

Beverage Guidelines: 1 up to 3 Years



Following the American Academy of Pediatrics recommendations, our program will encourage children over a year of age to exclusively use a cup instead of a bottle.



Recommended

- For children aged 12 to 23 months: Whole milk (or nutritionally-equivalent nondairy beverages like soy, rice, or lactose-free milks with medical permission).
- For children aged 24+ months: 1% or fat-free milk (or nutritionally-equivalent nondairy beverages like soy, rice, or lactose-free milks with medical permission).
- Water with no added sweeteners.



Limit

- 100% fruit and vegetable juices (with no added sweeteners) to no more than ½ cup (4 oz.) per day.



Not Recommended

- Soft drinks
- Sports/energy drinks
- Sugary beverages including fruit based drinks with added sweeteners that contain less than 100% real fruit juice, sweetened iced teas, punch, etc.
- Artificially sweetened beverages including diet soft drinks, teas, lemonade, etc.
- Caffeinated beverages

Portion Size

Item	Meal	Snack
Water	exempt from portion limit	
100% fruit and vegetable juices with no added sweeteners	no more than ½ cup (4 oz.) per day for 2 to 3 years old ¼ cup = 1 portion for 12 to 24 months	
Milk	½ cup (4 oz.) during meals for 2 to 3 years old whole milk for 12 to 24 months, 1% or fat-free for 24+ months	



Rationale

Why whole milk for children younger than 2 years old?

- Whole milk provides some fats that are necessary for early growth and development (brain and spinal cord development).

Why 1% or fat-free milk for children aged 2 years and older?

- The American Academy of Pediatrics recommends serving 1% or fat-free milk to children aged 2 years and older.
- 1% and fat-free milk contains as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Why limit juice?

- Excessive juice intake may be linked to overweight or obesity.
- Excessive juice consumption is associated with tooth decay and diarrhea in children.
- The American Academy of Pediatrics recommends that the majority of fruit and vegetables come from the whole food rather than juices.

Why are sugary beverages not recommended?

- Many sports and soft drinks are high in calories and low in key nutrients.
- Intake of sugary beverages has been associated with negative consequences such as:
 - o Overweight or obesity
 - o Sugary beverages can displace milk which could result in calcium deficiency that can lead to poor bone health and fractures.
 - o Cavities



Why no diet beverages or artificial sweeteners?

- Children have little tummies and while diet and artificially sweetened beverages have few calories, they may displace the intake of more nutritious drinks that they need to grow (for example, 1% or fat-free milk or water).

Why no other food or drink in the bottle?

- By age 1 all children should be drinking exclusively from a cup.
- Tooth decay is linked to using a bottle after 12 months of age.

Sample policy support for program, staff, and families handbooks

Program and Staff

- We at *(name of the program)* are committed to our children's health; we recognize the importance of the staff as positive role models to the children as they learn to live healthy lives. Therefore, the staff will not drink soda and sugary beverages in front of the children in their care.
- We at *(name of the program)* are committed to children's nutrition and we recognize the importance of adults as positive role models on children's behavior. Therefore, during any functions or meetings, we will only permit water, milk, or 100% juice to be served.
- We will only serve:
 - o Whole milk for children younger than 2 years old
 - o 1% or fat-free milk for children aged 2 years and older
- Following the American Academy of Pediatrics recommendations, our program will encourage children over a year of age to use a cup exclusively, instead of bottle.
- Following the American Academy of Pediatrics recommendations, this program will not serve any food or drink, other than breast milk and/or iron-fortified infant formula, in a bottle unless medically necessary.
- Water will be clearly visible and available to the children at all times (indoors and outdoors).
- We will continue supporting families who are breast feeding beyond 12 months.

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff models healthy eating behaviors throughout the day. We ask for your support by:
 - o Packing healthy lunches and snacks including only water, milk, or 100% juice (limit to ½ cup (4 oz.)). When packing milk please provide:
 - Whole milk for children younger than 2 years old
 - 1% or fat-free milk for children aged 2 years and older
 - o Bringing healthy foods for celebrations and holiday parties, including water, milk, or 100% juice. When packing milk please provide:
 - Whole milk for children younger than 2 years old
 - 1% or fat-free milk for children aged 2 years and older



Fruit and Vegetable Guidelines: 1 up to 3 Years



Rationale

Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourages consumption of a variety of fruits and vegetables daily. The current recommendation is at least 2 servings of fruits and 2 servings of vegetables per day.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may protect against many chronic diseases for children in this age group.
- They are high in fiber.
- They help children feel fuller longer.
- They provide children with the opportunity to learn about different textures, colors, and tastes.
- They help children potentially develop life-long healthy eating habits.

Sample policy support for program, staff, and families handbooks

Program and Staff

- We at (*name of the program*) support your child's healthy food choices by:
 - Gently encouraging children to try fruits and vegetables, and giving positive reinforcement when they do.
 - Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
 - Providing nutrition education.
- During celebrations and holiday parties, our program will offer fruits and vegetables and other healthy foods.

Families

- For packed lunches, include Fruits and/or vegetables.
- We are committed to children's nutrition. Therefore, we ask parents to provide healthy foods (fruits and vegetables) for celebrations and holiday parties. An approved list of age-appropriate foods will be provided.



Recommended

- A variety of different Fruits and/or vegetables should be offered at every meal.
 - Fresh or frozen fruit (cut into bite-size pieces to prevent choking)
 - Fresh or frozen vegetables (cut into bite-size pieces and cooked to prevent choking)
 - Canned fruits (in their natural juices or light syrup)
 - Canned vegetables with no or low sodium



Limit

- 100% fruit and vegetable juices (with no added sweeteners) to no more than ½ cup (4 oz.) per day.
- Added fat, sugar, or sodium to fruits and vegetables



Not Recommended

- Dried fruit and vegetables for children under 4 (choking hazard).
- Fruit-based drinks with added sugars
- Fried vegetables and fried fruits

Portion Size

Item	Meal	Snack
Fruits and vegetables (non-fried)	exempt from portion-size limits	
	At least ¼ cup of each Fruits and/or vegetables should be offered at each meal and snack.	
100% fruit and vegetable juices with no added sweeteners	no more than ½ cup (4 oz.) per day	

Milk Guidelines: 1 up to 3 Years



Rationale

Why milk?

- Low calcium intake is one of the more significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products are high in nutritional value and provide calcium, protein, and vitamin D for bone growth and development.
- The American Academy of Pediatrics recommends the daily consumption of milk, cheese, yogurt, and other calcium-rich foods to help build strong bone mass in all growing children and adolescents.

Why serve whole milk for children younger than 2 years of age?

- The American Academy of Pediatrics recommends serving whole milk to children under 2 years of age.
- Whole milk provides some fats that are necessary for early growth and brain and spinal cord development.

Why serve 1% or fat-free milk for children aged 2 years old and older?

- The American Academy of Pediatrics recommends serving 1% or fat-free milk to children aged 2 years and older.
- 1% and fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Sample policy support for program, staff, and families handbooks

Program and Staff

- Following the American Academy of Pediatrics recommendation, this program will serve whole milk to all children under the age of 2.
- Following the American Academy of Pediatrics recommendation, this program will serve 1% or fat-free milk to all children aged 2 and older.
- Following the American Academy of Pediatrics recommendations, our program will encourage children over a year of age to exclusively use a cup instead of a bottle.
- Following the American Academy of Pediatrics recommendations, this program will not serve any food or drink, other than breast milk and/or iron-fortified infant formula, in a bottle unless medically necessary.

Families

- We encourage families to pack 1% or fat-free milk in your child's lunch for children aged 2 years and older.
- Parents of children younger than 2 years old are asked to pack whole milk in their child's lunch.

Age	Recommended
12 up to 24 months	<ul style="list-style-type: none"> • Whole milk should be served (or nutritionally-equivalent nondairy beverages like soy, rice, or lactose-free milk with medical permission).
24+ months	<ul style="list-style-type: none"> • 1% or fat-free milk (or nutritionally-equivalent nondairy beverages like soy, rice, or lactose-free milk with medical permission).

Portion Size

Item	Meal	Snack
Milk	½ cup (4oz.) whole milk for 12 to 24 months, 1% or fat-free for 24+ months	

Meats and Meat Alternates Guidelines: 1 up to 3 Years



Rationale

Why are meat and meat alternates important?

- Meats, beans, and nuts offer protein and other valuable nutrients such as zinc, iron, and B vitamins.
- Protein supplies amino acids that build, repair, and maintain body tissues.

Sample policy support for program, staff, and families handbooks

Program and Staff

- Our program is committed to children's nutrition; therefore, fried or baked pre-fried foods, such as chicken nuggets and fish sticks, or high fat items such as sausage, bacon, and bologna are only offered once per month or less.

Families

- For packed meals from home, pre-packaged lunches and other baked pre-fried or high fat items such as chicken nuggets and hot dogs are discouraged.



Recommended

- Lean protein sources such as chicken, turkey, beans, boneless fish, nut butters, eggs, yogurt, and cheese are encouraged. Note: up to the age of 4, meats should be cut into bite-size pieces to avoid choking (with parent approval due to potential allergy issues).
- A meat or meat alternates should have no more than 35% of its calories from fat, and no more than 10% of its calories from saturated fat, excluding nuts, seeds, peanut butter, and other nut butters. (See sample food label in appendix).
- Foods must have less than 0.5 grams of trans fat. Foods with no trans fats are ideal. (See sample food label in appendix).
- For snack items, try to offer items that have no more than 200 mg of sodium per serving (See sample food label in appendix).



Limit

- Chicken or turkey with skin.



Not Recommended

- Baked pre-fried food items, such as chicken nuggets and fish sticks
- Deep-fat frying in food preparation.
- Processed cheese food or product.
- Nuts and seeds for children under 4 years old (choking hazard). If you do serve nuts and/or seeds to children under 4 years old, the USDA recommends they be served ground or finely chopped in a prepared food.
- Shark, swordfish, king mackerel, tile fish, albacore tuna (potential high level of mercury).

Portion Size

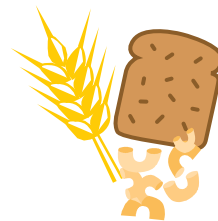
Item	Lunch	Snack
Meat, poultry, boneless fish, or alternate protein product	1/8 cup (1 oz. or 2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Cheese	1/8 cup (1 oz. or 2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Egg	1/2 egg	
Beans or peas	1/4 cup (2 oz. or 4 Tbsp.)	1/8 cup (1 oz. or 2 Tbsp.)
Nut butters (peanut butter or soy)	1/8 cup (1 oz. or 2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Nuts and/or seed	1/16 cup (1/2 oz. or 1 Tbsp.)	
Yogurt	1/2 cup (4 oz.)	1/4 cup (2 oz.)

Grains & Breads Guidelines: 1 up to 3 Years



Remember...

1 slice of bread equals 2 portions.



Rationale

Why serve whole grain?

- The Dietary Guidelines for Americans recommend making half our grains whole grains and that all age levels consume 14 grams of fiber per 1000 calories. For children aged 12 to 36 months the recommended level of intake is 19 grams of fiber per day.

Sample policy support for program, staff, and families handbooks

Program and Staff

- We at *(name of the program)* support your child's healthy food choices by:
 - Offering most breads, pastas, and grains made from whole grains
 - Serving brown rice for all rice dishes when possible
 - Serving whole grain cereals containing 6 grams of sugar or less
 - Not serving high sugar or fat snack items
- Celebrations will include no more than one food that does not meet the adopted nutrition guidelines. A list of party foods meeting the guidelines will be provided to staff and families.

Families

- For packed meals, high fat products (containing more than 35% of calories from fat) and high sugar products (containing more than 35% of calories from sugar) are discouraged. A list of suggested items will be provided. An approved list of age appropriate foods will be provided.

Recommended

- Whole grains are preferred for all grains, pastas, and breads. Look for whole grain to be listed as the first ingredient, or that the food contains the entire grain kernel. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- Brown rice is preferred for all rice dishes when possible.
- A food should have no more than 35% of its calories from total sugars. Using this calculation is preferred. However, a simple alternative is to choose items that do not have sugars listed as the first, second, or third ingredients or have several listed. (See sample food label in appendix).
- A grain or bread should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat (See sample food label in appendix).
- All foods must have less than 0.5 grams of trans fat. Foods with no trans fats are ideal. (See sample food label in appendix).
- Choose foods that are highest in fiber (cereals, breads, pastas, etc.).
- Try to offer items that have no more than 200 mg of sodium per serving. (See sample food label in appendix)

Limit

- Baked goods for breakfast that are high in sugar and fat (e.g., cinnamon rolls, toaster pastries, muffins, donuts, etc.).
- Baked snacks that are high in sugar and fat (e.g., cookies, cakes, rice treats, etc.).

Not Recommended

- Cereals with more than 6 grams of sugar per serving.

Portion Size

Item	Lunch	Snack
Bakery items including, but not limited to bread, bagels, and other bakery items		1/2 slice
Cereals, hot or cold	1/4 cup (2oz.)	
Pasta, noodles, or grains	1/4 cup (2oz.)	

Beverage Guidelines: 3 up to 6 Years



For 100% fruit and vegetable juices with no added sweetener, the recommended serving size is no more than ½ cup (4 oz.) per day.



Recommended

- 1% or fat-free milk (or nutritionally-equivalent nondairy beverages like soy, rice, or lactose-free milk, with medical permission)
- Water with no added sweeteners
- 100% fruit and vegetable juices with no added sweeteners



Limit

- 100% fruit and vegetable juices (with no added sweeteners) to no more than ½ cup (4 oz.) per day.



Not Recommended

- Soft drinks
- Sports/energy drinks
- Sugary beverages including fruit based drinks with added sweeteners that contain less than 100% real fruit juice, sweetened iced teas, punch, etc.
- Artificially sweetened beverages including diet soft drinks, teas, lemonade, etc.
- Caffeinated beverages

Portion Size

Item	Meal	Snack
Water	exempt from portion limit	
100% fruit and vegetable juices with no added sweeteners	no more than ½ cup (4 oz.) per day	
1% or fat-free milk	¾ cup (6 oz.)	½ cup (4 oz.)



Rationale

Why 1% or fat-free milk for children aged 2 years and older?

- The American Academy of Pediatrics recommends serving 1% or fat-free milk to children aged 2 years and older.
- 1% and fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Why are sugary beverages not recommended?

- Many sports and soft drinks are high in calories and low in key nutrients.
- Intake of sugary beverages has been associated with negative consequences such as:
 - Overweight or obesity
 - Substituting milk with sugary beverages can displace milk consumption which could result in calcium deficiency that can lead to poor bone health and fractures.
 - Cavities

Why limit juice?

- Excessive juice intake may be linked to overweight or obesity.
- Excessive juice consumption is associated with tooth decay and diarrhea in children.
- The American Academy of Pediatrics recommends that a majority of fruit and vegetables come from the whole food rather than juices.

Why no diet beverages or artificial sweeteners?

- Children have little tummies and while diet and artificially sweetened beverages have few calories, they may displace the intake of more nutritious drinks that they need to grow (for example, 1% or fat-free milk or water).

Sample policy support for program, staff, and families handbooks

Program and Staff

- We at (*name of the program*) are committed to our children's health; we recognize the importance of the staff as positive role models for children as they learn to live healthy lives. Therefore, the staff will not drink soda and sugary beverages in front of the children in their care.
- We at (*name of the program*) are committed to children's nutrition and we recognize the importance of adults as positive role models on children's behavior. Therefore, during any functions or meetings at the center we will permit only water, milk, or 100% juice to be served.
- We will only serve 1% or fat-free milk for children aged 2 years and older.
- Water will be clearly visible and available to the children at all times (indoors and outdoors).

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff models healthy eating behaviors throughout the day. We ask for your support by:
 - Packing healthy lunches and snacks including only water, milk, or 100% juice limited to ½ cup (4 oz.). When packing milk, please provide 1% or fat-free milk for children aged 2 years and older.
 - Bringing healthy foods for celebrations and holiday parties, including water, milk, or 100% juice. When packing milk, please provide 1% or fat-free milk for children aged 2 years and older.

1% and fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and fat.

