Dear Child Care Provider,

The new USDA meal pattern developed by nutrition experts and food program sponsors will take effect on October 1, 2017. The new meal pattern is designed to improve nutrition standards for the Child and Adult Care Food Program (CACFP) and has also been modified with child care providers in mind, so that the changes do not increase the difficulty of staying in compliance. One major change is the increased role of whole grains in the diet. When the new rules are fully implemented, 2 servings of whole grain-rich food will be required each day. In preparation for the changes, this issue of Tasty Times will review whole grains, where they can be found and what makes a serving. We hope this will be helpful when revising your menus to prepare for the new meal pattern.

John R. Gadient, RD/LDN, Supervisor

Welcome New Providers
Frances Delatorre
Shonte Hall
Trevon McFerrin
Frank Moseley
Roslyn V. Pittman
Ruby Thomas

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improves the ability to maintain a healthy weight, healthy blood pressure, and having healthier gums and teeth.

According to the USDA's Dietary Guidelines, adults should consume 3-5 servings of whole grains per day and children should receive 2-3 servings. One serving could be a slice of bread or a bowl of breakfast cereal. By eating a sandwich with two slices of bread, an adult would be halfway to their daily goal in one meal! But despite the ease of incorporating whole grains, consumption remains very low and studies show that 40 percent of Americans do not eat any whole grains.

Sometimes finding whole grains in the store can be difficult because the language manufacturers use makes it hard to distinguish whether the product is made with only whole grains, with some whole grains, or with none at all.

**What Are Whole Grains? Continued**

**Whole grains:**
- whole grain (name of grain)
- whole wheat
- whole (other grain)
- stoneground whole (grain)
- brown rice
- oats, oatmeal
- wheatberries

**Maybe, and maybe not:**
- wheat, or wheat flour
- semolina
- durum wheat
- organic flour
- stoneground
- multigrain

**Not a whole grain:**
- enriched flour
- de-germinated (on corn meal)
- bran
- wheat germ

As child care providers, you know children are hesitant to try new things, but you can slowly introduce whole grains into their diet with a few simple tricks:

1. Add ¾ cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, meatloaf or burgers.
2. Look for breakfast cereals made with whole grains
3. Buy whole grain pasta and mix half and half with regular pasta when cooking meals.
4. Try using whole wheat bread for sandwiches
5. Add whole grain flour or oatmeal when making cookies or other baked treats.

**Healthy Food Program Number**

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