



# Fruit and Vegetable Guidelines: 3 up to 6 Years



## Rationale

### Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourages consumption of a variety of fruits and vegetables daily.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may protect against many chronic diseases.
- 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 potentially help children 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 including:
  - Fresh or frozen fruits\*
  - Fresh or frozen vegetables\*
  - Canned fruits (in their natural juices or light syrup)
  - Canned vegetables with no or low sodium
  - Dried fruit and vegetables (choking hazard for children under 4years old)

\* Note: for children under age 4, cut into bite-size pieces and cook to prevent choking.



## 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

- Fruit-based drinks with added sweeteners
- Fried vegetables and fried fruits

## Portion Size

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

# Milk Guidelines: 3 up to 6 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 bones in all growing children and adolescents.

### Why serve 1% or fat-free milk?

- The AAP 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 1% or fat-free milk to all children aged 2 years and older.

### Families

- We encourage families to pack 1% or fat-free milk in your child's lunch for children aged 2 years and older.



## Recommended

- 1% or fat-free milk should be offered (or nutritionally-equivalent nondairy beverages like soy, rice, or lactose-free milk).

## Portion Size

Item	Meal	Snack
1% or fat-free milk	¾ cup	½ cup

# Meats and Meat Alternates Guidelines: 3 up to 6 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 offered once per month or less.

### Families

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



## Recommended

- Lean protein sources such as chicken, turkey, beans, fish\*, nut butters\*, eggs\*, yogurt, and cheese are encouraged. Note: for children under age 4, cut meats into bite-size pieces to prevent choking.  
\* unless child has risk for allergy
- 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).
- 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).
- For snack items, try to offer items that have no more than 200 mg of sodium per serving. (See sample food label in appendix).
- Cheese should be fat-free, reduced-fat or part-skim.



## Limit

- Chicken or turkey with skin



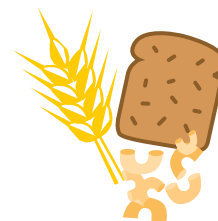
## Not Recommended

- 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 served, the USDA recommends they be ground or finely chopped in a prepared food.
- Shark, swordfish, king mackerel, tile fish, albacore tuna (potential high mercury levels)

## Portion Size

Item	Lunch	Snack
Meat, poultry, boneless fish, or alternate protein product	1 1/2 oz. (3 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Cheese	1 1/2 oz. (3 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Egg	3/4 egg	1/2 egg
Beans or peas	3/8 cup (3 oz. or 6 Tbsp.)	1/8 cup (1oz. or 2 Tbsp.)
Nut butters (peanut butter or soy)	1 1/2 oz. (3 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Nuts and/or seed	3/4 oz. (1 1/2 Tbsp.)	1/16 cup (1/2 oz. or 1 Tbsp.)
Yogurt	3/4 cup (6 oz.)	1/4 cup (2 oz.)

# Grain and Bread Guidelines: 3 up to 6 Years



Baked snacks that are high in sugar and fat should be avoided or limited such as cookies, cakes, rice treats, etc.



## 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 3 to 5 years old the recommended level of intake is 25 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. An approved list of age appropriate foods will be provided.

### Families

- For packed meals, high fat products (containing more than 35% of calories from fat) and high sugar products (containing more than 35% of its calories from sugar) are discouraged. 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 should be avoided or limited (e.g. cinnamon rolls, toaster pastries, muffins, donuts, etc.).
- Baked snacks that are high in sugar and fat should be avoided or limited such as 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 (cold)	1/3 cup (2.5 oz.)	
Cereal (hot)	1/4 cup (2 oz.)	
Pasta, noodles, or grains	1/4 cup (2oz.)	