

# Is it a Grain-Based Dessert? Perception Counts!

How a food item is perceived plays a role in determining if it is a Grain-Based Dessert (GBD). Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat. If yes, choose another option.

## Grain-Based Desserts

GBDs are not creditable in the Infant and Preschool meal pattern. This includes both store-bought and homemade items. Even items made from scratch with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable. The following are Grain-Based Desserts and are not creditable:

Brownies	Ice cream cones
Bread/breadstick with sweet filling (such as pie filling)	Pie crusts of dessert pies, cobblers, and 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, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet rolls, including cinnamon rolls
Doughnuts	Sweet bread pudding and rice pudding
Gingerbread	Toaster pastries

Not sure if an item is a GBD? Ask yourself if the item is:

- Shaped like a cookie?
- Shaped like a bar (breakfast, cereal, or granola bar)?

Some GBDs may be labeled with a different name (i.e. breakfast flat instead of granola bar or breakfast round instead of cookie); however, they are still a GBD and must not be served.

## Sweetened Food Items

Programs are discouraged from serving creditable foods that contain sweet ingredients, as they are perceived as a sweet treat. Instead, purchase or prepare healthier alternatives. If the answer to the questions below is yes, choose a healthier option:

### Does the food item contain:

Candy pieces?  
Jam, fruit puree, or custard fillings?  
Marshmallows?  
Flavored chips (chocolate, caramel, white chocolate, strawberry, butterscotch, peanut butter, etc.)?

### Is the food item:

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?



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