

# tasty times

important updates for success and more resources from the child care healthy food program



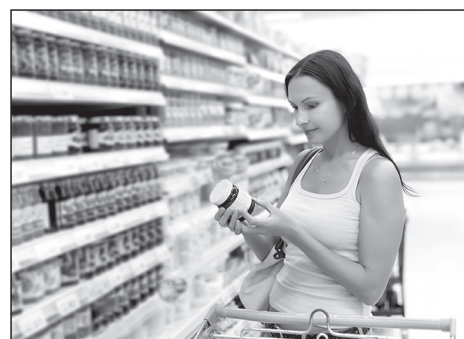
## Dear Child Care Provider,

Have you ever picked up a food that said *fat-free* only to read the nutrition facts and find out there was fat in the food? What about reduced calorie or low sodium foods? Some of these terms can be confusing or misleading when trying to choose healthy foods. This issue of *Tasty Times* will explain what *nutrient content claims* really mean, so the next time you go grocery shopping you will not be deceived.

—Jasmine Johnson, Dietetic Intern (for John R. Gadiant, RD/LDN, Supervisor)

## What Do *Nutrient Content Claims* Really Mean?

The words that food companies use to describe their products are known as *nutrient content claims*. Consumers often make choices based on nutrient content claims. Calories, sugar, fat, saturated fat, cholesterol, and sodium all have FDA-approved nutrient content claims. The nutrient content claims describe the amount of a nutrient in the food, using terms such as *free*, *high*, and *low*. Or they can compare the amount of a nutrient in a food to that of another food, using terms such as *more*, *reduced*, *light*, and *lite*. The nutrient content claim *healthy* means the food has healthy levels of total fat, saturated fat, cholesterol, and sodium.



Some words on nutrient content claims have the same meaning as other words. **Here is a short list of nutrient content claim synonyms:**

- **Free** = Zero, No, Without, Trivial source of, Negligible source of, and Dietarily insignificant source of
- **Low** = Little, Few (used for calories), Contains a small amount of, and Low source of

- **Reduced** = Less, Lower, Fewer (used instead of *Less* in calories), and Modified

Below is a glossary of some nutrient content claims for calories, sugar, fat, saturated fat, cholesterol, and sodium. Use this list the next time you go grocery shopping as a resource.

### Calorie nutrient content claims:

- **Calorie-free:** food contains less than 5 calories per serving
- **Low-calorie:** food contains 40 calories or less per serving
- **Reduced-calorie:** has at least 25% fewer calories per serving when compared to a similar food
- **Light or Lite:** has 1/3 fewer total calories or 50% less fat per serving compared with normal product.

- If more than half the calories are from fat, the fat content must be reduced by 50% or more
- Light or lite calorie foods meet the requirements for low calorie foods

### Sugar nutrient content claims:

- **Sugar-free:** food contains less than 1/2 gram of sugar per serving
- **Reduced-sugar:** has at least 25% less sugar per serving when compared to a similar food

**100%**  
*Sugar Free*

*No Added Sugars and Without Added Sugars* means that no sugar **was added** to the food during processing. However, food may still contain naturally occurring sugar.

*Continued*

### Reminder:

#### 'Out of School Days'

Tell us when the children are out of school. It is important to either state on your CIF (Claim Information Form) or enter into the computer school days off in your calendar. You will not get reimbursed for children in your care for "out of school days" if you do not provide that information.

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## What Do Nutrient Content Claims Mean *Continued*

### Fat nutrient content claims:

- **Fat-free:** food contains less than ½ gram of fat per serving
- **100% fat free:** meets the requirements for fat free (less than ½ gram of fat per serving)
- **Low-fat:** food contains 3 grams of fat or less per serving
- **Reduced-fat:** has at least 25% less fat per serving when compared to a similar food

### Saturated fat nutrient content claims:

- **Saturated fat-free:** food contains less than ½ gram of saturated fat and less than 0.5 gram of Trans fat per serving
- **Low-saturated fat:** food contains 1 gram or less of saturated fat per serving and 15% or less of calories from saturated fat
- **Reduced saturated fat:** has at least 25% less saturated fat per serving when compared to a similar food



### Cholesterol nutrient content claims:

- **Cholesterol-free:** food contains less than 2 milligrams of cholesterol per serving and 2 grams or less of saturated fat per serving

- **Low-cholesterol:** food contains 20 milligrams or less of cholesterol per serving and 2 grams or less of saturated fat per serving
- **Reduced-cholesterol:** has at least 25% less cholesterol per serving when compared to a similar food



### Sodium nutrient content claims:

- **Sodium-free:** food contains less than 5 milligrams of sodium per serving
- **Salt-free:** meets the requirements for sodium-free (less than 5 milligrams of sodium per serving)
- **Very low-sodium** food contains 35 milligrams or less of sodium per serving
- **Reduced-salt or reduced-sodium:** has at least 25% less sodium per serving when compared to a similar food
- **Light or Lite in sodium:** sodium is reduced by at least 50% per serving when compared to a similar food

*No Salt Added* or *Unsalted* nutrient contain claims **do not** mean that the food is a sodium free food! This just means no additional salt **was added** to the food during processing. The food may naturally have sodium in it.

## Important Healthy Food Program Numbers

Out-of-home voice mail phone number: **(773) 564-8862**



*If you are closed, going to be out of your home during a scheduled meal service or the children are not present—state regulations require you to inform us.*

Payment release dates call:

**(773) 564-8860**

To speak to a customer service representative call:

**(773) 564-8861**

## Welcome New Providers:

Joaquina Diaz  
 Patricia Dunagan  
 Mary Fabre  
 Annette Jones-Brewer  
 Jesselynn Lake  
 Amber Smith  
 Yolanda Tomasello  
 Melissa Vasquez  
 Dennis Weatherspoon

**November** claims are due in our office by **December 5th!**

**Warning! Late claims WILL result in late payment!**



Illinois Action for Children,  
 4753 N. Broadway, Suite 1200,  
 Chicago, IL 60640  
*main:* 312-823-1100  
*direct:* 773-564-8861  
*fax:* 773-564-8721  
*web:* [www.actforchildren.org](http://www.actforchildren.org)

*This institution is an equal opportunity provider*

## Reminder: Holiday Reporting

On the holidays listed below, we will assume that you are closed and not providing child care. If you are providing child care on any of these holidays you **MUST** indicate that you are open. If you use paper forms, use the Claim Information Form (CIF) to indicate that you will be open on a holiday. If you use Web Kids to enter menus, under the Misc tab use the Mange Provider Calendar option to indicate that you care for children on a holiday.

**HOLIDAYS:** New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day

