

HOW CAN I TELL IF A FOOD IS A GRAIN-BASED DESSERT?

Grain-based dessert items are not creditable to serve in the CCFP because of added sugar and saturated fats, which contribute to increased risk of chronic disease. These include store-bought items as well as homemade. Many times, grain-based desserts will include creditable ingredients that even may be whole grain. See below for listing of common grain-based desserts:

Some Common Grain-Based Desserts: Not Creditable in the CCFP

- Biscotti, sweet, made with fruits, chocolate, icing
- Bread/breadstick with sweet filling (such as pie filling)
- Bread pudding, sweet
- Brownies
- Cake (coffee cake, pound cake, cupcakes)
- Caramel popcorn and kettle corn
- Cereal bars, breakfast bars, marshmallow cereal treats
- Cinnamon rolls
- Cookies
- Croissants, sweet, such as chocolate-filled
- Crusts of dessert pies, cobblers, fruit turnovers
- Danish pastries (Danishes), sweet pastries
- Doughnuts
- Fig or fruit-filled bars/rolls/cookies
- Gingerbread
- Granola bars, grain-fruit bars
- Ice cream cones
- Pita chips, sweet, such as cinnamon-sugar flavored
- Rice pudding, sweet
- Scones, sweet, made with fruits, chocolate, icing
- Sopapillas
- Sweet rolls/buns
- Toaster pastries
- Vanilla/chocolate wafers

What if I'm Not Sure?

How a food item is **perceived** is important to consider when determining whether it is a grain-based dessert or not. There is no specific sugar, fat or other nutrient limit set by the United States Department of Agriculture (USDA) that signifies a grain-based food item as a dessert. The USDA gives states' flexibility in determining that themselves. Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat, especially by a toddler or preschooler.

Ask yourself the following questions:

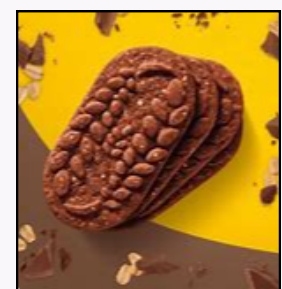
Does the Food Item Contain:

- Chocolate or other flavored chips?
- Candy Pieces?
- Jam, fruit puree or custard filling?
- Marshmallows?

Is the Food Item:

- Dessert flavored? (chocolate, caramel, butterscotch, etc.)
- Coated with dessert flavored coatings or toppings? (cocoa, caramel, toffee, cinnamon-sugar, powdered sugar, glazes, etc.)
- Iced or frosted?
- Covered with sprinkles, or other sweet garnishes?
- Shaped like a cookie or one of the grain-based desserts listed above?
- An unfrosted piece of cake or a cupcake?
- A breakfast, cereal, or granola bar (store-bought or homemade)?
- A sweet pie, pastry or turnover?

If you answered "yes" to any of these questions, then the item is a grain-based dessert and must not be served!



Resources

USDA Policy Memo: Grain-Based Desserts in the CACFP - www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program

Exhibit A: Grain Requirements - www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/Nutrition/_documents/exhibit-a-english.pdf

Grain-Based Desserts in the CACFP - www.fns.usda.gov/tn/grain-based-desserts-cacfp