Infant Meal Pattern Requirements Overview

- Features two age groups
  - 0 – 5 months, 6 – 11 months
- Encourage & support breastfeeding
- Promote developmentally appropriate meals
- Provide more nutritious meals

Meal Patterns Previous vs. Updated

<table>
<thead>
<tr>
<th>Previous Age Groups</th>
<th>Updated Age Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth-3 months</td>
<td>Birth-5 months</td>
</tr>
<tr>
<td>4-7 months</td>
<td>6-11 months</td>
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Breastmilk/Formula for Infants

- Breastmilk is optimal source of nutrients
- Birth through the end of 5 months
  - Breastmilk or infant formula is the only meal component required
  - Minimum serving size is 4-6 oz of breastmilk (or infant formula)

Promotes Developmental Readiness

- Delay the introduction of solid foods until around 6 months
- Most infants are not ready to consume solid foods until midway through the 1st year
- Introducing solid foods too soon increases risk of obesity
Allows More Nutritious Foods
- Foods from all food components may be served around 6 months, when developmentally ready

<table>
<thead>
<tr>
<th>Serving Sizes</th>
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<tbody>
<tr>
<td>0-2 oz.</td>
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<tr>
<td>0-4 tbsp.</td>
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Focus on Eating Habits
- Recognizes eating habits may change
  - Don’t expect infants to eat same foods day after day
  - Document change in eating habits
- Each child will have his/her own eating habits

Breastmilk & Infants
- Promote breastfeeding by allowing reimbursement when:
  - a parent/guardian supplies breastmilk
  - NEW: a mother breastfeeds her infant ON-SITE

Serving Expressed Milk
- Breastfed infants may not consume the entire serving
- **Reimbursable:**
  - OK to offer less than the minimum serving size of breastmilk
  - Offer additional breastmilk later, if infant will consume more
- Feed on demand

Iron-Fortified Infant Formula
- Best supplement for breastmilk
- Supports healthy brain development & growth
- **Reimbursable meals may include:**
  - Iron-fortified formula
  - Breastmilk
  - Combination of both
Supplying Formula

- Must offer a minimum of 1 type of iron-fortified infant formula
- Formula must be regulated by FDA
  - May not credit if purchased outside U.S.

Serving Formula

- Infants may not drink the entire serving of formula
  - Reimbursable as long as the minimum serving size is offered
- Formula used to prepare infant cereal does not count toward the minimum requirement
- Feed on demand

Infant Production Records

- Details are important
  - FULL name
  - Date of birth
  - Claim code
- Specify types and quantities of all required components (i.e., peas, peaches, rice cereal)
- Only claim 2 meals & 1 Snack OR 2 Snacks & 1 meal
- Point of service meal counts and production records MUST match

Infant Production Record

- Handout

Documenting On-site Breastfeeding

- Recording the total amount a mother breastfeeds her infant is not required
- Acceptable way to document:
  - "Mom BM"
- Use regular infant production record

Disabilities and Substitutions

- Modifications must be made for infants with disabilities who need accommodations
- A medical statement must be on file to receive reimbursement
  - Explain the need for the modification
  - Provide guidance for the substitution or meal modification
Questions

American Academy of Pediatrics Developmental Readiness Guidelines

- Sits in chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight

Developmental Readiness

- Introducing solid foods too early:
  - cause choking
  - consume less breastmilk or formula
- Serve solid foods when infants are developmentally ready:
  - do not put cereal in a bottle

Parent Communication

- Working with parents helps to:
  - Ensure newly introduced foods are most ideal
  - Be consistent with eating habits
  - Support developmental readiness
- Always consult with parents/guardians first before serving solid foods

Documentation

- Request a written statement from parents or guardians:
  - outlining when & which solid foods to serve (NDE Form)
- Follows the preferences of parents or guardians and document conversations (e.g. notebook for each child)
- Licensing requirement
Developmental Readiness

Documentation of Developmental Readiness is required

NDE Form – updates noted by parent

Introducing Solid Food(s)

- Once an infant shows signs of developmental readiness, solid foods must be offered
  - Zero (0) ≠ Optional

- Gradually introduce solid foods
  - One at a time, over a few days

- Appropriate texture, consistency

- Observe for allergic reactions

Infant Meal Pattern – Food Components

**BREAKFAST**

- 0-4 Tablespoons infant cereal
- 0-4 Tablespoons of meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas
- 0-2 Tablespoons of cheese
- 0-4 ounces (volume) of cottage cheese
- 0-4 ounces or ½ cup of yogurt
- Combination of the above

- AND

- 0-2 Tablespoons of vegetable, fruit, or a combination of both

**LUNCH & DINNER**

- 0-4 Tablespoons infant cereal
- 0-4 Tablespoons of meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas
- 0-2 Tablespoons of cheese
- 0-4 ounces (volume) of cottage cheese
- 0-4 ounces or ½ cup of yogurt
- Combination of the above

- AND

- 0-2 Tablespoons of vegetable, fruit, or a combination of both

**VEGETABLES & FRUITS**

- Great source of essential nutrients (i.e., fiber & vitamin C)

- Minimum serving size: 0-2 Tbsp. (required when developmentally ready)

- Required at all meals & snacks

- Serve vegetable, fruit, or a combination of both

- Increases consumption & promotes better acceptance later in life

**JUICE**

- Lacks dietary fiber found in other forms of fruits & vegetables

- **NEW!** No longer credits toward a reimbursable meal for infants
Meat/Meat Alternates
- Poultry & other meats
- Cheese
- Yogurt
- Whole Eggs
- Dry beans

Whole Eggs
- AAP found no convincing evidence to delay foods considered major food allergens
- Whole eggs are now creditable for infant meals

Cheese
- Minimum serving size: 0-2 oz
- Cheese & cottage cheese
- Common examples
  - Shredded or sliced Swiss, Colby, & Monterey Jack

Cheese foods & cheese spreads are disallowed for infant meals & snacks...

Non-Creditable Cheese Foods
- Product packaging states:
  - "Imitation cheese"
  - "Cheese food"
  - "Cheese product"
- Common items
  - Cheese whips
  - Cheese with pimento
  - Cream cheese

Grains & Infant Cereals
- Iron-fortified infant cereals are often the first solid foods:
  - Often easiest to digest
  - Least likely to cause an allergic reaction
  - Added source Iron
- Serve at meals & snacks when infants are developmentally ready
- Minimum serving size: 0-4 Tbsp.
Yogurt

- May be served during breakfast, lunch, or supper, 0-4 oz
- Great source of protein, but watch the sugar
- Must contain no more than 23 grams of total sugars per 6 oz
  - Applies to all age groups

Key Terms

- Serving Size
  - Number of servings in a package
  - Unit: ounces, cups, per container, etc.
- Sugars
  - Amount per serving

Yogurt Sugar Limits

<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-31 grams</td>
</tr>
</tbody>
</table>

Example #1: Serving Size in Ounces

- Step 1: Find the Nutrition Facts Label on the package
- Step 2: Identify the serving size: 6 oz
- Step 3: Find the amount for Sugars: 19 grams

Is it Creditable?

Nutrition Facts

- Yogurt Sugar Limits
  - Applies to all age groups
- Key Terms
  - Serving Size
    - Number of servings in a package
    - Unit: ounces, cups, per container, etc.
  - Sugars
    - Amount per serving

Example #1: Serving Size in Ounces (cont.)

- Step 4: Find the Serving Size in the chart
  - Serving size: 6 oz
  - Total sugars: 19 grams
Yes, it is creditable – 19 grams is between 0-23 sugar limit!

Yogurt: Method #2 Calculation
- Designed for serving sizes not listed on the chart
- Calculate the total amount of sugar per ounce or gram to determine if the yogurt item is within the threshold
  - Serving Size in Ounces Threshold
    - $23 + 6 = 3.83$
  - Serving Size in Grams Threshold
    - $23 + 1.70 = 0.135$

Example #1: Serving Size in Ounces
Step 1: Find the Nutrition Facts Label
Step 2: Identify the Serving Size: 4.5 oz
Step 3: Find the amount for Sugars: 16 g

Example #1: Serving Size in Ounces (cont.)
Step 4: Calculate the amount of sugar per ounce
\[
\text{Sugars} = \frac{16}{4.5} = 3.55
\]
- Threshold: 3.83 or less, the yogurt is creditable
  - Yes, it is creditable: 3.55 is less than 3.83

Example #1: Serving Size in Ounces (cont.)
Step 4: Calculate the amount of sugar per ounce
\[
\text{Sugars} = \frac{16}{4.5} = 3.55
\]
- Threshold: 3.83 or less, the yogurt is creditable
  - Yes, it is creditable: 3.55 is less than 3.83

Snack – Solid Foods
- 0-1/2 Slice of bread; or
- 0-2 crackers; or
- 0-4 Tablespoons infant cereal or ready-to-eat breakfast cereal
  - AND
- 0-2 Tablespoons vegetable, fruit or a combination of both
Snack Meals Only

• Bread, crackers, & ready-to-eat cereals
• Ready-to-eat breakfast cereals: No more than 6 grams of sugar per dry oz

Providing Food Components

• NEW! Parents/guardians may provide only one creditable food component for a reimbursable meal
  o i.e., provide breastmilk = 1 component
• Child care providers must provide remaining components

Infant Feeding No-No’s

New – no juice, cheese food or cheese spread

Breaded meats (e.g. chicken nuggets, fish sticks)

Combination foods – tacos, pizza, mac & cheese, chicken & rice from the jar

Hot dogs, jarred meat sticks

Toast, muffins, ready-to-eat cereal (e.g. Cheerios, etc.) for breakfast

Questions

Certificate
Available in your folders!

Thank you!