

# Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

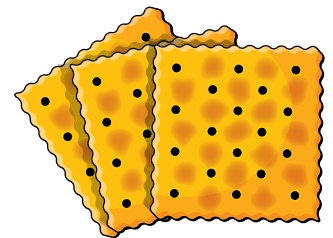


As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

## What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

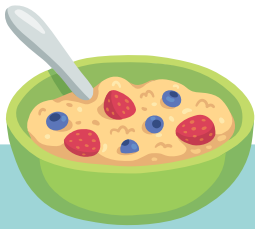
Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> <li>• Brownies</li> <li>• Cakes, including coffee cake and cupcakes</li> <li>• Cereal bars, breakfast bars, and granola bars</li> <li>• Cookies, including vanilla wafers</li> <li>• Doughnuts, any kind</li> <li>• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies</li> <li>• Gingerbread</li> <li>• Ice cream cones</li> <li>• Marshmallow cereal treats</li> <li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li> <li>• Sweet bread puddings</li> <li>• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.</li> <li>• Sweet croissants, such as chocolate-filled</li> <li>• Sweet pita chips, such as cinnamon-sugar flavored</li> <li>• Sweet rice puddings</li> <li>• Sweet scones, such as those made with fruits, icing, etc.</li> <li>• Sweet rolls, such as cinnamon rolls</li> <li>• Toaster pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Banana bread, zucchini bread, and other quick breads</li> <li>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</li> <li>• Cornbread</li> <li>• Crackers, all types</li> <li>• French Toast</li> <li>• Muffins</li> <li>• Pancakes</li> <li>• Pie crusts of savory pies, such as vegetable pot pie and quiche</li> <li>• Plain croissants</li> <li>• Plain or savory pita chips</li> <li>• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Savory rice puddings, such as those made with cheese, vegetables, etc.</li> <li>• Savory scones, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Teething biscuits, crackers, and toasts</li> <li>• Tortillas and tortilla chips</li> <li>• Waffles</li> </ul>



**Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.**

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.





# Still Too Sweet?



- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

## Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the “Instead of serving” column on the left.
2. What are some other foods you can serve instead? Add them to the “Try” column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under “Other Choices.”

<b>Instead of serving:</b>	<b>Try:</b>	<b>Other Choices:</b>
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole-wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

**Use your “Try” and “Other Choices” lists to help you plan new menus at your site!**