

Recommended Nutrition Standards

for Infants and Young Children in Family Child Care Homes



PART ONE: FOODS AND NUTRITIONAL VALUE

SELF-PACED TRAINING MODULE

What are the Nutrition Standards?

- Guidelines for nutrition in family child care homes
- Developed by a panel of child care and nutrition experts
- Two categories of standards
 - Recommended foods
 - Recommended practices for preparing and serving food
- Divided into 2 tiers
 - **Tier 1** (required implementation)
 - **Tier 2** (optional implementation)



Content Overview

PART ONE: SELF-PACED

- Breastfeeding
- Milk and Other Beverages
- Grains and Proteins
- Vegetables and Fruits
- Sugar and Sodium



PART TWO: LIVE

- Review of Part One
- Introduction of Solid Foods
- Healthy Feeding Practices

Definitions

These terms will be used to refer to different age groups:

- Infants are from birth to 12 months of age
- Young children are over 12 months of age



Breastfeeding

Breastmilk is healthiest source of nutrition for infants

- Contains all nutrients infants need
- Protects infants from common illnesses, allergies, and obesity
- Promotes good health for mothers

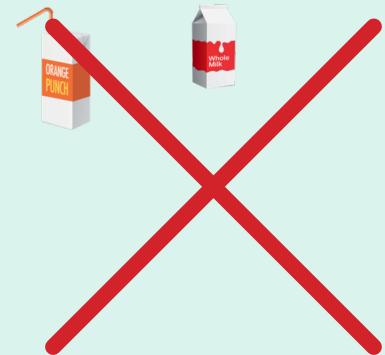
Supporting Breastfeeding

- Provide information about how you support breastfeeding in your family child care home
- Provide a quiet, comfortable, and private place for mothers to breastfeed
- Provide caregivers a place to refrigerate/store expressed breast milk



Other Beverages for Infants

- Iron-fortified formula is only substitute for breast milk
 - Do not provide other milk, unless instructed by doctor
- At 6-9 months of age, encourage infants to drink water from a cup with assistance
- Do not provide any juice or sweetened drinks



Breastfeeding and Other Beverages for Infants



- Support and encourage breastfeeding
- Provide adequate refrigerator/storage space for breastmilk
- Offer only breast milk and/or iron-fortified infant formula for infants 0-12 months
- No other milk for infants, unless a doctor's note
- Do not serve 100% juice, juice drinks or other beverages

Breastfeeding and Other Beverages for Infants



- While breast milk and formula are the best sources of water, at 6-9 months begin providing a cup for additional drinking water

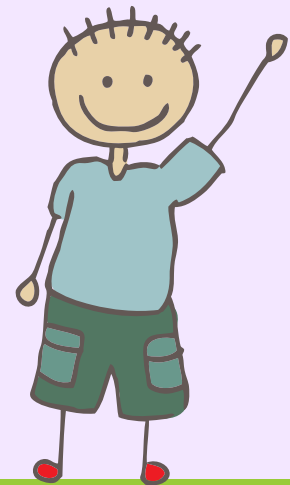


Milk and Other Beverages

- Cow's milk provides a good source of calcium, vitamin D and protein for children over 12 months
 - Infants under 12 months cannot digest cow's milk properly
 - Children who do not drink cow's milk can drink a nutritionally equivalent milk (such as soy milk) if requested by their parent or medical provider
 - Flavored milks contain added sugars that can lead to cavities and overweight

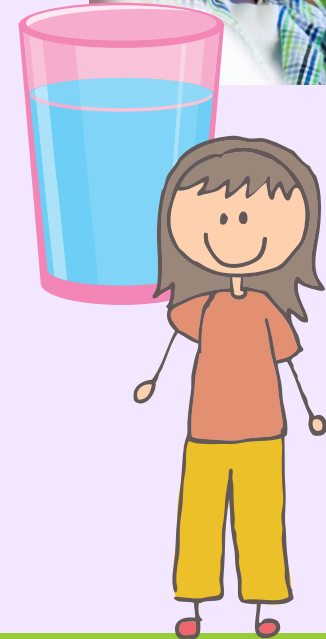
Milk and Other Beverages

- Cow's milk naturally contains fat
- Whole milk contains full fat and is appropriate for the nutritional needs of children between 12-24 months old
- Children older than 24 months do not need as much fat in their diet and should switch to lowfat or fat-free options



Milk and Other Beverages

- Water served in a cup is the best choice for young children who are thirsty
 - Important for hydration
 - Reduces acid in the mouth that can cause cavities
 - Contains no calories
- Infants under 6 months get enough hydration from breastmilk or formula and do not need additional water



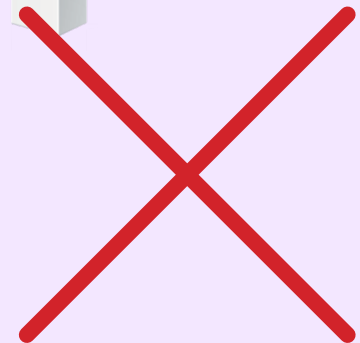
Milk and Other Beverages

- Whole fruit is more nutritious than fruit juice because it contains fewer calories and provides fiber
- Juice that is not 100% fruit juice has added sugar that can lead to oral cavities and overweight
- Young children who drink 100% fruit juice should drink less than 4 to 6 ounces in 24 hours
 - Drinking greater amounts of 100% fruit juice has been associated with health problems

Milk and Other Beverages



- Do not serve sugar sweetened beverages
- Rarely or never offer 100% fruit juice
- If offered, give no more than 4 to 6 ounces of 100% fruit juice per 24 hours



Milk and Other Beverages



- Ensure that water is easily available for self-serve, indoors and outdoors, and actively offered with meals and snacks and at other times as appropriate



Milk and Other Beverages



- Toddlers 1 to 2 years should drink one serving of unflavored whole milk at least 2 times per day
- Children over 2 years should drink one serving of unflavored reduced fat (1%) or fat-free milk at least 2 times per day

Milk and Other Beverages



- Offer only non-dairy milk substitutions (such as soy milk) that are nutritionally equivalent to milk



Grains

- Whole grains provide important nutrients
- Eating whole grains helps children grow at a healthy weight, and reduces constipation



Grains for Infants 6 – 12 Months

Grains include iron-fortified infant cereals*:

- Rice cereal
- Oat, barley or wheat cereal
- Mixed grain cereal

**The live training will contain in-depth information about the introduction of solid foods for infants.*



Grains

SERVE: Whole Grain Foods

- Brown bread, labeled whole grain or multi-grain
- Brown rice
- Whole wheat tortillas
- Barley or farro
- Quinoa
- Whole wheat pasta
- Oatmeal

AVOID: Non-Whole Grain Foods

- White or enriched bread
- White rice
- Flour tortillas
- Pasta or noodles made from white flour
- Desserts such as cake, cookies, pie, pastries or donuts

Grains



- Offer iron-fortified infant cereals for infants 6 up to 12 months old



- Do not serve white (non-whole) grains or white grain-based desserts

Proteins

- Protein helps build bones, muscles, cartilage, skin, and blood, and make hormones and vitamins
- Protein-rich foods include fish, lean meats, poultry, eggs, beans, peas, soy products, cheese and yogurt
- Products made from soy and other sources of vegetable proteins add variety

Proteins

- Infants over 6 months should eat proteins prepared according to their developmental ability to eat different textures
 - Pureed, mashed or ground
- Young children should be offered lean proteins at least 2 times per day



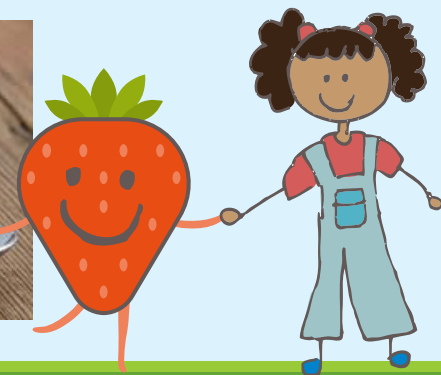
Proteins

- Natural cheese and yogurt are a good source of calcium, Vitamin D and protein
- Cheese spreads or imitation cheeses are not a healthy substitute for natural cheese



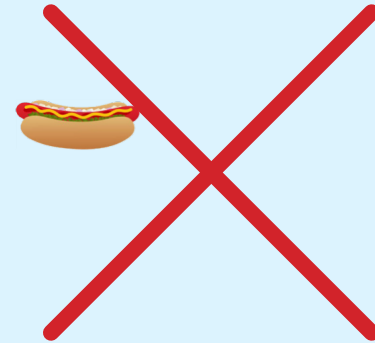
Proteins

- Cheese and yogurt also contain fat
 - Lowfat or reduced fat have fewer calories
- Flavored yogurts may contain added sugar
 - Add fresh fruit to plain yogurt instead of serving flavored yogurt



Proteins

- Processed meats such as hot dogs, sausage, and bacon are high in fat, salt, and chemicals called nitrates
- Deep fried or pre-fried foods such as fish sticks and chicken nuggets are also high in fat and salt



Proteins



- Offer proteins such as soft cooked egg, beans, meat, poultry, and fish without bones to infants 6 to 12 months old
- Offer young children lean protein at least 2 times a day, such as seafood, fish, lean meat, poultry, eggs, beans, peas, soy products, tofu, and unsalted nuts and seeds
- Do not serve processed meats or deep fried or pre-fried meats, poultry or fish

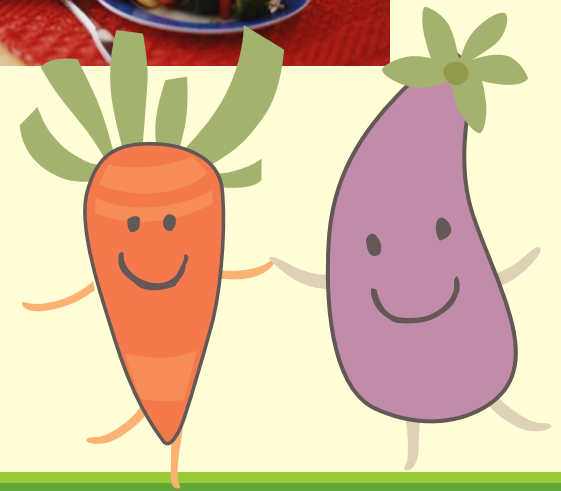
Proteins



- Serve protein with no added salt
- Offer natural cheese no more than 1-2 times per day
- Do not serve cheese food/spread
- Choose low-fat or reduced-fat cheese
- Offer yogurt that contains less than 23 grams of sugar per 6 oz no more than 1 time per day

Vegetables

- Vegetables are a healthy choice for infants older than 6 months and young children
- Vegetables provide vitamins and minerals that support young children's rapid growth and development
- Diets rich in vegetables reduce the risk of health problems



Vegetables



- Infants over 6 months should eat cooked vegetables prepared according to their developmental ability to eat different textures
 - Pureed, mashed or soft whole
- Different vegetable textures help develop the infant's sensory skills
- Include a "rainbow" of vegetables of different colors for a variety of nutrients

Vegetables

- Frozen or canned vegetables should have no added ingredients such as salt, fat, or sugar
- Deep fried and pre-fried baked vegetables are high in fat and salt



Vegetables



- Offer pureed, mashed or whole vegetables for infants 6 to 12 months
- Offer young children vegetables at least 2 times per day
- Vegetables can be fresh, frozen or canned (with no added salt, fat, or sugar)
- Do not serve deep fried or pre-fried baked vegetables

Vegetables

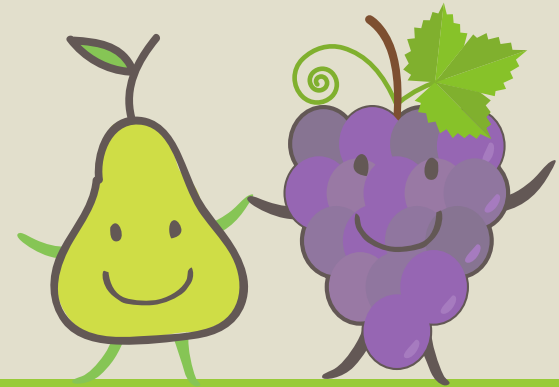


- Offer dark green, orange, red, or deep yellow vegetables at least 1 time per day.



Fruits

- Fruits are a healthy food choice for infants older than 6 months and young children
- Fruits provide vitamins and minerals for growth and development
- Include fruits from a variety of colors



Fruits

- Infants over 6 months should eat fruits prepared according to their developmental ability to eat different textures
- Pureed, mashed or soft whole
- Young children should be offered fruit at least 2 times per day



Fruits

- Frozen or canned fruits should have no added ingredients such as sugar or sweeteners
- Fruit is naturally sweet – do not add sugar, honey, or other sweeteners



Fruits



- Offer infants older than 6 months unsweetened whole, mashed, or pureed fruits
- Offer young children fruit at least 2 times per day
- Fruit can be fresh, frozen, or canned (with no added sugars)

Sugar and Sodium

- Foods high in added sugars or sugar equivalents should be avoided
- Too much sugar can contribute to childhood health problems such as overweight, oral cavities and diabetes



Sugar and Sodium

Check the ingredients of commercial foods to see if sugar or these sugar equivalents have been added:

- High fructose corn syrup
- Fructose
- Corn syrup
- Honey
- Cane sugar
- Evaporated cane juice
- Sucrose
- Sucralose

Sugar and Sodium

- The amount of salt in food is usually listed on a nutrition label as “sodium”
- The body only needs a small amount of sodium
- Too much sodium can increase blood pressure
- Processed foods may have a lot of sodium

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

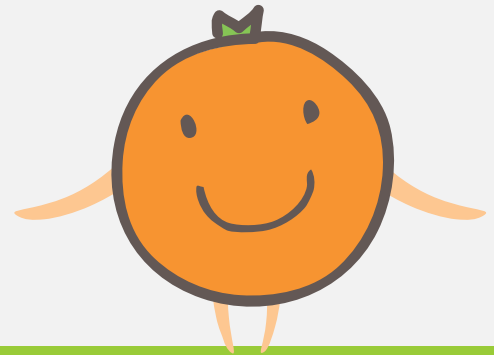
% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%

Sugar and Sodium



- Do not serve foods with added sugar or sugar equivalents listed as the first or second ingredients
- Do not offer foods having a combination of 3 or more kinds of sugar or sugar equivalents



Sugar and Sodium



- Do not serve low calorie sweeteners or items containing low-calorie sweeteners like diet foods or diet beverages
- Do not serve high salt foods
 - more than 200 mg sodium per snack item or 480 mg per entrée
- Do not add salt to food

Congratulations

...you have completed the module!



Please note any questions you have and bring them with you to the live training for discussion.

Acknowledgements

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