

# Foods for Infants

This handout provides a list of creditable and not creditable foods for the infant meal pattern:

- Page 1: Infant cereal and store-bought baby foods
- Page 2: Meat/meat alternates, fruits and vegetables
- Page 3: Grains (only creditable at snack)

## Infant Cereal

### Creditable

- ✓ Iron-fortified (rice, wheat, barley, oat, multigrain)



### Not Creditable (do not serve)

- × Not iron-fortified
- × Dry cereal, containing fruit (ex. banana, apple)
- × Jarred “wet” infant cereals
- × Infant cereal served in a bottle
- × Cereals designed for older children and adults, including ready-to-eat cereal, enriched farina, regular oatmeal, and corn grits are not a creditable substitute for infant cereal

## Store-bought Fruits and Vegetables (Baby Food)

### Creditable

- ✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient
- ✓ Multiple fruits and/or vegetables (ex. pumpkin banana) with a fruit or vegetable as the first ingredient

INGREDIENTS: PEARS, ZUCCHINI, CORN, WATER, VITAMIN C (ASCORBIC ACID).

### Not Creditable (do not serve)

- × Water is first ingredient
- × Jarred cereal, desserts, or puddings with fruit, including those that list fruit as the first ingredient
- × Infant combination dinners, entrees, or meals with multiple **component** ingredients (ex. roast vegetable chicken dinner or lasagna dinner)

## Store-bought Meat & Meat Alternates (Baby Food)

### Creditable

- ✓ Meat or poultry is first ingredient
- ✓ Gravy and broth are ok

INGREDIENTS: GROUND TURKEY, WATER, CORNSTARCH

### Not Creditable (do not serve)

- × Infant combination dinners, entrees, or meals with multiple **component** ingredients (ex. turkey rice dinner or chicken itty-bitty noodle dinner)

INGREDIENTS: WATER, WET POTATOES, GROUND TURKEY, PEAS, BROWN RICE FLOUR, WHOLE WHEAT FLOUR, CANOLA OIL, ONION POWDER, ASCORBIC ACID (VITAMIN C) TO

## Meats & Meat Alternates (Table Food)

### Creditable

- ✓ Meat, fish, poultry (cooked, mashed, pureed, or small diced as needed to obtain appropriate texture and consistency)
- ✓ Processed meats and poultry such as chicken nuggets, hot dogs, fish sticks, sausage, and infant meat and poultry sticks (not dried or semi-dried, not jerky), are allowed but not recommended. Prepare them in a way to reduce choking.
- ✓ Cooked dry beans or cooked dry peas
- ✓ Cheese (natural, shredded), cottage cheese
- ✓ Whole eggs
- ✓ Yogurt (no more than 23 grams of sugar per 6 ounces)

### Not Creditable (do not serve)

- × Cheese spread and cheese food
- × Peanut butter and other nut or seed butters
- × Nuts and seeds
- × Tofu
- × Soy yogurt
- × Foods deep-fat fried on-site
- × Home canned foods

## Whole Fruits and Vegetables (Table Food)

### Creditable

- ✓ Fresh, frozen or canned (cooked, mashed, pureed, or small diced as needed to obtain appropriate texture and consistency)

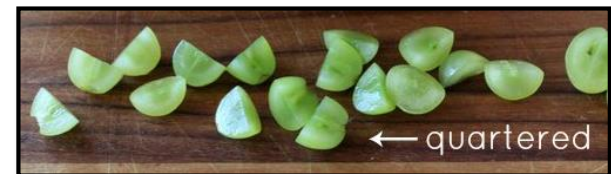


### Not Creditable (do not serve)

- × Juice
- × Foods deep-fat fried on-site
- × Home canned foods
- × **Foods not recommended to serve (choking hazards)**
- × Raw vegetables (i.e. green peas, string beans, celery, carrot)
- × Cooked or raw whole corn kernels
- × Whole pieces of canned fruit
- × Hard pieces of raw fruit such as apple, pear, melon
- × Whole grapes, berries, cherries, melon balls, or cherry/grape tomatoes
- × Uncooked dried fruit (including raisins)

### Practice Choking Prevention

- ✓ Avoid serving foods that are as wide around as a nickel
- ✓ Cut grapes, cherries, berries, melon balls and tomatoes into quarters
- ✓ Grate or thinly slice cheese
- ✓ Cook foods until soft enough to pierce with a fork
- ✓ Mash, puree or cut soft food into appropriate texture and/or size (i.e. thin slices or small pieces) per the infant's development



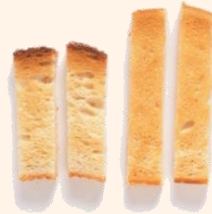
Creditable Grains can only be served at snack

Grains:

Grains must be made from whole-grain or enriched meal or flour and made without nuts, seeds or hard pieces of whole grain kernels

Creditable

- ✓ Bread
  - Breads, strips or small pieces of dry bread or toast
  - Biscuits
  - Bagels
  - English muffins
  - Pita bread
  - Rolls
  - Soft tortillas
  - Teething biscuits



- ✓ Crackers
  - Saltines
  - Rounds, ovals, squares
  - Small fish shaped
  - Graham and animal crackers



- ✓ Ready-to-eat Breakfast Cereal
  - Ready-to-eat breakfast cereal (no more than 6 grams of sugar per dry ounce)



Not Creditable (do not serve)

- × Popcorn
- × Grain Based Desserts, including:
  - Cake, cupcakes, brownies
  - Cereal bars, breakfast bars, granola bars
  - Cookies, including vanilla wafers
  - Sweet rolls, Toaster pastries, doughnuts
  - Sweet bread pudding and rice pudding
- × Choking risk:
  - Pretzels
  - Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries
  - Whole kernels of cooked rice, barley, or wheat (these should be finely ground or mashed before feeding to infants)

**Honey, and foods that contain honey,** should never be fed to babies less than 1 year of age. Honey may contain substances that can cause “infant botulism,” a serious type of food related illness that can make a baby very sick. Honey should not be added to food, water, or formula that is fed to babies, or used as an ingredient in cooking or baking (e.g., yogurt with honey, entrées and baked goods that contain honey). This also applies to commercially prepared foods such as cereals sweetened with honey or honey graham crackers.

