

Go Above and Beyond to Provide HEALTHY MEALS AND SNACKS



Does your program participate in the Child and Adult Care Food Program (CACFP)? If so, the meals and snacks you serve already follow meal patterns based on the USDA's **MyPlate** guidelines. MyPlate guidelines are a great place to start, and Let's Go! wants to help you go one step further using the Harvard School of Public Health's **Healthy Eating Plate** guidelines.

Are you looking to go above and beyond USDA requirements to provide kids with even healthier meals and snacks? Follow the Healthy Eating Plate guidelines!

	MEET THE REQUIREMENTS FOLLOW USDA MYPLATE GUIDELINES!	GO ABOVE AND BEYOND FOLLOW HEALTHY EATING PLATE GUIDELINES!
FRUITS	Choose whole fruits including fresh, frozen, canned, or dried. Any fruit or 100% fruit juice counts.	100% fruit juice contains as much sugar and as <i>many</i> calories as soda. Limit fruit juice to one small glass per day!
VEGETABLES	Vary your veggies. Any vegetable or 100% vegetable juice counts.	The more vegetables and the greater the variety—the better! Potatoes and French fries do not count as vegetables.
GRAINS	Make half your grains whole grains.	The less processed the grains, the better. Try 100% whole grain foods like brown rice, whole-wheat bread, and whole-grain pasta!
PROTEIN	Go lean with protein.	Seafood, beans, nuts, eggs, and poultry are great choices. Red meat and cheese should be limited. Avoid bacon and other processed meats.
DAIRY	Move to low-fat and fat-free dairy. Flavored milk counts.	Water is the best choice. Limit milk and dairy to one to two servings per day.
OILS	Choose plant oils and limit items high in saturated fat.	Limit butter and avoid trans fat.

Meal and Snack Planning

The Child and Adult Care Food Program (CACFP) meal patterns are based on the MyPlate guidelines. CACFP recommends that:

- **MEALS** include something from each of the five components—fruits, vegetables, grains, proteins, and milk.
- **SNACKS** include something from at least two of the five components. Only one of the two components can be a beverage.

Here are some snacks that meet CACFP requirements, and ways to make them even healthier:

SNACKS THAT MEET CACFP REQUIREMENTS	SNACKS THAT GO ABOVE AND BEYOND!
50% whole grain pretzels, orange juice	100% whole grain pretzels, 1 orange, water
50% whole grain snack crackers, 1 slice of American cheese	Whole fruit, 1 mozzarella cheese stick, water
Carrot sticks with ranch dip, low-fat milk	Carrot sticks, nut butter, water