

Guide to Processed Meats/ Meat Products/Cheeses*



Limit highly processed meat, poultry and fish (including high fat and salty breaded products). Choose natural cheeses instead of cheese food or cheese products.

Chicken nuggets/fingers

Chicken patties

Fish sticks/nuggets

Pork patties such as breaded tenderloin, sausage patties, pork fritters

Hot dogs

Corn dogs/corn dog nuggets

Bologna

Pepperoni

Salami

Bacon

Polish sausage/smoked sausage

Summer sausage

Breakfast sausage - patties and links

Spam

Treet

Canned meats—not tuna or salmon

Liverwurst

Luncheon loafs - olive loaf, pickle loaf, ham loaf (chopped ham), old fashioned loaf, honey loaf, spiced loaf, peppered loaf

Processed cheese food or processed cheese products



*Processed meat is defined as any meat preserved by smoking, curing or salting, or with the addition of chemical preservatives; examples include bacon, salami, sausages, hot dogs or processed deli or luncheon meats.

*Processed cheese food/product is defined as a mass-produced product made of one or more types of cheeses that have been heated and mixed with emulsifiers, colorings, flavorings, etc., primarily to retard spoilage and enhance spreadability at reduced cost.

Guide to Sweets & Snacks



Limit products with added sugar and fat. Learn to read food labels and ingredients facts to determine sugar and fat content of breakfast and snack products.

Breakfast:

Pancakes/waffles/French toast or other items served with syrup

Pastries such as Cinnamon rolls, Danish, coffee cake, sweet rolls

Donuts

Poptarts

Toaster Pastries

Muffins

Sweet breads

Sugar sweetened cereals with greater than 9 grams of sugar per serving

Cereal bars

Granola bars with greater than 9 grams of sugar (avoid chocolate dipped bars and those containing sugar alcohols)

Jams/jellies/honey/syrup

Sugar/cinnamon sugar

Biscuits

Scones

Croissants

Sugar sweetened beverages: Kool-aid, soda, fruit punch, sports drinks, some juices, flavored waters, lemonade, iced tea



Snacks:

Cookies

Pies

Cakes/cupcakes

Snack cakes

Puddings

Gelatins

Ice creams/sherbets/popsicles

Quick breads



Candy/Candy bars

Items served with jams/jellies/honey/syrup

Potato Chips

Grain-based snack chips

Crackers (non-whole-grain)



Foods that contain added sugars and fats may contribute excess calories to children's diets. These foods generally contain very few, if any, vitamins, minerals, fiber and complex carbohydrates that fuel the body to be its best. Limit these items when planning a healthy, balanced menu.

Guide to Healthy Meat/ Meat Alternates



Lean meats, fish, cheese and eggs are excellent sources of protein, vitamins and minerals. Other foods items contain significant amounts of these same nutrients but contain less, or healthier forms of fats and no cholesterol. Choose from the list below when considering meat/meat alternates for your menu.

Beef—sirloin, round
Chicken/Turkey—skinless,
white meat
Pork—loin
Lean deli meat—turkey, ham,
roast beef
Fish—tuna, salmon
Cheeses, low-fat
Cheddar, Swiss, String
Cottage Cheese
Eggs (large)
Cooked dry beans or peas
Peanut butter or other nut
or seed butters
Nuts—for older kids (4+)
Yogurt, plain or sweetened

Easy ways to incorporate more healthy meats and meat alternates

Purchase meats when on sale—check your local grocery store advertisements and buy meats when they go on sale.

Buy in bulk—Purchase meat in bulk to save money.

Choose beans—beans are an excellent source of protein but cost less than meat sources of protein.



Try nut butters—peanut butter, cashew butter, almond butter or sunflower butter are great meat alternatives to try.

Choose fish—canned tuna and salmon are high in omega-3 fatty acids and protein making them an excellent choice for day care meals.



Try eggs—eggs are inexpensive and easy to prepare. Try them scrambled, poached, hard boiled or deviled.

Cottage cheese or yogurt make great snacks—mix with fruit for a real treat.

Legumes—A Guide to Dried Beans and Peas



Dried beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Legumes are a versatile and inexpensive food that can boost the nutritional content of childcare meals. Try serving a new bean dish at least once per week!

Black beans

Black-eyed peas, mature

Garbanzo beans (chickpeas)

Great Northern beans

Kidney beans

Lentils

Lima beans, mature

Navy (Pea) beans

Pink beans

Pinto beans

Red beans

Split peas

Soybeans, mature



Easy ways to incorporate more beans

Choose the easiest form! Use canned, pre-cooked beans to simplify recipes and reduce cooking time.

Power up recipes! Add dry-packaged or canned beans and peas to casseroles, stews and side dishes. Make chili more interesting by adding two different beans. Try black beans and pinto beans.

Serve satisfying soup! Try split pea, lentil, minestrone or white bean soups. Use pureed beans to thicken soups and sauces.

Spice up your menu! Offer black bean enchiladas, low fat refried beans, or tacos with pinto or black beans.

Spruce up salads! Offer corn and black bean salad, three bean salad or chickpea salad. Or top a lettuce salad with your choice of bean for some protein.

Try something new! Hummus is made from pureed chickpeas (garbanzo beans) and is a great tasting dip for veggies or pita chips.

Guide to Acceptable Cereals

Cereals must contain less than 9 grams of sugar per serving!
The following list of cereals meet this criteria. The list is not comprehensive.

