foods such as potato chips and condiments (such as pickle relish, catsup and chili sauce) made from a vegetable are not considered a vegetable under these guidelines.

Family Style is a type of meal service which allows children to serve themselves at the table from common platters of food with assistance from supervising adults setting the example.

Foods Containing Whole Grain include but are not limited to whole wheat flour, graham flour, brown rice, oatmeal and cornmeal. To be considered as a food containing whole grain, a commercially produced food item would have a whole grain listed as the first ingredient on the product's list of ingredients. The 2010 Dietary Guidelines for Americans recommend that at least half of an individual's recommended grain servings come from whole grains.

A whole-grain food must meet at least one of the following two specifications:

1. The product contains the following Food and Drug Administration (FDA) approved whole-grain health claim on its packaging: "Diets rich in whole-grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease."
2. Product ingredient listing lists whole-grain first, specifically:
 - a. Non-mixed dishes (breads, cereals): Whole grains must be the primary ingredient by weight.
 - b. Mixed dishes (pizza, corndogs): Whole-grain must be the primary grain ingredient by weight.

Luncheon meats include hot dogs, Frankfurters, bologna, pepperoni, Polish sausage, salami, Summer sausage, liverwurst and other pressed type meats. This does not include deli meats, which include lean ham, turkey, roast beef and chicken breast meats that are sliced for sandwiches and salads and are at least 95% fat free.