



Beverage Guidelines: Birth up to 12 months



To prevent tooth decay and overfeeding don't let infants sleep with a bottle or prop the bottle while feeding.

| Age |  Recommended |  Not Recommended |
|----------------------|---|--|
| Birth up to 4 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula | <ul style="list-style-type: none"> • Other foods at this age |
| 4 up to 8 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula • Water with no added sweeteners (after 6 months) | <ul style="list-style-type: none"> • Food or drink other than breast milk and/or iron-fortified infant formula in a bottle unless medically necessary • Cow's milk (or nutritionally-equivalent beverages like soy, rice, or lactose-free milk with medical permission) |
| 8 up to 12 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula • Water with no added sweeteners | <ul style="list-style-type: none"> • 100% fruit and vegetable juices (with no added sweeteners) until 12 months of age • 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 |



Rationale

Why is juice not recommended for infants until 12 months of age or older?

- Although the CACFP reimburses for 100% juice for children 8 months and older, we have chosen to take a firmer stand on juice in infants because infants should obtain their fiber and nutrients from the whole fruits and vegetables rather than juice.

Why should no food or drink other than breast milk or iron-fortified infant formula be served in the bottle?

- Food added to a bottle does not help infants sleep through the night.
- This practice deprives infants of the opportunity to learn to regulate their food intake.
- Tooth decay is of great concern with bottle use and added food and drinks.

Why are sugary beverages not recommended?

- Many sports and soft drinks are high in calories and low in key nutrients.
- Children under 6 months of age should be drinking breast milk or infant formula exclusively.
- Intake of sugary beverages has been associated with negative consequences such as:
 - o Overweight or obesity
 - o Sugary beverages can displace milk consumption which could result in calcium deficiency that can lead to poor bone health and fractures.
 - o Cavities

Sample policy support for program, staff, and families handbooks

Program and Staff

- Breast feeding is encouraged and supported for infants of breast feeding mothers. If a mother wishes to breast feed exclusively, the program will make every effort to provide breast milk to the child and supplement only when breast milk is gone.
- To support children's healthy eating habits, hunger and fullness cues will be observed and supported.
- 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.
- 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 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 recognize the importance of adults as positive role models on children's behavior. Therefore, during functions or meetings at the center, we will only permit water, milk, or 100% fruit juice to be served.

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff model healthy eating behaviors throughout the day. We ask for your support by not packing any food or drink other than breast milk and/or formula in a bottle unless medically necessary.



Portion Size

Note: Observing feeding cues for signs of hunger and fullness is strongly recommended. Beverages other than breast milk and/or iron-fortified infant formula should be served in a cup only.

| Age | Item | Meals | Snacks |
|----------------------|--|---|---------|
| Birth up to 4 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula | 4-6 oz. | |
| 4 up to 8 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula | Approximately 4-8 oz. | 4-6 oz. |
| | <ul style="list-style-type: none"> • Water with no added sweeteners | Small amount can be given after breast milk or iron-fortified infant formula. Water can be used for practicing cup use. | |
| 8 up to 12 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula | Approximately 6-8 oz. | 2-4 oz. |
| | <ul style="list-style-type: none"> • Water with no added sweeteners | Small amount can be given after breast milk or iron-fortified infant formula | |

Fruit and Vegetable Guidelines: Birth up to 12 months



| Age |  Recommended |  Not Recommended |
|----------------------|--|---|
| Birth up to 4 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula | <ul style="list-style-type: none"> • Other foods at this age |
| 4 up to 8 months | <ul style="list-style-type: none"> • A variety of different fruits and or vegetables may be offered. All fruits and vegetables should be mashed, strained, or pureed to prevent choking. • Fruits and vegetables should be served plain, without added fat, honey, sugar, or salt at this age. • Some examples include: <ul style="list-style-type: none"> ○ Commercially prepared baby fruits ○ Commercially prepared baby vegetables ○ Fresh or frozen fruits ○ Fresh or frozen vegetables ○ Canned fruits (in their natural juices or water) ○ Canned vegetables with no added sodium | <ul style="list-style-type: none"> • Added fat, honey, sugar, or salt to fruits and vegetables • 100% fruit and vegetable juices until 12 months of age • Fruit-based drinks with added sweeteners • Food or drink other than breast milk and/or formula in a bottle unless medically necessary • Pre-mixed commercially prepared fruits with more than one food item • Pre-mixed commercially prepared vegetables with more than one food item |
| 8 up to 12 months | <ul style="list-style-type: none"> • A variety of different fruits and/or vegetables may be offered. • All fruits should be cooked if needed and/or cut into bite-size pieces to prevent choking. • All vegetables should be cut into bite-size pieces and cooked to prevent choking. Corn, specifically, should be pureed and cooked before serving. • Fruits and vegetables should be served plain, with no added fat, honey, sugar or salt. • Some examples include: <ul style="list-style-type: none"> ○ Fresh or frozen fruits ○ Fresh or frozen vegetables ○ Canned fruits (in their natural juices or water) ○ Canned vegetables with no added sodium | <ul style="list-style-type: none"> • Fried vegetables and fried fruits • The following fruits and vegetables are a choking hazard to children under 12 months: <ul style="list-style-type: none"> ○ Dried fruit and vegetables ○ Raw vegetables ○ Cooked or raw whole corn kernels ○ Hard pieces of raw fruit such as apple, pear, or melon ○ Whole grapes, berries, cherries, melon balls, or cherry or grape tomatoes |



Rationale

Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourage 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, color, and tastes.
- They help children potentially develop life-long healthy eating habits.

Why no commercially prepared fruits and/or vegetables mixtures?

- Portions of the food components in the mixture are not specified.
- Mixture may contain a new food that the child has not tried and may cause an allergic reaction
- Foods can be mixed after portions created at time of feeding.

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:
 - o Gently encouraging children to try fruits and vegetables, and giving positive reinforcement if they do.
 - o Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
 - o 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 (especially fruits and vegetables) for celebrations and holiday parties. An approved list of age-appropriate foods will be provided.

Portion Size



Note: Observing feeding cues for signs of hunger and fullness is strongly recommended.

| Age | Item | Meals |
|-------------------|----------------------------|----------|
| 4 up to 8 months | • Fruits and/or vegetables | 0-3 Tbsp |
| 8 up to 12 months | • Fruits and/or vegetables | 1-4 Tbsp |



Meats and Meat Alternates Guidelines: Birth up to 12 months



| Age |  Recommended |  Not Recommended |
|----------------------|---|---|
| Birth up to 4 months | <ul style="list-style-type: none"> • Breast milk (preferred) • Iron-fortified infant formula | <ul style="list-style-type: none"> • Other foods at this age |
| 4 up to 8 months | <ul style="list-style-type: none"> • Breast milk • Iron-fortified formula • Fruits • Vegetables • Iron-fortified cereal | <ul style="list-style-type: none"> • Other foods at this age |
| 8 up to 12 months | <ul style="list-style-type: none"> • Lean protein sources such as chicken, turkey, beans, cheese, yogurt, or egg yolk (unless child has risk for allergy) • Meats and meat alternates should be pureed, grounded, mashed, or finely chopped to prevent choking. • Foods must have less than 0.5 grams of trans fat. Foods without trans fats are ideal. (See sample food label in appendix). | <ul style="list-style-type: none"> • Baked pre-fried food items such as chicken nuggets and fish sticks • Deep-fat frying in food preparation • Nut butters, nuts, and seeds for children at this age (choking hazard, possible allergies) • Pre-mixed commercially prepared meals • Added fat, honey, sugar, or salt to meat and meat alternates • Shellfish for children at this age (possible allergies) |



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.

Portion Size

Note: Observing feeding cues for signs of hunger and fullness is strongly recommended.

| Age | Item | Meals |
|-------------------|---|--------------|
| 8 up to 12 months | <ul style="list-style-type: none"> • Chicken, meat, egg yolk, cooked beans or peas | 1-4 Tbsp. |
| | <ul style="list-style-type: none"> • Cottage cheese or yogurt | 1-4 oz. |
| | <ul style="list-style-type: none"> • Cheese or cheese spread | ½ oz.- 2 oz. |

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:
 - o Role-modeling positive behaviors by eating healthy foods in the presence of the children.
 - o Providing nutrition education.
- To support children's healthy eating habits, hunger, and fullness cues will be observed and supported.
- For meals brought from home, commercial pre-packaged lunches and/or baked pre-fried, or high fat meats such as chicken nuggets and hot dogs are discouraged.



Families

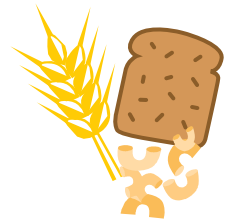
- For packed meals from home, pre-packaged lunches, and other baked pre-fried or high fat meats such as chicken nuggets and hot dogs are discouraged.



Grain and Bread Guidelines: Birth up to 12 months



| Age |  Recommended |  Not Recommended |
|----------------------|---|---|
| Birth up to 4 months | <ul style="list-style-type: none"> Breast milk (preferred) Iron-fortified infant formula | <ul style="list-style-type: none"> Other foods at this age |
| 4 up to 8 months | <ul style="list-style-type: none"> Iron-fortified rice cereal for first introduction of cereal Iron-fortified oat and barley infant cereal can be introduced after rice cereal | <ul style="list-style-type: none"> Wheat cereal until babies are 8 months old Commercially prepared cereal mixtures |
| 8 up to 12 months | <ul style="list-style-type: none"> Iron-fortified infant cereals A food should have no more than 35% of its calories from total sugars. (See food label and examples) All foods must have less than 0.5 grams of trans fat. Foods without trans fats are ideal. (See sample food label in appendix) Commercially prepared, age appropriate, baked snacks are allowed for snack time only (e.g., teething biscuits). For snacks, try to offer items that have no more than 200 mg of sodium per serving (cereals, crackers, baked goods, etc.). (See sample food label in appendix) | <ul style="list-style-type: none"> Cereals that have more than 6 grams of sugar per serving Baked goods for breakfast (e.g., donuts, cinnamon buns, etc.) Commercially prepared cereal mixtures Baked snacks high in sugar and fat (e.g., cookies, granola bars, cupcake, etc.) |



Rationale

Why no commercially prepared cereal mixtures?

- Mixture may contain a new food that the child has not tried and may cause an allergic reaction.
- Portions of the food components in the mixture are not specified.

Portion Size

Note: Observing feeding cues for signs of hunger and fullness is strongly recommended.

| Age | Item | Meals | Snacks |
|----------------------|--|-----------|------------|
| Birth up to 3 months | | none | |
| 4 up to 7 months | <ul style="list-style-type: none"> • Iron-fortified infant cereal | 0-3 Tbsp. | |
| 8 up to 12 months | <ul style="list-style-type: none"> • Iron-fortified infant cereal | 2-4 Tbsp. | |
| | <ul style="list-style-type: none"> • Bread | | ½ slice |
| | <ul style="list-style-type: none"> • Crackers | | 2 crackers |

Sample policy support for program, staff, and families handbooks

Program and Staff

- High sugar or fat snack items will not be served to the children in our program.
- Celebrations include no more than one food that does not meet the adopted nutrition guidelines. A party list of 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. An approved list of age appropriate foods will be provided.

