

Is it a Grain-Based Dessert? Perception Counts!

Grain-Based Desserts

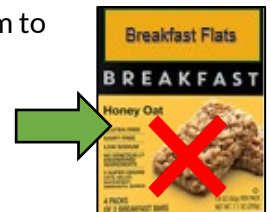
Grain-Based Desserts (GBD) are not creditable in the CACFP and cannot be served as the grain component of a meal or snack. Items listed in the chart below are GBD; this includes both store-bought and homemade items. GBD made from scratch with healthy ingredients (i.e., less sugar and/or fat) are also NOT creditable.

Grain-Based Desserts – NOT CREDITABLE IN CACFP	
Brownies	Ice cream cones
Bread/breadstick with sweet filling (such as pie filling)	Pie crusts of dessert pies, cobblers, fruit turnovers
Cake, including coffee cake and cupcakes	Sweet biscotti/scones with fruits, chocolate, icing, etc.
Caramel popcorn and kettle corn	Sweet croissants, such as chocolate-filled
Cereal bars, breakfast bars, granola bars, marshmallow cereal treats	Sweet pita chips, such as cinnamon-sugar flavored
Cookies, vanilla wafers, fruit-filled rolls, bars, cookies	Sweet rolls, including cinnamon rolls
Doughnuts	Sweet bread pudding and rice pudding
Gingerbread	Toaster pastries

Not sure if an item is a Grain-Based Dessert?

How a food item is perceived plays a role in determining if it is a GBD. Before adding an item to your menu, ask yourself is the item:

- Commonly thought of as a dessert or sweet treat?
- Shaped like a GBD listed in the chart above (such as a cookie or granola bar)? GBDs may be labeled with a different name, i.e., breakfast flat instead of granola bar or breakfast round instead of cookie.



If you answered yes to either question above, the item is a GBD and must not be served. Choose another option.

Sweet Ingredients

Programs are discouraged from serving creditable foods that contain sweet ingredients, for example chocolate chips in muffins. Instead, purchase or prepare healthier alternatives to promote healthy eating habits.

Things to Consider When Selecting Foods for Your Menu

If the answer to the questions below is yes, choose a healthier option.

Does the food item contain:	<ul style="list-style-type: none"> • Candy pieces? • Jam, fruit puree, or custard fillings? • Marshmallows? • Flavored chips (chocolate, caramel, white chocolate, strawberry, butterscotch)?
Is the food item:	<ul style="list-style-type: none"> • Dessert-flavored (chocolate, caramel, butterscotch, etc.)? • Coated with dessert-flavored coatings or toppings (cocoa, caramel, cinnamon-sugar, powdered sugar, glazes, etc.)? • Iced or frosted? • Covered with sprinkles, jimmies, or other sweet garnishes? • A sweetened and/or dessert-flavored cereal snack food? • A cereal/trail mix with sweetened cereal and/or candy pieces?

Not sure if an item is a GBD? Contact your assigned [Consultant](#).