

CRITERIA FOR MEETING THE NUTRITION REQUIREMENTS FOR MEALS IN CHILD DAY CARE FACILITIES

Child day care facilities must serve meals which constitute at least one third of each child's recommended daily dietary allowances, which include foods from all four basic food groups, and which reflect the developmental stage of the child. See rule 5101-2-12-01 (centers); rule 5101-2-13-60 (type A family day care homes); and rule 5101-2-14-28 (certified type B family day care homes).

The following information specifies the four basic food groups and the quantities necessary to meet nutritional requirements for the lunch meal.

MILK GROUP	Amount	
	1 - 3 years	3 - 6 years
Milk	½ cup (4 oz.)	¾ cup (6 oz.)
Calcium equivalents		
Cheese	½ oz.	¾ oz.

Functions: Provides the nutrients calcium, riboflavin (B2), and protein which are needed for forming strong bones and teeth, assisting in blood clotting, normal functioning of muscles and nerves; promoting healthy skin and eyes.

Notes:

- Each meal must include one serving of fluid milk or cheese.
- Whole milk and two percent milk are the beverages of choice.
- Fresh fluid skim milk is not recommended for children under 2 years of age.
- Reconstituted dry skim milk must *not* be used as a beverage; however, it may be used in cooking.
- Natural cheese may be used as a calcium equivalent or as a meat substitute but not in both groups in the same meal.
- Regular fluid milk must be Vitamin D fortified while fresh and dry skim milk should be fortified with Vitamins A and D. Read the label.
- Although ice cream and cottage cheese contain calcium, the quantities needed to satisfy the RDA are too large to be practical for these age groups.
- Although pudding made with milk is a good source of calcium, it is not included in the milk group because of its high sugar content.

V. Other Foods ("Extra" Foods)

Functions: Foods in this group provide energy, enhance flavor, and help satisfy the appetite. Fats supply essential fatty acids, carry fat-soluble vitamins (A, D, E, and K) and make up part of cell structure.

Notes:

- This group contains foods which do not belong in one of the four food groups. Examples of these foods are as follows: table sugar (sucrose), honey, jelly, jams, syrups, sweet toppings; pies, cakes, cookies, pastries; soft drinks, fruit flavored drinks; butter, margarine, shortening, salad oil, salad dressing, mayonnaise.
- These foods supplement but cannot substitute for foods in the four food groups. With few exceptions, they are "empty calorie" foods i.e., they provide mainly calories but little in the way of nutrients.

Prepared by the Ohio Department of Health, Nutrition Division, in cooperation with the Ohio Department of Human Services.

MEAT GROUP	Amount			
	1 - 3 years	3 - 6 years	6 years and up	
Beef, pork, veal, lamb, poultry, fish	1 oz.	1½ oz.	2 oz.	
Weight				
Protein content	7 g.	11 g.	14 g.	
Cheese	1 oz.	1½ oz.	2 oz.	
Egg	1 med. or one lg.	1½ med. or one lg.	2 med.	
Peanut butter	2 tbsp.	3 tbsp.	4 tbsp.	
Cooked dried beans, peas	½ cup	¾ cup	1 cup	
Cottage cheese	¼ cup (2 oz.)	¾ cup (3 oz.)	1 cup (4 oz.)	

Functions: Provide the nutrients protein, B vitamins (niacin and thiamine), and iron which are needed daily for building and maintaining body cells (e.g. muscles, blood, bone), promoting proper growth, regulating body functions, resisting infection, and forming hemoglobin in the red blood cells.

Notes: Total portion sizes for the meat group can be met by one of the above in amounts stated or a combination of any of the above in amounts equivalent to total meat portions.

- One pound of hamburger shrinks 4 - 5 oz. in cooking
- Two chicken wings or one drumstick or one thigh = 1½ oz. meat
- One-fourth cup canned fish (tuna, salmon, mackerel) = 1 oz. meat
- One medium chicken liver = 1 oz. meat
- All fish sticks, cold cuts, frankfurters, etc., do not weigh the same. Be sure to determine weight by dividing number of pieces or slices into total package weight.
- Cheese food and cheese spread do not contain as much protein as regular cheese. If they are used, 1½ oz. = 1 oz. meat. Cream cheese cannot be used as a meat equivalent.
- Cooked dry beans or dry peas may be used as a meat equivalent or as part of the vegetable/fruit group but not in both groups in the same meal.

VEGETABLE-FRUIT GROUP	Amount	
	1 - 3 years ½ cup total	3 - 6 years ½ cup total
		6 years and up ¾ cup total

II.

Functions: Provide the nutrients Vitamin A and Vitamin C, as well as roughage in the diet. Vitamin C helps build and maintain healthy gums, body tissues and blood; helps resist infections; hastens wound and bone healing; aids in utilization of iron. Vitamin A is important for healthy skin and mucous membranes (such as nasal and intestinal); promotes healthy eye tissues for normal vision.

Notes:

- Each meal must include two or more vegetables and/or fruits to equal the total amount above.
- A source of Vitamin C needs to be served daily and a source of Vitamin A three times a week.
- Excellent and good sources of vitamin C and A are shown below. One excellent or two good sources equal one serving of vitamin C and A.

Vitamin C (daily)		Vitamin A (3 times/week)
<p>Excellent Sources 15 mg. or more/serving</p> <p>Broccoli, fresh or frozen, cooked - ½ cup Brussels sprouts, cooked - ½ cup Cauliflower, raw or cooked - ½ cup Green leafy vegetables, cooked - ½ cup (Beet greens, collards, kale, mustard greens, turnip greens) Green peppers, sweet, raw, large - ½ Potato, boiled, 2½" diameter - 1 Potato, baked, 2½" diameter (without skin) - 1 Tomato, fresh, small - 1 Cantaloupe - 5" melon - ½ Grapefruit, canned - ½ cup Grapefruit, fresh, 4" diameter - ½ Grapefruit juice, canned - ½ cup Grapefruit-orange juice, canned - ½ cup Honeydew melon, 5" diameter - ½ Orange, fresh, 2½" diameter - ½ Orange juice, fresh, canned, or frozen - ¼ cup Strawberries, fresh - 5 Tangerine, small - 1</p> <p>Good Sources - 8-14 mg. / serving</p> <p>Asparagus, fresh or canned, medium spears - 3 Cabbage, shredded, cooked or raw - ½ cup Okra, cooked - 4 pods Spinach, cooked, fresh, canned frozen - ½ cup Sweet potato, canned, small - 1 Tomatoes, canned - ½ cup Turnips, white root, diced, cooked - ½ cup Pineapple, canned, slice - 1</p>	<p>Excellent Sources 660 IU or more/serving</p> <p>Broccoli, fresh or frozen, cooked - ½ cup Carrots, cooked - ½ cup Green leafy vegetables, cooked - ½ cup (Beet greens, collards, kale, mustard greens, chard, turnip greens) Pumpkin, cooked - ½ cup Spinach, cooked fresh, canned or frozen - ½ cup Squash, winter, fresh or frozen - ½ cup Sweet potato, small - 1 Tomato, fresh, small - 1 Vegetable soup, canned - ½ cup</p> <p>Apricots, canned, half - 1 Cantaloupe, 5" melon - ½ Nectarine, fresh, medium - 1 Peach, fresh, medium - 1</p> <p>Good Sources - 300-600 IU/serving</p> <p>Asparagus, green, fresh, cooked - ½ cup Tomatoes, canned - ½ cup Tomato juice - ½ cup Tomato puree - 2 Tbsp. Tomato soup - ½ cup Apricot Nectar - ½ cup Cherries, red sour, fresh, canned, or frozen - ½ cup Grapefruit, pink, 4" diameter - ½ Peach, canned, half - 1 Plums, purple, canned - 1 Plums, prune, fresh - 3 Prunes, stewed, medium - 2 Watermelon balls or cubes - ½ cup</p>	

- Vegetables and fruits such as green beans, peas, corn, fruit cocktail, apples, bananas, grapes, etc., are not good sources of Vitamins A or C. However, they are sources of other nutrients and can still be served.
- Vitamin C is a water-soluble nutrient which means amounts in excess of the body's daily needs are excreted in the urine. Therefore, Vitamin C must be supplied daily. Vitamin C is also readily destroyed by high temperature or long exposure to heat or air (oxygen). Therefore, cook these foods in a small amount of water or steam them, and cook only the minimum time needed.
- Vitamin A is fat-soluble which means it is carried through the body attached to fat. It is stored in the body primarily in the liver. The body can draw on these stores when Vitamin A is needed. Therefore, a good source eaten every other day generally meets needs.
- Fried and processed potatoes (e.g. frozen fries, hash browns, later tots, and instant potatoes) are not a good source of Vitamin C. However, instant potatoes fortified with Vitamin C may be used as a Vitamin C source.
- 100% full strength vegetable or fruit juice may not be counted to meet more than one-half of the amounts required.
- The following tomato products equal ¼ cup vegetable:
1 tablespoon paste
2 tablespoons puree
¼ cup sauce

III.

GRAIN GROUP	Amount	
	1 - 6 years ½ slice	6 years and up 1 slice
Bread	½ slice	1 slice
Bread Alternatives		
Cooked pastas, rice, corn, grits	¼ cup	½ cup
Crackers	2 to 3 small	4 to 6 small
Biscuit, roll, muffin	½ regular size	1 regular size
Pancake, 4" diameter	1	2
Waffle, 7" diameter	¼	½
Bun, bagel, English muffin	½ regular size	1 regular size

Functions: Provides the nutrients carbohydrate, B vitamins (thiamine, niacin), and iron as well as roughage from whole grains. These nutrients give energy, aid in normal digestion and utilization of food; promote normal appetite, healthy skin and nerves; and help form hemoglobin in the red blood cells.

Notes:

- Only whole grain, fortified, or enriched grain products can be used as food sources for this food group.
- Cookies, cakes, donuts, and pastries are not included in this food group.
- Cooked or ready-to-eat breakfast cereals are not included in this group for the noon meal.