

Early Implementation Allowances

2: Nutrient-Rich Foods for Infants



Yogurt, whole eggs, and ready-to-eat (RTE) cereals are allowable in the infant meal pattern.

- 6-11 months, ready-to-eat cereals may be served at **snack only**.
- Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.
- 6-11 months, yogurt and whole eggs may be served as a meat alternates.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- For a listing of RTE cereals that meet the sugar restrictions, visit the Women, Infants, and Children Program Shopping Guide available on the website listed in Additional Resources. This is not a comprehensive list of creditable RTE. Check/read labels to determine the amount of sugar per dry ounce of RTE cereals you wish to serve.

Why is This Important?

The updated infant meal patterns relied on recommendations from the American Academy of Pediatrics (AAP), the leading authority for children's developmental and nutritional needs from birth through 23 months.

Additional Resources:

USDA Food and Nutrition Service, Nutrition Standards for CACFP

Meals and Snacks: <http://www.fns.usda.gov/cacfp/meals-and-snacks>

Texas Department of State Health Services, WIC Approved Foods,

Shopping Guide:

http://www.dshs.texas.gov/wichd/approved_foods/new_foods.shtm

