

Appendix A

Methodology Used in Determining the Nutrient Content of Meals and Snacks Offered and Consumed

This appendix describes the methodology used in determining the average nutrient content of meals and snacks offered by CACFP providers and of meals and snacks actually consumed by children receiving child care in CACFP sites.

MEALS AND SNACKS OFFERED

The primary objective of this analysis is to determine the average nutrient content of meals and snacks offered by CACFP providers. A secondary objective is to describe the type and frequency of foods offered in CACFP meals and snacks and their relative nutrient contributions. Both objectives require information on the *foods offered* to children over a five-day period.¹ This information was obtained directly from providers, who completed a self-administered survey booklet.

In order to assess nutrient content, information about the *portion of each food* offered is also required. Portion size information was not collected from respondents in the Early Childhood and Child Care Study because a pretest revealed that most respondents had difficulty providing sufficient detail.² Consequently, portion sizes were imputed using data obtained from a nationally-representative sample of children receiving care in CACFP facilities.

The following sections describe the methodologies used in collecting and processing data related to both the foods offered by providers and the average portions served to children.

¹To obtain a reasonable assessment of nutrient content, it is necessary to examine meals offered over a period of time rather than a single meal or single day's offerings. The National Research Council (NRC) recommends that group feeding programs plan menus so that nutrient standards are met over a five- to ten-day period. A sample five-day period, equivalent to one school week, is routinely used in assessing USDA's Child Nutrition programs.

²Most providers either left the portion-size column blank or recorded very general descriptions (e.g., "one glass" rather than "six ounces" or "one sandwich" rather than providing information about the individual components of the sandwich).

Data on Foods Offered

All sampled CACFP providers were asked to complete a Menu Survey which requested detailed information about the foods included in meals and snacks offered during a specified five-day period (the target week). Respondents were asked to list *all* foods offered, including foods which may not have contributed to satisfying the CACFP meal pattern. For each food offered during the target week, providers were asked to record the following information: food name; a detailed description (a brochure that outlined the types of descriptive information required for different types of food was provided); brand name; preparation; recipes (when applicable and readily available); and the age groups of children to whom the food was offered (some foods may be offered only to some children, e.g., nuts may not be offered to toddlers).

The Menu Survey was prepared in an easy-to-use booklet format with a separate section for each day and subsections for each potential meal and snack. Detailed instructions were included for each form. Survey materials were mailed to providers several weeks prior to the target week during which the Menu Survey was to be completed. A toll-free “help” number was provided and respondents were encouraged to call with any questions or problems. Several followup calls were made to each respondent to ensure receipt and completion of survey materials and to provide assistance as needed.

Data on Portions Offered

As noted above, portion sizes were imputed for all foods reported in the Menu Surveys. Information collected during observations of a nationally representative sample of CACFP participants was used to develop estimates of *average portions offered*, by age group and type of meal. The methodology used in developing these estimates is described below.

Child Observations. A subsample of all homes and centers included in the study was selected for on-site observations. In each of these sites, trained field staff observed all meals and snacks consumed by a sample of children on two nonconsecutive days (Monday and Thursday or Tuesday and Friday). Observations were conducted during the target week (i.e., the same week covered in the Menu Survey). To facilitate observations, all children observed in a home or center (from one to six children) were seated together.

Prior to each meal and snack, observers weighed or measured five reference portions of each food to be offered.³ Using visual estimation techniques, observers then recorded the total amount of each food served to each sampled child, including second helpings, as well as the total amount of each food that was left over (i.e., not consumed). (Additional information on the visual estimation technique used, and the reliability of visual estimates over time, is provided in Appendix H).

Developing Estimates of Average Portions Offered. Information from the child observations was used to develop estimates of average portions offered for use in calculating nutrient content of meals and snacks offered by CACFP providers. Each observed food was first assigned to one of the 61 food groups shown in Exhibit A.1. These food groups reflect CACFP meal component categories, important differences in relative gram weight among comparable types of food (e.g., very light ready-to-eat cereals vs. much heavier cooked cereals), and the foods reported in the Menu Surveys.

Next, the available information on portions offered (i.e., total amounts of food served to observed children) was used to calculate *average portions* for each of the foods and food groups listed in Exhibit A.1. Depending on the meals and snacks in which foods were offered, separate calculations were carried out for breakfast, lunch, and snacks. For each meal and snack, average portions were calculated for five different age groups (one- and two-year-olds, three-year-olds, four-year-olds, five-year-olds, and six- to ten-year-olds). With the exception of fruits and vegetables, portions were estimated in grams; volume measures (cups) were used for fruits and vegetables. The total volume of fruits and vegetables assigned was adjusted for the total respective number of fruits and vegetables offered because examination of the data indicated that the total volume of fruits and vegetables received varied depending on the specific combinations offered (e.g., two fruits, two vegetables, or one of each). Juice was estimated separately.

³A reference portion was defined as the smallest possible portion that could be served to or selected by a child (e.g., a spoonful of mashed potatoes, a cracker, or a chicken nugget).

Exhibit A.1
Food Groups Used in Determining Average Portions Offered

<p>MILK¹</p> <p>FRUITS AND VEGETABLES²</p> <p>JUICES¹</p> <p>BREADS AND BREAD ALTERNATES¹ Ready-to-eat cereals³ Hot cereals Breads, rolls Bagels, muffins Crackers and taco shells Pancakes, waffles, tortillas Rice and other grains Pasta Cookies⁴</p> <p>MEATS AND MEAT ALTERNATES¹ Meat, poultry, fish, cheese Breaded meat, poultry, fish Meat with gravy Meatloaf Peanut butter Eggs Yogurt⁵</p> <p>COMBINATION ENTREES¹ Sandwiches Hamburgers/Cheeseburgers Hot dogs Peanut butter sandwiches Sandwiches with breaded patties Other sandwiches</p> <p>Other Mixtures Burritos Tacos Eggrolls Soup Lasagna Macaroni and cheese Pizza Chili</p>	<p>Other Mixtures (continued) Potpies Omelets French toast Other combination items⁶</p> <p>NONCREDITABLE FOODS¹</p> <p>Condiments Gravy Salad dressing Butter Mayonnaise Catsup, mustard Sugar Honey Jelly Syrup Other toppings</p> <p>Sweets and Sweetened Beverages Pudding and jello (unfruited) Ice cream Ice cream cone Other ice cream novelties Popsicles Cakes Candy Pies Crisps Sweetened beverages</p> <p>Other Foods Bacon Pork sausage⁷ Cream cheese Pickles and olives Snack chips</p>
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¹Average weight in grams.

²Average volume in cups.

³Because of the wide variation in weight among different types of cereal (e.g., puffed cereals to granolas), average portions were determined for six different types of ready-to-eat cereals differentiated on the basis of average weight per cup.

⁴Cookies are creditable as a bread alternate for two snacks per week; otherwise they are considered noncreditable.

⁵Yogurt is creditable as a meat alternate for snacks only.

⁶Miscellaneous mixed foods; nine different categories were tabulated, based on average gram weight per cup (80 gm to 250 gm), as reported in the Food Intake Analysis System (the nutrient analysis software used to process the data).

⁷Sausages are creditable if they are less than 30 percent fat by weight. Most sausages served by providers in this study were pork brown-and-serve style sausages that did not meet this criteria. Sausages that did meet the criteria were included with meat.

When fewer than 25 observations were available for a particular calculation (food group x. age group x. meal or snack), one of two different approaches was used to develop a portion size estimate:

Approach 1: When 25 or more total observations (all age groups combined) were available for the food or food group, an overall average portion was computed by averaging across all available observations rather than by age group. This overall average was then calibrated to reflect typical age-group-specific differences in portions. Five adjustment ratios were developed to reflect the amount of the overall average portion that was offered to each age group. These ratios are shown in Exhibit A.2. As the exhibit indicates, portions offered to three-year-olds at lunch were, on average, equivalent to 92 percent of the overall average portion.

Exhibit A.2

Meal-Specific Adjustment Ratios for Each Age Group

Meal Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Breakfast	0.87	0.93	1.04	1.05	1.06
Lunch	0.91	0.92	1.02	1.04	1.26
Snacks	0.96	1.01	0.96	1.05	1.11

Approach 2: When there were fewer than 25 total observations (all age groups combined), a default portion was assigned based on data from the Continuing Survey of Food Intake of Individuals (CSFII).⁴ For a few foods not included in the CSFII data, the default (i.e., “no serving specified”) portion size included in the Food Intake Analysis System (FIAS), the nutrient analysis system used for all nutrient analysis in this study, was used as a starting point. Portion sizes obtained from both CFSII and FIAS were adjusted using age-specific ratios similar to those described above; separate ratios were developed for observation data to CSFII data and for observation data to FIAS data.

Average portions computed for each of the 74 foods and food groups (including several categories of cereals and mixtures, based on gram weight per cup), by age group and meal, are shown in Exhibit A.3.

⁴Pao E. et al. (1990). *Foods Commonly Eaten by Individuals: Amount Per Eating Occation and Per Day*. Washington, DC: U.S. Department of Agriculture, Consumer Nutrition Center, Human Nutrition Information Service. This reference provides separate summaries for portions eaten by one- to two-year-olds, three- to five-year-olds, and six- to eight-year-olds (as well as other age groups). Data are provided for 200 commonly eaten foods.

Assigning Portion Sizes to Menus. For analytic purposes, separate “menus” were developed for each of the five age groups for each CACFP meal and snack. For the most part, a simple one-to-one link was made between each menu item and the database of average portions offered (Exhibit A.3). For fruits and vegetables, however, the average portion (total volume) was divided evenly among whatever fruits and vegetables were offered. For example, if the average portion for fruits was three-quarters of a cup and the menu included grapes and peaches, the three-quarter cup portion was split evenly between the two items (.375 cup of grapes and .375 cup of peaches). Actual gram weights for each item were assigned to the menu (i.e., .375 cup of grapes = x gm and .375 cup of peaches = y gm). The process was repeated for vegetables. The same approach was used when both meat and cheese were included in a single sandwich. If, for example, the average portion for meat, poultry, fish, and cheese was 28 gm (approximately one ounce), then a ham and cheese sandwich was assigned a portion of 14 gm for the ham and 14 gm for the cheese.

Condiments were linked to foods and, when necessary, portion sizes were adjusted to reflect the total amount of the linked food assigned to the menu. For example, if a menu had corn and salad, the average vegetable portion for two vegetables would be split between the corn and the salad. If the menu also included salad dressing, the salad dressing would be linked to the salad and, consequently, the portion assigned to the salad dressing would be half of the full average portion.

The Menu Surveys and child observations indicated that in general, CACFP meals and snacks offer very few choices (i.e., menus rarely include a choice of entrees) and that children are generally served all items listed on the menu. Therefore, with the exceptions noted above for fruits and vegetables, meats, and condiments, the full average portion was assigned to every item on the menu *except* when obvious choices were available (e.g., two more different types of milk, entrees, or desserts). In these cases, half of the average portion of each item (or one-third of the portion, if three choices were offered, etc.) was assigned to the menu so that the two (or three or more) choices would be averaged in the nutrient analysis.

Exhibit A.3

Average Portions Offered by Age Group and Meal

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
MILK (gm)					
Breakfast	151.90	169.60	193.68	189.58	177.11
Snack	160.41	157.67	159.73	174.07	192.85
Lunch	160.37	163.34	188.30	194.58	221.58
FRUITS AND VEGETABLES (cups)					
When 1 fruit offered					
Breakfast	.38	.38	.48	.49	.43
Snack	.44	.45	.41	.51	.56
Lunch	.36	.36	.39	.44	.52
When 2 or more fruits offered					
Breakfast	.59	.58	.67	.64	.65
Snack	.58	.60	.58	.64	.74
Lunch	.39	.41	.46	.48	.54
When 1 vegetable offered					
Breakfast	.33	.33	.41	.42	.34
Snack	.29	.30	.28	.32	.36
Lunch	.34	.34	.40	.43	.39
When 2 vegetables offered					
Breakfast	.54	.66	.78	.72	.79
Snack	.61	.64	.73	.75	.85
Lunch	.56	.69	.76	.74	.89
When 3 or more vegetables offered					
Breakfast	.85	.89	1.08	1.06	1.09
Snack	.81	.86	.87	1.10	1.10
Lunch	.88	.93	1.05	.94	1.23

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
JUICES (gm)					
Breakfast	146.93	145.14	147.38	152.69	158.34
Snack	160.80	155.85	160.59	152.40	171.35
Lunch	182.65	184.62	206.05	202.28	252.70
BREADS AND BREAD ALTERNATES					
Cereals: 16-20 gm per cup (gm)					
Breakfast	15.18	15.48	18.77	18.25	20.17
Snack	17.64	17.22	15.77	17.59	16.62
Cereals: 21-25 gm per cup (gm)					
Breakfast	23.85	25.43	28.50	28.65	29.05
Snack	20.75	21.75	19.92	22.21	21.36
Cereals: 26-30 gm per cup (gm)					
Breakfast	21.03	22.42	25.12	25.25	25.61
Snack	22.82	25.38	23.24	25.92	26.11
Cereals: 31-35 gm per cup (gm)					
Breakfast	25.47	28.58	31.94	35.69	32.98
Snack	23.40	24.65	23.42	25.56	27.21
Cereals: 36-40 gm per cup (gm)					
Breakfast	34.59	36.88	41.33	41.55	42.14
Snack	30.08	32.63	29.88	33.32	33.23
Cereals: More than 40 gm per cup (gm)					
Breakfast	29.47	31.41	35.20	35.39	35.89
Snack	36.31	35.35	32.37	36.10	38.77
Hot cereals (gm)					
Breakfast	103.18	110.00	123.27	123.92	125.68
Snack	107.93	110.33	105.03	129.37	138.12

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Breads and rolls					
Breakfast	24.63	23.63	27.48	29.71	29.55
Snack	26.00	27.39	27.49	27.19	30.24
Lunch	23.53	26.92	29.68	31.39	36.54
Bagels and muffins (gm)					
Breakfast	41.31	44.04	49.35	49.61	50.32
Snack	50.90	53.62	50.95	55.60	59.20
Lunch	38.92	39.34	43.91	44.63	53.85
Crackers and taco shells (gm)					
Breakfast	13.39	16.30	19.76	19.21	22.09
Snack	15.22	17.97	16.13	20.52	22.33
Lunch	10.20	10.31	11.50	11.69	14.11
Pancakes, waffles, tortillas (gm)					
Breakfast	48.56	51.77	58.01	58.32	59.14
Snack	50.79	51.93	49.42	60.89	64.99
Lunch	49.29	53.17	55.17	58.73	62.69
Rice and other grains (gm)					
Breakfast	61.84	62.19	74.24	71.65	78.21
Snack	58.83	59.99	59.80	74.00	79.27
Lunch	64.02	64.71	72.22	73.41	88.57
Pasta (gm)					
Lunch	70.45	71.21	79.48	80.78	97.47
Cookies (gm)					
Breakfast	19.18	21.32	25.86	25.13	29.65
Snack	26.41	27.82	26.43	28.85	30.71
Lunch	25.75	26.02	29.04	29.52	35.62

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
MEATS AND MEAT ALTERNATES					
Meat, poultry, fish, cheese (gm)					
Breakfast	25.58	27.27	30.56	34.05	31.16
Snack	25.95	24.68	25.75	28.35	30.18
Lunch	42.23	44.88	49.88	50.30	59.26
Breaded meat, poultry, fish (gm)					
Breakfast	30.90	32.63	37.45	42.65	37.52
Snack	31.35	29.53	31.55	35.51	36.34
Lunch	53.78	54.36	60.67	61.66	74.41
Meat with gravy (gm)					
Breakfast	44.34	46.84	53.75	61.22	53.85
Snack	44.98	42.39	45.29	50.97	52.16
Lunch	77.19	78.02	87.08	88.50	106.79
Meatloaf (gm)					
Lunch	78.56	79.40	98.78	90.07	108.68
Peanut butter (gm)					
Breakfast	9.49	10.12	11.34	11.40	11.56
Snack	14.99	15.79	17.87	17.13	17.43
Lunch	15.82	15.99	17.85	18.14	21.89
Eggs (gm)					
Breakfast	50.32	53.64	60.11	60.43	61.29
Snack	49.80	49.85	45.65	50.91	48.26
Lunch	51.07	55.09	57.16	60.85	64.97
Yogurt (gm)					
Breakfast	104.54	105.15	119.42	112.73	105.35
Snack	102.59	108.07	102.68	112.06	119.31
Lunch	126.70	110.12	126.91	113.52	118.12

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
SANDWICHES					
Hamburgers/Cheeseburgers (gm)					
Snack	102.70	105.14	96.28	107.37	112.35
Lunch	102.37	120.67	125.28	125.05	156.43
Hot dogs (gm)					
Snack	74.61	82.30	75.65	83.98	89.93
Lunch	69.25	70.00	78.12	79.40	95.81
Peanut butter sandwiches (gm)					
Snack	81.64	90.04	82.77	91.88	98.39
Lunch	84.91	96.75	100.44	100.25	126.55
Sandwiches with breaded patties (gm)					
Lunch	127.82	145.64	151.20	150.92	190.51
Other sandwiches (gm)					
Breakfast	63.78	64.14	76.58	73.89	80.66
Lunch	66.03	66.74	74.49	75.71	91.35
OTHER MIXTURES					
Burritos (gm)					
Breakfast	89.87	96.03	112.11	108.90	125.23
Snack	96.56	106.50	97.90	108.68	116.38
Lunch	100.43	114.43	118.80	118.58	149.69
Tacos (gm)					
Breakfast	62.09	66.35	77.46	75.24	86.53
Snack	66.71	73.58	67.64	75.09	80.41
Lunch	69.39	79.06	82.08	81.93	103.42
Eggrolls (gm)					
Snack	56.18	61.96	56.96	63.23	67.71
Lunch	58.43	66.58	69.12	68.99	87.09

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Soup (gm)					
Snack	127.82	130.32	129.91	160.75	172.22
Lunch	139.09	140.58	156.90	159.47	192.43
Lasagna (gm)					
Lunch	135.89	137.36	153.30	155.81	188.01
Macaroni and cheese (gm)					
Lunch	90.69	91.67	102.31	103.98	125.47
Pizza (gm)					
Breakfast	69.65	83.11	100.78	97.95	126.76
Snack	80.92	92.45	84.66	94.41	104.44
Lunch	91.59	92.58	111.19	101.29	126.71
Chili (gm)					
Lunch	110.78	111.97	124.97	127.02	153.26
Potpies (gm)					
Lunch	186.12	199.74	207.36	206.98	245.66
Omelets (gm)					
Breakfast	61.61	65.69	73.61	73.99	75.04
Snack	74.69	72.51	66.40	74.05	75.16
Lunch	74.45	83.22	86.40	86.24	104.65
French toast (gm)					
Breakfast	49.40	52.67	59.02	59.33	60.17
Snack	51.67	52.83	50.29	61.94	66.13
Lunch	50.14	54.09	56.13	59.75	63.78
Mixtures: 80-99 gm per cup (gm)					
Lunch	41.51	47.29	49.10	49.01	61.86
Mixtures: 100-119 gm per cup (gm)					
Lunch	51.88	59.12	61.37	61.26	77.33

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Mixtures: 120-139 gm per cup (gm)					
Lunch	62.26	70.94	73.65	73.51	92.79
Mixtures: 140-159 gm per cup (gm)					
Lunch	72.63	82.76	85.92	85.76	108.26
Mixtures: 160-184 gm per cup (gm)					
Lunch	83.01	94.59	98.20	98.01	123.73
Mixtures: 185-209 gm per cup (gm)					
Lunch	95.98	109.36	113.54	113.33	143.06
Mixtures: 210-229 gm per cup (gm)					
Lunch	108.95	124.14	128.88	128.64	162.39
Mixtures: 230-249 gm per cup (gm)					
Lunch	95.01	96.04	107.18	108.94	131.45
Mixtures: 250 gm per cup (gm)					
Lunch	135.89	137.36	153.30	155.81	188.01
CONDIMENTS					
Gravy (gm)					
Breakfast	20.40	20.52	24.50	23.64	25.80
Lunch	21.12	21.35	23.83	24.22	29.22
Salad dressing (gm)					
Snack	8.58	8.75	8.73	10.80	11.57
Lunch	9.34	9.44	10.54	10.71	12.93
Butter (gm)					
Breakfast	4.36	3.94	4.54	5.54	4.70
Snack	4.12	4.34	4.13	4.50	4.79
Lunch	3.30	5.35	6.61	5.65	6.88
Mayonnaise (gm)					
Snack	8.30	11.78	10.79	12.03	9.49
Lunch	9.17	9.27	10.34	10.51	12.68

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Catsup, mustard (gm)					
Breakfast	11.61	13.85	16.80	16.33	18.25
Snack	13.49	15.41	14.11	15.74	15.03
Lunch	14.57	14.72	16.43	16.70	20.15
Sugar (gm)					
Breakfast	4.77	5.08	5.70	5.73	5.81
Snack	4.99	5.10	4.86	5.98	6.39
Lunch	4.84	5.22	5.42	5.77	6.16
Honey (gm)					
Breakfast	13.39	17.93	21.74	21.13	29.77
Snack	15.56	19.94	18.26	20.36	24.53
Lunch	15.51	22.89	23.76	23.72	34.15
Jelly (gm)					
Breakfast	8.74	9.32	10.44	10.50	10.65
Snack	10.91	11.49	10.91	11.91	12.68
Lunch	13.44	16.64	17.28	17.25	23.13
Syrup (gm)					
Breakfast	27.25	29.06	32.56	32.73	33.20
Snack	28.50	29.15	27.74	34.17	36.49
Lunch	27.66	29.84	30.96	32.96	35.19
Other toppings (gm)					
Lunch	38.35	43.69	45.36	45.28	57.15
SWEETS AND SWEETENED BEVERAGES					
Puddings and jello (gm)					
Snack	71.66	75.48	71.72	78.27	83.33
Lunch	98.33	99.38	110.92	112.74	136.03

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Ice cream (gm)					
Snack	71.58	77.95	71.38	79.60	88.61
Lunch	71.35	89.47	92.88	92.71	123.38
Ice cream cone (gm)					
Snack	68.47	75.52	69.42	77.06	82.52
Lunch	71.21	81.14	84.24	84.08	106.14
Other ice cream novelties (gm)					
Snack	49.16	54.22	49.84	55.33	59.25
Lunch	51.13	58.26	60.48	60.37	76.20
Popsicles (gm)					
Snack	77.25	85.20	78.32	86.94	93.10
Lunch	80.34	91.55	95.04	94.86	119.75
Cakes (gm)					
Snack	48.62	51.22	48.66	53.11	56.54
Lunch	37.74	38.14	42.57	43.27	52.21
Candy (gm)					
Snack	12.29	13.55	12.46	13.83	14.81
Lunch	12.78	14.56	15.12	15.09	19.05
Pies (gm)					
Breakfast	70.55	86.37	104.73	101.79	121.96
Snack	81.95	96.08	87.98	98.11	100.48
Lunch	81.69	110.27	114.48	114.27	139.90
Crisps (gm)					
Breakfast	100.49	107.38	125.36	121.77	140.04
Snack	107.97	119.09	109.47	121.52	130.13
Lunch	112.30	127.96	132.84	132.59	167.38

Exhibit A.3 (continued)

Food/Meal or Snack	Age 1-2	Age 3	Age 4	Age 5	Age 6-10
Sweetened beverages (gm)					
Breakfast	146.93	145.14	147.38	152.69	158.34
Snack	160.80	155.85	160.59	152.40	171.35
Lunch	182.65	184.62	206.05	202.28	252.70
OTHER FOODS					
Bacon (gm)					
Breakfast	12.50	13.04	15.81	15.36	21.13
Snack	14.52	14.50	13.28	14.81	17.41
Lunch	14.48	16.64	17.28	17.25	24.24
Sausage (gm)					
Breakfast	31.90	34.01	38.11	38.31	38.85
Snack	35.27	35.35	32.37	36.10	36.40
Lunch	35.16	40.57	42.12	42.04	50.67
Cream cheese (gm)					
Breakfast	20.52	21.88	24.52	24.65	25.0
Snack	11.51	12.12	11.52	12.57	13.38
Pickles and olives (gm)					
Lunch	19.67	19.89	22.19	22.56	27.22
Snack chips (gm)					
Snack	13.34	14.05	13.35	14.57	15.51
Lunch	15.09	15.25	17.02	17.30	20.87

Note: Portion sizes not computed for foods or food groups that did not appear in Menu Survey data for specific meals and snacks.

Calculating the Nutrient Content of Meals and Snacks Offered

The Food Intake Analysis System (FIAS) (version 2.3), which incorporates the USDA Survey Nutrient Database, was used for all nutrient calculations. A food code from the FIAS database was selected for each menu item. Using this code and the average portion assigned, as described above, the following nutrient summaries were calculated for each provider:

- *total nutrient content* of each daily meal and snack offered. Separate totals were calculated for each age-group-specific meal offered. Calculations included all foods offered in each meal or snack, including noncreditable foods; and
- *average nutrient content* of meals and snacks offered during the target week, by age group.

The average nutrient content of each age-group-specific meal or snack offered was then compared to the nutrient standards outlined in Chapter Two. Next, an overall average was computed for each provider by averaging across all age groups served.

Characterizing the Types of Food Offered

In addition to the codes used for nutrient analyses, study staff assigned two other codes to every item reported in the Menu Surveys in order to facilitate a detailed tabulation of the specific types of foods offered. A *link code* was created to identify individual CACFP components in multi-component foods. The link code consisted of a five-digit binary code that flagged each CACFP meal component group:

First digit	Milk
Second digit	Fruit
Third digit	Vegetable
Fourth digit	Meats and meat alternates
Fifth digit	Breads and bread alternates

For example, the entree beef and noodles with tomato sauce would be coded as 00111.

Foods were also assigned *taxonomy codes*, three-digit codes that provided additional detail about the food. The first digit identifies the food group from the link code (values = 1,2,...5). This is followed by a two-digit field that provides additional detail on the food item. Each food was

assigned up to three taxonomy codes; for example, the beef and noodles with tomato sauce entree would receive three taxonomy codes:

310	3 = vegetable, 10 = cooked tomato
405	4 = meat, 5 = beef in a mixed dish
512	5 = grain, 12 = pasta

The full code for beef and noodles with tomato sauce is:

2721210	00111	310 405 512
FIAS code	link code	taxonomy codes

Taxonomy codes are listed in Exhibit A.4. For some analyses (e.g., assessment of the major food sources of nutrients), codes were collapsed or combined to facilitate interpretation and presentation of the data.

MEALS AND SNACKS CONSUMED

The objective of this analysis is to determine the average nutrient content of meals and snacks actually *consumed* by CACFP participants (children). Data collected during the on-site observations, described briefly above, were used to address this objective. Visual estimation techniques were used to record the total amount of each food served to each observed child as well as the total amount left over. The following sections describe the visual estimation technique used to collect data and the methods used to process the data to compute nutrient intake.

Visual Estimation Technique

The method used was adapted from that used by several other investigators (see Appendix H) who have demonstrated that trained observers can reliably estimate food intake using visual estimation rather than actually weighing and measuring foods.

The methodology requires that observers first establish reference gram weights by weighing or measuring five samples of the smallest portion of food that could be served to a child (e.g., a chicken nugget, a carrot stick, a quarter- or half-sandwich, etc. Next, the observer sits or stands

in an unobtrusive spot that provides an unobstructed view of all children and their plates.⁵ As children serve themselves or are served by staff, observers record the number of reference *portions served* to each observation child (from one to six, depending on the site). Records are adjusted as the meal or snack progresses to account for second helpings, spills, and food trading. At the end of the eating period the observer records, for each sampled child, the *number of reference portions left over* or not consumed by each child. Whenever a portion to be estimated was less than a full reference portion, observers estimated to the nearest quarter portion, i.e., 3/4 portion, 1/2 portion, 1/4 portion. Likewise, portions greater than one reference portion could be estimated to the nearest quarter portion, e.g., 1 1/4 portions.

Calculating the Nutrient Content of Meals and Snacks Consumed

Data from the observation records were used to compute the total amount (gram weight) of each food served to each sampled child (number of reference portions served multiplied by the average gram weight of reference portions), as well as the total amount of each food that was actually consumed (grams served minus grams left over). The latter figures were used in the nutrient analysis to compute the total nutrient content of each meal and snack consumed by each sampled child.

In computing the average nutrient content of meals and snacks consumed, each “child day” was treated as an independent observation. When there were two days of data for a particular child, the child’s sample weight was evenly divided between the two days, ensuring that each child’s data were weighted properly.

⁵To facilitate observations, all sampled children were seated at the same table for all meals and snacks. In center-based care, children were sampled within age group or classroom.

Exhibit A.4

Food Codes Used for Food Group Analyses

MILK

- 101 White, whole
- 102 White, 2%
- 103 White, 1.5%/1%
- 104 White, skim
- 106 Flavored (all types)

FRUITS AND JUICES

- 201 Orange, fresh
- 202 Other fresh citrus
- 203 Orange, canned
- 204 Raisins
- 205 Other fruit, dried
- 206 Apple, fresh
- 207 Applesauce
- 208 Apple, canned
- 209 Apricots, canned
- 210 Banana
- 211 Melon
- 212 Grapes
- 213 Peach, fresh
- 214 Peach, canned
- 215 Pear, fresh
- 216 Pear, canned
- 217 Pineapple, canned
- 218 Watermelon
- 219 Berries, fresh
- 220 Berries, frozen
- 221 Fruit cocktail, canned
- 222 Juice, apple
- 223 Juice, orange/grapefruit
- 224 Juice, grape
- 225 Juice, pineapple
- 226 Juice blends, citrus
- 227 Juice blends, non-citrus
- 228 Other fruit, fresh
- 229 Other fruit, canned
- 230 Kiwifruit
- 231 Plums, fresh

VEGETABLES

- 301 Potatoes, baked/roasted
- 302 Potatoes, mashed/scalloped
- 303 Potatoes, fried
- 304 Sweet potato
- 305 Spinach, cooked
- 306 Greens (except spinach), cooked
- 307 Broccoli, cooked
- 308 Carrots, cooked
- 309 Peas and carrots
- 310 Tomatoes, cooked
- 311 Broccoli, raw
- 312 Carrots, raw
- 313 Tomatoes, raw
- 314 Celery, raw
- 315 Cucumber, raw
- 316 Lettuce, salad mix
- 317 Peppers, raw
- 318 Cauliflower, raw
- 319 Green beans, cooked
- 320 Cabbage, cooked
- 321 Corn
- 322 Peas
- 323 Mixed vegetables
- 324 Beets
- 325 Cauliflower, cooked
- 326 Summer squash, cooked
- 327 Legumes
- 328 Cabbage, raw (including coleslaw)
- 329 Other vegetables, raw
- 330 Other vegetables, cooked
- 331 Vegetable soup

MEATS AND MEAT ALTERNATES

- 401 Cheese, not low fat
- 402 Cheese, low fat
- 403 Beef, steak/roast
- 404 Beef, ground
- 405 Meat and meat alternate mixtures¹

Exhibit A.4 (continued)

MEATS AND MEAT ALTERNATES (continued) 406 Pork 407 Ham 409 Chicken/Turkey, roasted/baked 410 Chicken/Turkey, fried/processed 411 Yogurt 412 Hot dogs 413 Cold cuts 414 Fish, baked/broiled 415 Fish, fried/processed 416 Fish, canned 417 Peanut butter, nuts 418 Eggs 420 Other meats, lamb, liver, etc.	BREADS AND BREAD ALTERNATES 501 Bread, roll, bagel, English muffin 502 Biscuit, croissant 503 Sweet roll, doughnut, danish 504 Muffins, sweet bread 505 Pancakes, waffles, French toast 506 Cornbread, tortilla, taco shell 507 Crackers 508 Pasta, rice, other grains 509 Ready-to-eat cereal 510 Cookies 511 Grain-based mixtures ² NONCREDITABLE FOODS 408 Bacon, sausage, ³ salami 601 Snack chips 701 Sugar 702 Syrup, honey, candy 703 Jelly 704 Pudding, gelatin 705 Ice cream, popsicles 706 Sweetened beverages 707 Cakes, brownies, pies 801 High-fat condiments 802 Low-fat condiments
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¹Includes all mixed items that have meat, poultry, fish, or meat alternate as a primary ingredient (based on FIAS categorizations).

²Includes all mixed dishes that have a grain product (bread alternate) as a primary ingredient (based on FIAS categorizations).

³Sausages are creditable if they are less than 30 percent fat by weight. Most sausages served by providers in this study were pork brown-and-serve style sausages that did not meet this criteria. Sausages that did meet the criteria were included with meat.

Appendix B

***Detailed Tables on Meals and Snacks Offered
by CACFP Providers***

Exhibit B.1

**Percentage of Providers Offering CACFP Breakfast
by Hours of Operation**

Hours of Operation	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Less than eight hours per day	55%	n/a	85%	37%	65%
Eight or more hours per day	86	86%	92	84	86
All Providers	83	84	89	75	80

n/a = Fewer than 25 providers in this category.

Exhibit B.2

Mean Energy and Nutrient Content of CACFP Breakfasts Offered by Age Group

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Total Energy (kcal)					
Ages 1 - 2	275	276	267	271	271
3	288	288	292	283	287
4	326	326	331	320	324
5	332	333	336	326	330
6 - 10	318	317	n/a	325	328
All Ages	307	307	319	305	311
Total Fat (gm)					
Ages 1 - 2	7.5	7.5	7.8	7.3	7.3
3	7.7	7.7	8.3	7.4	7.8
4	8.8	8.8	9.4	8.4	8.8
5	9.0	9.0	9.6	8.6	9.0
6 - 10	8.4	8.4	n/a	8.3	8.5
All Ages	8.3	8.2	9.1	8.0	8.4
Saturated Fat (gm)					
Ages 1 - 2	3.5	3.5	3.7	3.5	3.5
3	3.7	3.7	4.0	3.7	3.8
4	4.2	4.2	4.5	4.2	4.3
5	4.2	4.2	4.6	4.2	4.3
6 - 10	3.9	3.9	n/a	3.9	4.0
All Ages	3.9	3.9	4.3	3.9	4.1
Carbohydrate (gm)					
Ages 1 - 2	43.7	43.8	40.8	43.5	43.3
3	45.5	45.6	45.1	45.4	45.2
4	51.6	51.7	50.8	51.2	51.0
5	52.7	52.8	51.8	52.2	52.0
6 - 10	50.9	50.7	n/a	53.1	53.0
All Ages	48.8	48.7	49.1	48.9	49.0
Protein (gm)					
Ages 1 - 2	9.5	9.5	9.5	9.1	9.2
3	10.4	10.4	10.6	10.0	10.2
4	11.8	11.8	12.1	11.3	11.6
5	11.8	11.8	12.1	11.3	11.7
6 - 10	11.2	11.2	n/a	11.1	11.2
All Ages	10.9	10.9	11.6	10.7	11.0
Vitamin A (mcg RE)					
Ages 1 - 2	215	216	196	204	204
3	243	247	216	230	224
4	275	280	245	260	254
5	285	290	251	267	261
6 - 10	261	261	n/a	267	265
All Ages	256	258	237	248	243
Vitamin C (mg)					
Ages 1 - 2	30	30	37	29	29
3	30	30	30	32	31
4	33	33	32	34	33
5	34	34	33	35	35
6 - 10	35	34	n/a	36	36
All Ages	33	33	32	33	33

**Exhibit B.2
(continued)**

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Calcium (mg)					
Ages 1 - 2	249	250	241	239	240
3	273	274	273	264	268
4	311	312	311	301	305
5	309	310	309	298	302
6 - 10	290	290	n/a	283	285
All Ages	286	286	296	280	286
Iron (mg)					
Ages 1 - 2	3.0	3.0	2.8	2.8	2.8
3	3.3	3.4	2.9	3.1	3.0
4	3.7	3.8	3.2	3.5	3.4
5	4.0	4.0	3.3	3.6	3.5
6 - 10	3.8	3.7	n/a	4.1	4.0
All Ages	3.5	3.6	3.1	3.4	3.3
Cholesterol (mg)					
Ages 1 - 2	43	43	39	36	36
3	45	47	42	38	39
4	51	53	48	42	45
5	51	53	48	42	45
6 - 10	50	51	n/a	41	42
5 - 10	51	53	48	43	45
Sodium (mg)					
Ages 1 - 2	361	362	349	352	352
3	387	388	394	372	381
4	437	438	446	421	431
5	449	451	456	431	441
6 - 10	426	426	n/a	427	434
5 - 10	445	445	456	431	441
Number of Providers (Unweighted)					
Ages 1 - 2	681	347	59	275	334
3	1599	389	808	402	1210
4	1599	389	808	402	1210
5	1599	389	808	402	1210
6 - 10	377	227	17	133	150
All Ages	1659	430	809	420	1229

n/a = Fewer than 25 providers served this age group at breakfast.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.3

Mean Percentage of RDAs Provided in CACFP Breakfasts Offered by Age Group

	All Providers		Family Day Care		Center-Based Care					
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers	
					Mean	Std Err	Mean	Std Err	Mean	Std Err
Total Energy										
Ages 1 - 2	21.2	0.1	21.2	0.2	20.5	0.5	20.8	0.2	20.8	0.1
3	22.1	0.1	22.1	0.2	22.5	0.3	21.8	0.1	22.1	0.1
4	18.1	0.1	18.1	0.1	18.4	0.2	17.8	0.1	18.0	0.1
5	18.5	0.1	18.5	0.1	18.7	0.2	18.1	0.1	18.3	0.1
6 - 10	16.2	0.2	16.2	0.2	n/a	n/a	16.6	0.2	16.7	0.2
All Ages	19.4	0.2	19.4	0.2	19.9	0.3	19.3	0.1	19.5	0.1
Protein										
Ages 1 - 2	59.4	0.6	59.7	0.7	59.6	1.1	57.0	0.7	57.2	0.6
3	64.7	0.6	64.9	0.7	66.5	0.7	62.3	0.5	64.0	0.5
4	49.0	0.5	49.1	0.6	50.3	0.5	47.1	0.4	48.4	0.3
5	49.2	0.5	49.3	0.6	50.5	0.5	47.2	0.4	48.5	0.4
6 - 10	41.6	0.5	41.6	0.6	n/a	n/a	41.0	0.7	41.4	0.8
All Ages	53.7	0.6	53.6	0.7	55.8	0.6	52.3	0.4	53.7	0.4
Vitamin A										
Ages 1 - 2	53.7	0.9	54.0	1.0	49.0	2.5	51.1	1.6	50.9	1.4
3	60.7	2.2	61.8	2.7	53.9	1.3	57.4	1.2	56.0	0.9
4	55.0	1.9	55.9	2.4	48.9	1.2	52.0	1.1	50.8	0.8
5	57.1	2.2	58.1	2.7	50.2	1.3	53.5	1.1	52.1	0.9
6 - 10	39.2	0.8	39.2	0.9	n/a	n/a	40.1	1.4	39.8	1.3
All Ages	54.3	1.8	54.7	2.2	51.0	1.2	52.9	1.1	52.1	0.8
Vitamin C										
Ages 1 - 2	74.1	3.0	74.2	3.4	91.7	9.9	71.6	4.1	72.9	3.9
3	76.1	3.3	75.8	3.9	75.1	2.3	78.9	4.0	77.3	3.1
4	74.0	3.0	74.0	3.7	72.0	2.1	76.0	3.7	74.4	2.8
5	76.6	3.2	76.6	3.9	74.2	2.1	78.6	3.9	76.8	2.9
6 - 10	76.8	3.2	76.6	3.5	n/a	n/a	79.3	4.4	79.7	4.3
All Ages	76.1	3.2	76.1	3.8	74.1	2.0	76.9	3.7	75.8	2.8

**Exhibit B.3
(continued)**

	All Providers		Family Day Care		Center-Based Care						
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers		
					Mean	Std Err	Mean	Std Err	Mean	Std Err	
Calcium											
Ages 1 - 2	31.1	0.2	31.3	0.2	30.1	0.3	29.9	0.2	29.9	0.2	
3	34.1	0.2	34.3	0.2	34.1	0.3	33.0	0.2	33.5	0.1	
4	38.8	0.2	39.0	0.2	38.8	0.4	37.6	0.2	38.1	0.2	
5	38.6	0.2	38.7	0.2	38.6	0.4	37.3	0.2	37.8	0.2	
6 - 10	36.2	0.3	36.3	0.4	n/a	n/a	35.4	0.3	35.6	0.3	
All Ages	35.8	0.2	35.8	0.2	37.0	0.4	35.0	0.2	35.8	0.2	
Iron											
Ages 1 - 2	30.1	1.0	30.3	1.1	28.2	2.3	28.2	1.3	28.2	1.2	
3	33.3	1.6	34.1	1.9	28.6	1.3	30.8	1.1	29.9	0.9	
4	37.5	1.8	38.3	2.2	32.2	1.5	34.6	1.2	33.6	1.0	
5	39.5	2.0	40.5	2.4	33.5	1.5	36.1	1.3	35.1	1.1	
6 - 10	37.7	1.0	37.4	1.1	n/a	n/a	40.9	2.5	40.5	2.4	
All Ages	35.5	1.4	35.9	1.6	31.4	1.4	34.1	1.5	33.0	1.1	
Number of Providers (Unweighted)											
Ages 1 - 2	681		347		59		275		334		
3	1599		389		808		402		1210		
4	1599		389		808		402		1210		
5	1599		389		808		402		1210		
6 - 10	377		227		17		133		150		
All Ages	1659		430		809		420		1229		

n/a = Fewer than 25 providers served this age group at breakfast.

Exhibit B.4

Percentage of Providers Offering CACFP Breakfasts That Provide
One-fourth or More of the RDA for Energy and Key Nutrients by Age Group

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Total Energy					
Ages 1 - 2	9.4%	9.3%	5.0%	10.2%	9.9%
3	17.2	17.3	21.5	13.5	16.7
4	0.5	0.5	1.0	0.7	0.8
5	0.8	0.6	2.1	1.5	1.7
6 - 10	0.3	0.2	n/a	2.0	1.9
All ages	3.2	2.9	5.3	4.6	4.9
Protein					
Ages 1 - 2	100.0	100.0	100.0	100.0	100.0
3	100.0	100.0	100.0	100.0	100.0
4	100.0	100.0	99.7	100.0	99.9
5	100.0	100.0	99.7	100.0	99.9
6 - 10	100.0	100.0	n/a	100.0	100.0
All ages	100.0	100.0	99.9	100.0	99.9
Vitamin A					
Ages 1 - 2	97.9	98.0	97.8	96.9	97.0
3	99.0	99.0	99.1	98.8	98.9
4	98.4	98.5	98.0	97.7	97.8
5	98.4	98.5	97.9	98.0	97.9
6 - 10	87.4	87.2	n/a	89.6	89.5
All ages	96.9	96.6	98.5	97.9	98.1
Vitamin C					
Ages 1 - 2	89.1	89.2	97.4	87.3	87.9
3	92.1	92.1	92.6	91.1	91.7
4	92.8	92.9	93.2	91.4	92.1
5	94.0	94.3	93.4	92.2	92.7
6 - 10	93.0	93.3	n/a	89.1	89.5
All ages	93.5	93.8	93.0	90.9	91.7
Calcium					
Ages 1 - 2	98.1	98.4	98.8	95.0	95.2
3	98.1	98.2	98.4	97.3	97.7
4	99.0	99.1	99.1	98.8	98.9
5	99.0	99.1	99.1	98.8	98.9
6 - 10	98.1	98.0	n/a	99.1	99.1
All ages	98.4	98.4	99.1	98.1	98.5
Iron					
Ages 1 - 2	63.5	64.3	60.3	55.2	55.6
3	71.8	74.3	55.6	63.0	60.0
4	79.5	82.0	63.1	70.3	67.4
5	80.3	82.7	65.1	72.0	69.2
6 - 10	80.4	80.8	n/a	76.1	75.8
All ages	73.9	75.5	62.0	67.6	65.4
Number of Providers (Unweighted)					
Ages 1 - 2	681	347	59	275	334
3	1599	389	808	402	1210
4	1599	389	808	402	1210
5	1599	389	808	402	1210
6 - 10	377	227	17	133	150
All ages	1659	430	809	420	1229

n/a = Fewer than 25 providers served to this age group at breakfast.

Exhibit B.5

Mean Macronutrient, Cholesterol, and Sodium Content of
CACFP Breakfasts Offered by Age Group

	All Providers		Family Day Care		Center-Based Care					
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers	
					Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	23.7	0.5	23.7	0.5	25.1	1.1	23.1	0.5	23.3	0.5
3	23.2	0.4	23.2	0.4	24.2	0.4	22.6	0.4	23.3	0.3
4	23.2	0.4	23.2	0.4	24.3	0.4	22.7	0.4	23.4	0.3
5	23.3	0.4	23.2	0.4	24.4	0.4	22.7	0.4	23.4	0.3
6 - 10	22.8	0.5	22.8	0.5	n/a	n/a	21.9	0.7	22.4	0.6
5 - 10	23.2	0.4	23.1	0.4	24.4	0.4	22.7	0.4	23.4	0.3
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	11.4	0.2	11.4	0.2	12.1	0.4	11.4	0.2	11.4	0.2
3	11.3	0.2	11.2	0.2	11.8	0.2	11.4	0.2	11.6	0.1
4	11.3	0.2	11.2	0.2	11.9	0.2	11.4	0.2	11.6	0.1
5	11.2	0.2	11.1	0.2	11.8	0.2	11.3	0.2	11.5	0.1
6 - 10	10.9	0.2	10.9	0.2	n/a	n/a	10.7	0.3	10.9	0.3
5 - 10	11.1	0.2	11.0	0.2	11.8	0.2	11.2	0.2	11.4	0.1
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	64.2	0.5	64.2	0.6	62.2	0.9	65.0	0.5	64.8	0.5
3	64.1	0.4	64.2	0.5	62.9	0.3	64.9	0.4	64.1	0.3
4	64.2	0.4	64.2	0.5	62.8	0.4	64.8	0.4	64.0	0.3
5	64.4	0.4	64.4	0.5	63.0	0.3	65.0	0.4	64.2	0.3
6 - 10	64.9	0.5	64.8	0.5	n/a	n/a	66.2	0.7	65.7	0.6
5 - 10	64.4	0.4	64.5	0.5	63.0	0.3	65.1	0.3	64.2	0.3
Percent of Energy from Protein (%)										
Ages 1 - 2	14.0	0.1	14.0	0.1	14.5	0.2	13.6	0.1	13.7	0.1
3	14.6	0.1	14.6	0.1	14.7	0.1	14.2	0.1	14.4	0.1
4	14.6	0.1	14.6	0.1	14.7	0.1	14.3	0.1	14.4	0.1
5	14.4	0.1	14.4	0.1	14.5	0.1	14.0	0.1	14.2	0.1
6 - 10	14.3	0.1	14.3	0.1	n/a	n/a	13.8	0.1	13.8	0.1
5 - 10	14.3	0.1	14.4	0.1	14.5	0.1	14.0	0.1	14.2	0.1

**Exhibit B.5
(continued)**

	All Providers		Family Day Care		Center-Based Care					
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers	
					Mean	Std Err	Mean	Std Err	Mean	Std Err
Cholesterol (mg)										
Ages 1 - 2	42.7	2.1	43.4	2.3	39.0	2.8	36.1	1.3	36.3	1.3
3	45.4	2.1	46.6	2.5	42.2	1.6	37.5	1.2	39.4	1.0
4	51.2	2.3	52.6	2.8	47.6	1.8	42.4	1.4	44.5	1.2
5	51.2	2.3	52.6	2.8	47.7	1.8	42.4	1.4	44.6	1.2
6 - 10	50.0	3.2	50.6	3.5	n/a	n/a	40.6	3.7	42.2	4.0
5 - 10	51.4	2.2	52.7	2.7	47.8	1.8	43.0	1.6	44.9	1.3
Sodium (mg)										
Ages 1 - 2	361.4	5.6	362.3	6.0	348.9	16.2	352.4	4.1	352.2	3.8
3	386.5	5.4	387.7	5.8	393.6	9.3	372.4	3.9	381.0	5.2
4	437.2	6.2	438.5	6.7	446.0	10.5	421.3	4.4	431.3	5.9
5	448.9	6.3	450.5	6.8	456.3	10.7	431.0	4.4	441.3	5.9
6 - 10	426.2	7.2	425.6	7.5	n/a	n/a	427.3	8.7	433.6	9.9
5 - 10	444.6	6.5	445.4	7.0	456.3	10.6	431.0	4.4	441.1	5.8
Number of Providers (Unweighted)										
Ages 1 - 2	681		347		59		275		334	
3	1599		389		808		402		1210	
4	1599		389		808		402		1210	
5	1599		389		808		402		1210	
6 - 10	377		227		17		133		150	
5 - 10	1631		413		808		410		1218	

n/a = Fewer than 25 providers served to this age group at breakfast.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.

Exhibit B.6

Distribution of Macronutrients, Cholesterol, and Sodium in Breakfasts Offered to Five- to Ten-Year-Olds

	Center-Based Care				
	All Providers	Family Day Care Homes	Head Start Centers	Child Care Centers	All Centers
Percentage of Providers					
Percent of Total Energy from Fat					
20% or less	32.9%	33.4%	25.0%	34.4%	30.7%
21% - 30%	56.0	55.5	60.9	56.8	58.5
31% - 35%	9.3	9.4	11.9	7.4	9.2
More than 35%	1.8	1.8	2.2	1.3	1.7
<i>Mean</i>	23.2	23.2	24.4	22.7	23.4
<i>Median</i>	23.2	23.2	23.8	22.6	23.2
Percent of Total Energy from Saturated Fat					
Less than 10%	27.2%	28.1%	16.1%	27.3%	22.8%
10% - 12%	43.9	43.6	49.2	42.9	45.4
13% - 14%	18.9	18.6	21.2	20.0	20.5
More than 14%	10.0	9.7	13.4	9.8	11.2
<i>Mean</i>	11.1	11.0	11.8	11.2	11.4
<i>Median</i>	11.0	10.9	11.4	11.0	11.1
Percent of Total Energy from Carbohydrate					
40% - 54%	6.5%	6.6%	9.0%	4.4%	6.2%
55% or more	93.5	93.4	91.0	95.6	93.8
<i>Mean</i>	64.4	64.5	63.0	65.1	64.2
<i>Median</i>	64.5	64.5	63.2	65.6	64.7
Percent of Total Energy from Protein					
10% or less	0.3%	0.2%	0.6%	0.7%	0.6%
11% - 14%	81.6	81.8	75.2	84.4	80.7
15 or more	18.1	18.0	24.2	14.9	18.6
<i>Mean</i>	14.3	14.4	14.5	14.0	14.2
<i>Median</i>	14.3	14.3	14.3	14.1	14.2
Cholesterol (mg)					
75 mg or less	72.3%	70.9%	78.0%	80.6%	79.6%
76 - 100 mg	18.3	19.1	15.6	13.9	14.6
More than 100 mg	9.3	10.0	6.4	5.4	5.8
<i>Mean</i>	51.4	52.7	47.8	43.0	44.9
<i>Median</i>	36.5	37.1	35.9	30.0	32.5
Sodium (mg)					
300 mg or less	0.9%	0.6%	3.3%	1.9%	2.4%
301 - 600 mg	92.0	92.5	83.9	92.8	89.2
More than 600 mg	7.1	6.9	12.8	5.4	8.3
<i>Mean</i>	445	445	456	431	441
<i>Median</i>	425	425	431	410	417
Number of Providers (Unweighted)	1631	413	808	410	1218

Exhibit B.7

Sources of Energy and Nutrients in CACFP Breakfasts

Breakfast Component/Foods	Total Energy	Protein	Vitamin A	Vitamin C	Calcium
Percentage Contribution to Average Amount Offered					
Milk	28%	54%	37%	7%	74%
Whole milk	8	13	6	2	17
Low-fat milk ¹	15	31	23	4	43
Other milks	5	10	7	1	14
Fruits, Vegetables, and Juices	21	6	6	71	4
Breads and Bread Alternates	37	31	46	21	19
Bread/rolls	8	7	*	*	3
Biscuit/croissant	1	1	*	*	1
Sweet roll	2	1	*	*	1
Muffin	1	1	*	*	1
Pancakes	8	7	2	*	8
Pasta/Rice	3	3	3	0	2
Ready-to-eat cereals	14	11	38	20	4
Noncreditable Foods²	13	10	12	1	3
Meats/meat alternates	6	9	6	1	3
Other noncreditable foods	8	1	6	1	1
All Foods	100	100	100	100	100

Breakfast Component/Foods	Iron	Fat	Saturated Fat	Carbohydrate	Cholesterol	Sodium
Percentage Contribution to Average Amount Offered						
Milk	3%	42%	61%	17%	47%	22%
Whole milk	1	14	18	4	14	5
Low-fat milk ¹	2	21	34	10	25	13
Other milks	1	7	10	3	8	4
Fruits, Vegetables, and Juices	10	3	2	33	0	1
Breads and Bread Alternates	83	29	17	42	24	64
Bread/rolls	10	4	2	9	1	11
Biscuit/croissant	1	1	1	1	*	2
Sweet roll	1	3	2	2	1	2
Muffin	2	2	1	1	3	2
Pancakes	6	10	7	7	17	15
Pasta/Rice	7	3	2	3	1	6
Ready-to-eat cereals	55	6	3	17	0	26
Noncreditable Foods²	4	26	20	9	30	13
Meats/meat alternates	4	14	11	1	27	9
Other noncreditable foods	1	12	9	8	2	4
All Foods	100	100	100	100	100	100

* = Less than one percent.

Notes: Based on breakfasts offered to three- to five-year-olds.

Detail may not sum to 100 due to rounding.

¹Includes 1% and 2% milk.

²Foods that do not contribute to satisfying the CACFP meal pattern.

Exhibit B.8

Mean Energy and Nutrient Content of CACFP Lunches Offered by Age Group

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Total Energy (kcal)					
Ages 1 - 2	383	380	395	412	411
3	405	400	432	432	432
4	455	449	485	485	485
5	465	460	494	495	495
6 - 10	533	528	n/a	596	600
All Ages	439	434	470	466	468
Total Fat (gm)					
Ages 1 - 2	15.5	15.4	16.3	16.7	16.6
3	16.4	16.2	17.6	17.5	17.5
4	18.5	18.3	19.9	19.7	19.8
5	18.6	18.3	19.9	19.7	19.8
6 - 10	21.7	21.5	n/a	24.0	24.3
All Ages	17.7	17.5	19.1	18.7	18.9
Saturated Fat (gm)					
Ages 1 - 2	6.4	6.4	6.6	6.8	6.8
3	6.6	6.5	6.8	7.0	6.9
4	7.5	7.4	7.7	7.9	7.8
5	7.5	7.5	7.8	8.0	7.9
6 - 10	8.7	8.7	n/a	9.7	9.8
All Ages	7.2	7.1	7.5	7.5	7.5
Carbohydrate (gm)					
Ages 1 - 2	43.8	43.4	44.7	48.0	47.8
3	46.5	45.8	49.6	50.5	50.1
4	52.0	51.2	55.3	56.3	55.9
5	54.2	53.4	57.4	58.6	58.1
6 - 10	61.1	60.4	n/a	70.6	70.9
All Ages	50.6	49.9	54.0	54.6	54.4
Protein (gm)					
Ages 1 - 2	18.6	18.5	19.0	19.2	19.2
3	19.5	19.3	20.4	20.1	20.2
4	21.9	21.8	23.0	22.6	22.7
5	22.3	22.2	23.3	23.0	23.1
6 - 10	25.3	25.2	n/a	26.8	27.0
All Ages	21.1	21.0	22.2	21.7	21.9
Vitamin A (mcg RE)					
Ages 1 - 2	384	385	505	370	378
3	430	428	456	430	441
4	491	489	517	488	500
5	500	499	519	492	503
6 - 10	556	555	n/a	566	561
All Ages	466	465	495	457	472
Vitamin C (mg)					
Ages 1 - 2	19	18	22	20	20
3	20	19	25	23	24
4	22	22	28	25	26
5	23	22	29	26	27
6 - 10	26	26	n/a	30	30
All Ages	22	21	27	25	26

**Exhibit B.8
(continued)**

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Calcium (mg)					
Ages 1 - 2	294	293	298	300	300
3	304	303	307	310	309
4	346	345	350	353	352
5	356	354	359	363	361
6 - 10	399	397	n/a	425	425
All Ages	332	331	338	338	338
Iron (mg)					
Ages 1 - 2	2.3	2.3	2.6	2.6	2.6
3	2.5	2.5	2.8	2.8	2.8
4	2.8	2.8	3.1	3.1	3.1
5	2.9	2.8	3.1	3.2	3.1
6 - 10	3.3	3.3	n/a	3.7	3.7
All Ages	2.7	2.7	3.0	3.0	3.0
Cholesterol (mg)					
Ages 1 - 2	54	53	56	57	56
3	56	55	59	58	58
4	62	62	66	64	65
5	63	62	67	65	66
6 - 10	72	71	n/a	78	78
5 - 10	65	65	67	67	67
Sodium (mg)					
Ages 1 - 2	735	727	806	817	816
3	783	771	827	850	840
4	880	868	928	954	943
5	892	879	936	964	952
6 - 10	1029	1019	n/a	1160	1163
5 - 10	919	910	939	985	966
Number of Providers (Unweighted)					
Ages 1 - 2	765	396	61	308	369
3	1766	448	877	441	1318
4	1766	448	877	441	1318
5	1766	448	877	441	1318
6 - 10	326	193	21	112	133
5 - 10	1820	486	878	456	1334

n/a = Fewer than 25 providers served this age group at lunch.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.9

Mean Percentages of RDAs Provided in CACFP Lunches Offered by Age Group

	All Providers		Family Day Care		Center-Based Care						
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers		
					Mean	Std Err	Mean	Std Err	Mean	Std Err	
Total Energy											
Ages 1 - 2	29.5	0.3	29.3	0.3	30.4	1.1	31.7	0.2	31.6	0.2	
3	31.1	0.4	30.7	0.4	33.2	0.4	33.3	0.2	33.2	0.2	
4	25.3	0.3	25.0	0.3	26.9	0.3	27.0	0.2	26.9	0.2	
5	25.9	0.3	25.5	0.3	27.4	0.3	27.5	0.2	27.5	0.2	
6 - 10	27.2	0.4	26.9	0.5	n/a	n/a	30.4	0.5	30.6	0.5	
All Ages	27.8	0.3	27.5	0.3	29.2	0.3	29.7	0.2	29.5	0.2	
Protein											
Ages 1 - 2	116.1	0.8	115.7	0.9	118.5	3.7	119.9	0.9	119.8	0.8	
3	121.6	0.9	120.7	1.0	127.6	0.7	125.5	0.9	126.4	0.6	
4	91.3	0.7	90.7	0.7	95.7	0.5	94.1	0.7	94.7	0.5	
5	93.0	0.7	92.4	0.7	97.1	0.5	95.8	0.7	96.3	0.5	
6 - 10	93.7	1.1	93.3	1.2	n/a	n/a	99.3	1.1	99.9	1.2	
All Ages	104.0	0.8	103.4	0.9	107.0	0.6	107.6	0.8	107.4	0.6	
Vitamin A											
Ages 1 - 2	96.0	2.3	96.1	2.7	126.1	15.0	92.5	5.3	94.6	5.1	
3	107.5	2.1	107.0	2.7	113.9	3.5	107.5	5.9	110.1	4.5	
4	98.1	1.9	97.8	2.5	103.3	3.1	97.6	5.3	99.9	4.0	
5	100.0	1.9	99.9	2.5	103.7	3.0	98.3	5.2	100.5	4.0	
6 - 10	83.5	3.9	83.4	4.1	n/a	n/a	85.0	4.9	84.2	4.3	
All Ages	99.2	2.2	98.7	2.7	106.7	3.2	98.6	5.1	101.9	4.0	
Vitamin C											
Ages 1 - 2	46.5	1.2	46.1	1.4	53.8	2.6	50.4	1.7	50.6	1.6	
3	49.8	1.3	48.0	1.4	61.9	1.4	57.0	1.6	59.0	1.3	
4	49.7	1.2	47.9	1.4	61.5	1.4	56.6	1.5	58.6	1.2	
5	51.7	1.2	49.9	1.4	63.6	1.3	58.6	1.5	60.7	1.2	
6 - 10	58.0	2.1	57.3	2.2	n/a	n/a	66.8	3.0	67.5	2.6	
All Ages	51.2	1.1	49.7	1.3	62.3	1.4	57.4	1.7	59.4	1.3	

Exhibit B.9
(continued)

	All Providers		Family Day Care		Center-Based Care						
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers		
					Mean	Std Err	Mean	Std Err	Mean	Std Err	
Calcium											
Ages 1 - 2	36.7	0.4	36.6	0.4	37.3	1.0	37.5	0.3	37.5	0.2	
3	38.0	0.4	37.8	0.5	38.4	0.2	38.8	0.2	38.6	0.2	
4	43.3	0.5	43.1	0.5	43.8	0.2	44.1	0.2	44.0	0.2	
5	44.4	0.5	44.3	0.6	44.8	0.2	45.3	0.2	45.1	0.2	
6 - 10	49.9	0.8	49.7	0.8	n/a	n/a	53.1	0.7	53.1	0.7	
All Ages	41.5	0.4	41.4	0.5	42.3	0.2	42.3	0.3	42.3	0.2	
Iron											
Ages 1 - 2	23.5	0.4	23.3	0.4	25.9	1.3	26.0	0.3	26.0	0.3	
3	25.2	0.4	24.7	0.4	27.7	0.4	27.6	0.3	27.6	0.2	
4	28.2	0.4	27.7	0.5	30.9	0.4	30.8	0.3	30.8	0.3	
5	28.9	0.4	28.4	0.5	31.5	0.4	31.5	0.3	31.5	0.3	
6 - 10	33.0	0.7	32.7	0.7	n/a	n/a	36.8	0.6	37.1	0.6	
All Ages	27.3	0.4	26.8	0.4	30.0	0.4	29.6	0.4	29.8	0.3	
Number of Providers (Unweighted)											
Ages 1 - 2	765		396		61		308		369		
3	1766		448		877		441		1318		
4	1766		448		877		441		1318		
5	1766		448		877		441		1318		
6 - 10	326		193		21		112		133		
All Ages	1820		486		878		456		1334		

n/a = Fewer than 25 providers served this age group at lunch.

Exhibit B.10

Percentage of Providers Offering CACFP Lunches That Provide One-third or More of the RDA for Energy and Key Nutrients by Age Group

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Total Energy					
Ages 1 - 2	16.6%	14.8%	28.0%	35.0%	34.6%
3	30.9	27.1	47.9	51.8	50.2
4	0.9	0.3	2.8	4.7	4.0
5	1.5	0.8	5.3	5.4	5.4
6 - 10	7.4	6.2	n/a	19.3	23.7
All ages	8.0	6.5	16.0	16.4	16.2
Protein					
Ages 1 - 2	100.0	100.0	100.0	100.0	100.0
3	100.0	100.0	100.0	100.0	100.0
4	100.0	100.0	100.0	99.6	99.8
5	100.0	100.0	100.0	99.6	99.8
6 - 10	100.0	100.0	n/a	100.0	100.0
All ages	100.0	100.0	100.0	99.9	99.9
Vitamin A					
Ages 1 - 2	96.3	96.2	100.0	97.9	98.1
3	97.7	97.3	99.8	99.1	99.4
4	96.7	96.4	99.5	97.7	98.5
5	97.0	96.6	99.7	98.1	98.8
6 - 10	89.2	88.7	n/a	95.1	95.5
All ages	95.9	95.4	99.7	97.9	98.6
Vitamin C					
Ages 1 - 2	69.1	67.9	98.4	79.5	80.7
3	75.4	72.4	92.1	89.7	90.7
4	74.9	71.8	91.9	89.7	90.6
5	76.3	73.3	92.8	90.8	91.6
6 - 10	89.5	89.2	n/a	92.7	93.3
All ages	76.4	73.9	92.3	89.0	90.3
Calcium					
Ages 1 - 2	81.4	80.9	88.1	85.9	86.0
3	88.4	88.2	88.4	90.8	89.8
4	95.7	95.6	95.4	96.5	96.0
5	96.2	96.2	95.6	97.1	96.5
6 - 10	96.6	96.4	n/a	98.9	98.9
All ages	93.6	93.3	94.7	95.6	95.2
Iron					
Ages 1 - 2	2.3	2.1	6.8	4.8	4.9
3	5.8	4.5	11.9	13.0	12.6
4	17.4	14.8	31.0	30.7	30.8
5	22.2	19.5	36.1	36.4	36.3
6 - 10	51.0	49.0	n/a	75.5	77.3
All ages	13.5	11.5	26.7	22.6	24.3
Number of Providers (Unweighted)					
Ages 1 - 2	765	396	61	308	369
3	1766	448	877	441	1318
4	1766	448	877	441	1318
5	1766	448	877	441	1318
6 - 10	326	193	21	112	133
All ages	1820	486	878	456	1334

n/a = Fewer than 25 providers served this age group at lunch.

Exhibit B.11

Mean Macronutrient, Cholesterol, and Sodium Content
of CACFP Lunches Offered by Age Group

	All Providers		Family Day Care		Center-Based Care					
					Head Start Centers		Child Care Centers		All Centers	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	36.0	0.3	36.0	0.3	36.8	0.5	36.0	0.4	36.0	0.4
3	35.8	0.4	35.8	0.4	36.1	0.3	35.8	0.3	36.0	0.3
4	36.0	0.4	36.0	0.4	36.4	0.3	36.1	0.3	36.2	0.3
5	35.3	0.4	35.3	0.4	35.7	0.4	35.4	0.3	35.5	0.3
6 - 10	36.1	0.3	36.1	0.4	n/a	n/a	35.9	0.5	36.0	0.5
5 - 10	35.4	0.3	35.4	0.4	35.7	0.4	35.4	0.3	35.5	0.3
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	15.0	0.2	15.0	0.2	15.0	0.3	14.8	0.2	14.8	0.2
3	14.5	0.2	14.5	0.3	14.1	0.1	14.4	0.2	14.3	0.1
4	14.6	0.2	14.6	0.3	14.3	0.1	14.6	0.2	14.4	0.1
5	14.4	0.2	14.4	0.3	14.1	0.1	14.4	0.2	14.2	0.1
6 - 10	14.5	0.2	14.5	0.2	n/a	n/a	14.5	0.3	14.5	0.3
5 - 10	14.4	0.2	14.4	0.3	14.1	0.1	14.4	0.2	14.2	0.1
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	45.8	0.3	45.7	0.3	45.4	0.6	46.7	0.4	46.6	0.4
3	46.2	0.3	46.1	0.3	46.1	0.3	46.8	0.3	46.5	0.3
4	45.9	0.2	45.8	0.3	45.8	0.3	46.5	0.3	46.2	0.3
5	46.7	0.3	46.7	0.3	46.6	0.3	47.4	0.3	47.1	0.3
6 - 10	46.0	0.3	45.9	0.3	n/a	n/a	47.4	0.7	47.3	0.7
5 - 10	46.7	0.2	46.6	0.3	46.6	0.3	47.4	0.3	47.1	0.3
Percent of Energy from Protein (%)										
Ages 1 - 2	19.8	0.2	19.9	0.2	19.5	0.2	19.0	0.1	19.0	0.1
3	19.6	0.2	19.7	0.2	19.3	0.1	19.0	0.1	19.1	0.1
4	19.7	0.2	19.8	0.2	19.4	0.1	19.0	0.1	19.2	0.1
5	19.6	0.2	19.7	0.2	19.3	0.1	18.9	0.1	19.1	0.1
6 - 10	19.4	0.3	19.5	0.3	n/a	n/a	18.4	0.2	18.4	0.2
5 - 10	19.6	0.2	19.7	0.2	19.3	0.1	18.9	0.1	19.1	0.1

Exhibit B.11
(continued)

	All Providers		Family Day Care		Center-Based Care					
	Mean	Std Err	Mean	Std Err	Head Start Centers		Child Care Centers		All Centers	
					Mean	Std Err	Mean	Std Err	Mean	Std Err
Cholesterol (mg)										
Ages 1 - 2	53.7	0.9	53.4	0.9	55.6	3.5	56.5	0.8	56.5	0.8
3	55.7	1.0	55.2	1.1	59.4	0.9	57.5	0.8	58.3	0.7
4	62.3	1.1	61.7	1.2	66.4	0.9	64.4	0.9	65.2	0.8
5	63.0	1.1	62.4	1.2	67.0	0.9	65.1	1.0	65.9	0.8
6 - 10	71.8	2.6	71.4	2.8	n/a	n/a	77.5	2.3	78.1	2.3
5 - 10	65.1	1.3	64.8	1.4	67.2	0.9	66.5	0.9	66.8	0.7
Sodium (mg)										
Ages 1 - 2	734.6	11.1	726.6	11.8	806.2	30.3	816.9	10.5	816.2	9.9
3	782.5	13.7	771.1	15.4	826.6	10.7	849.8	9.1	840.2	7.8
4	880.1	15.5	867.6	17.4	928.4	11.9	954.0	10.6	943.4	8.8
5	891.5	15.1	879.5	17.0	936.2	11.1	964.0	10.8	952.5	8.8
6 - 10	1028.8	24.1	1018.5	25.1	n/a	n/a	1159.5	18.4	1163.1	17.3
5 - 10	918.7	16.8	909.8	18.9	939.0	11.6	984.9	9.7	966.1	8.4
Number of Providers (Unweighted)										
Ages 1 - 2	765		396		61		308		369	
3	1766		448		877		441		1318	
4	1766		448		877		441		1318	
5	1766		448		877		441		1318	
6 - 10	326		193		21		112		133	
5 - 10	1794		471		877		446		1323	

n/a = Fewer than 25 providers served this age group at lunch.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.

Exhibit B.12

Distribution of Macronutrients, Cholesterol, and Sodium in Lunches Offered to Five- to Ten-Year-Olds

	Center-Based Care				
	All Providers	Family Day Care Homes	Head Start Centers	Child Care Centers	All Centers
Percentage of Providers					
Percent of Total Energy from Fat					
20% or less	0.0%	0.0%	0.0%	0.0%	0.0%
21% - 30%	13.8	14.7	8.0	10.1	9.2
31% - 35%	36.4	35.8	40.8	39.1	39.8
More than 35%	49.8	49.5	51.2	50.9	51.0
<i>Mean</i>	35.4	35.4	35.7	35.4	35.5
<i>Median</i>	35.4	35.4	35.6	35.6	35.6
Percent of Total Energy from Saturated Fat					
Less than 10%	3.6%	4.0%	2.0%	0.8%	1.2%
10% - 12%	18.6	18.5	19.2	19.6	19.4
13% - 14%	29.6	28.1	39.6	36.6	37.9
More than 14%	48.2	49.4	39.2	43.0	41.5
<i>Mean</i>	14.4	14.4	14.1	14.4	14.2
<i>Median</i>	14.4	14.4	14.0	14.2	14.0
Percent of Total Energy from Carbohydrate					
40% - 54%	97.5%	97.4%	98.0%	98.2%	98.2%
55% or more	2.5	2.6	2.0	1.8	1.8
<i>Mean</i>	46.7	46.6	46.6	47.4	47.1
<i>Median</i>	46.8	46.7	46.5	47.5	47.1
Percent of Total Energy from Protein					
10% or less	0.0%	0.0%	0.0%	0.0%	0.0%
11% - 14%	3.6	3.7	2.0	3.6	3.0
15 or more	96.4	96.3	98.0	96.4	97.0
<i>Mean</i>	19.6	19.7	19.3	18.9	19.1
<i>Median</i>	19.4	19.5	19.2	18.8	19.0
Cholesterol (mg)					
50 mg or less	21.8%	23.3%	14.8%	13.2%	13.9%
51 - 100 mg	68.8	66.8	77.9	80.2	79.3
More than 100 mg	9.4	9.9	7.2	6.6	6.9
<i>Mean</i>	65.1	64.8	67.2	66.5	66.8
<i>Median</i>	59.8	59.1	63.2	63.2	63.2
Sodium (mg)					
400 mg or less	0.0%	0.0%	0.0%	0.4%	0.2%
401 - 800 mg	23.8	25.2	19.4	13.8	16.1
801 - 1000 mg	46.1	46.5	47.8	40.7	43.6
More than 1000 mg	30.1	28.2	32.7	45.1	40.1
<i>Mean</i>	919	910	939	985	966
<i>Median</i>	908	898	934	980	960
Number of Providers (Unweighted)	1794	471	877	446	1323

Exhibit B.13

Mean Energy and Nutrient Content of CACFP Lunches with Varying Levels of Energy from Fat¹

	Level of Fat in CACFP Lunches ¹			
	Low	Moderate	High	Very High
Total Energy (kcal)	411	459	482	483
Total Fat (gm)	12.8	17.0	19.9	22.1
Saturated Fat (gm)	5.0	6.9	8.1	9.0
Carbohydrate (gm)	53.0	56.3	55.2	50.9
Protein (gm)	22.7	22.4	22.5	21.9
Vitamin A (mcg RE)	580	473	501	498
Vitamin C (mg)	26	23	23	22
Calcium (mg)	337	351	363	363
Iron (mg)	2.8	2.9	3.0	2.8
Number of Providers (Unweighted)	134	672	559	401

Note: Based on lunches offered to five-year-olds.

¹Defined for each provider on the basis of the average percentage of energy from fat in lunches offered to five-year-olds. Low fat is defined as less than or equal to 30 percent of total energy from fat; moderate fat as 31 to 35 percent; high fat as 36 to 38 percent; very high fat as 39 to 52 percent.

Exhibit B.14

Sources of Energy and Nutrients in CACFP Lunches

Lunch Component/Foods	Total Energy	Protein	Vitamin A	Vitamin C	Calcium
Percentage Contribution to Average Amount Offered					
Milk	20%	28%	24%	9%	64%
Whole milk	5	6	4	2	14
Low-fat milk ¹	11	16	16	5	37
Other milks	4	6	5	2	13
Fruits, Vegetables, and Juices	21	8	54	69	7
Fruit or Juice	10	2	4	28	2
Vegetables	11	7	50	40	5
Breads and Bread Alternates	25	19	6	8	15
Bread/rolls	11	7	*	*	6
Biscuit/croissant	1	*	*	*	*
Cornbread	1	1	*	*	1
Crackers	*	*	*	*	*
Pasta/rice	2	1	*	*	*
Grain-based mixtures	10	10	5	7	7
Meats and Meat Alternates	30	44	11	13	13
Meat, poultry, fish	16	29	3	8	2
Eggs	1	1	1	*	*
Cheese	2	3	2	*	5
Legumes	2	2	*	1	1
Peanut butter/nuts	1	1	*	*	*
Meat mixtures	7	9	5	4	4
Noncreditable Foods²	5	1	5	2	1
Sweets	1	*	*	1	*
High-fat condiments ³	3	*	4	*	*
Low-fat condiments ⁴	*	*	*	1	*
All Foods	100	100	100	100	100

Exhibit B.14
(continued)

Lunch Component/Foods	Iron	Fat	Saturated Fat	Carbohydrate	Cholesterol	Sodium
Milk	3%	19%	33%	17%	26%	11%
Whole milk	1	7	10	4	8	2
Low-fat milk ¹	2	9	18	10	13	6
Other milks	1	3	5	4	5	2
Fruits, Vegetables, and Juices	25	10	7	37	1	17
Fruit or Juice	7	1	1	21	*	*
Vegetables	18	9	7	16	1	16
Breads and Bread Alternates	37	18	15	32	13	29
Bread/rolls	19	4	3	17	*	11
Biscuit/croissant	1	1	*	1	*	1
Cornbread	1	1	1	2	1	1
Crackers	1	*	*	1	*	*
Pasta/rice	3	1	*	3	1	2
Grain-based mixtures	13	11	11	9	11	13
Meats and Meat Alternates	33	43	39	11	58	38
Meat, poultry, fish	17	24	20	3	37	22
Eggs	1	2	1	*	6	1
Cheese	1	5	7	*	5	4
Legumes	5	1	1	2	*	3
Peanut butter/nuts	1	2	1	*	*	*
Meat mixtures	9	9	9	5	10	9
Noncreditable Foods²	1	9	6	3	2	5
Sweets	1	1	1	2	*	*
High-fat condiments ³	*	8	5	*	1	2
Low-fat condiments ⁴	*	*	*	1	*	2
All Foods	100	100	100	100	100	100

* = Less than one percent.

Notes: Based on lunches offered to three- to five-year-olds.

Detail may not sum to 100% due to rounding.

¹Includes 1% and 2% milks.

²Foods that do not contribute to satisfying the CACFP meal pattern.

³Butter, margarine, regular salad dressing, regular mayonnaise, gravy, whipped cream, cream cheese, and other high-fat toppings.

⁴Low-fat salad dressing, low-fat mayonnaise, reduced-calorie margarine, sugar, honey, jelly, syrup, catsup, mustard, and other low-fat toppings.

Exhibit B.15

Mean Energy and Nutrient Content of CACFP Morning Snacks Offered by Age Group

	All Providers	Family Day Care Homes	Center-Based Care		
			Head Start Centers	Child Care Centers	All Centers
Total Energy (kcal)					
Ages 1 - 2	185	184	n/a	185	185
3	192	192	206	193	195
4	188	187	201	188	191
5	206	206	221	206	209
6 - 10	223	224	n/a	221	222
All Ages	195	195	209	196	198
Vitamin A (mcg RE)					
Ages 1 - 2	97	98	n/a	84	84
3	99	100	118	84	91
4	97	98	118	82	90
5	107	108	129	91	99
6 - 10	140	146	n/a	88	87
All Ages	103	104	119	85	92
Vitamin C (mg)					
Ages 1 - 2	16	16	n/a	22	22
3	16	16	22	21	21
4	16	16	22	21	21
5	17	16	23	21	22
6 - 10	17	16	n/a	25	25
All Ages	17	16	22	22	22
Calcium (mg)					
Ages 1 - 2	134	136	n/a	115	115
3	138	139	156	121	128
4	138	139	157	121	128
5	151	152	171	133	140
6 - 10	165	170	n/a	122	122
All Ages	141	142	160	125	132
Iron (mg)					
Ages 1 - 2	1.2	1.2	n/a	1.4	1.4
3	1.3	1.3	1.6	1.4	1.4
4	1.2	1.2	1.5	1.3	1.3
5	1.4	1.3	1.7	1.4	1.5
6 - 10	1.5	1.5	n/a	1.7	1.6
All Ages	1.3	1.3	1.6	1.4	1.4
Number of Providers (Unweighted)					
Ages 1 - 2	330	189	7	134	141
3	538	216	132	190	322
4	538	216	132	190	322
5	538	216	132	190	322
6 - 10	142	76	4	62	66
All Ages	572	236	133	203	336

n/a = Fewer than 25 providers served this age group at morning snack.

Exhibit B.16

Mean Percentage of RDAs Provided in CACFP Morning Snacks Offered by Age Group

	All Providers		Family Day Care		Center-Based Care					
					Head Start Centers		Child Care Centers		All Centers	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Total Energy										
Ages 1 - 2	14.2	0.2	14.2	0.2	n/a	n/a	14.3	0.5	14.2	0.4
3	14.8	0.2	14.7	0.3	15.9	0.5	14.8	0.4	15.0	0.3
4	10.4	0.2	10.4	0.2	11.2	0.3	10.4	0.3	10.6	0.2
5	11.4	0.2	11.4	0.2	12.3	0.3	11.5	0.3	11.6	0.3
6 - 10	11.4	0.4	11.4	0.4	n/a	n/a	11.3	0.3	11.3	0.3
All Ages	12.6	0.2	12.6	0.2	13.1	0.4	12.6	0.3	12.7	0.2
Protein										
Ages 1 - 2	34.4	0.8	34.7	0.9	n/a	n/a	30.6	2.5	30.5	2.4
3	35.8	0.9	36.0	0.8	40.5	1.0	32.8	2.6	34.4	2.2
4	23.8	0.6	23.9	0.6	26.8	0.7	21.7	1.8	22.7	1.5
5	26.1	0.6	26.2	0.6	29.4	0.7	23.8	2.0	24.9	1.6
6 - 10	25.5	1.1	26.0	1.2	n/a	n/a	20.6	2.0	20.7	2.0
All Ages	29.3	0.7	29.5	0.7	32.1	0.8	26.9	2.0	27.9	1.6
Vitamin A										
Ages 1 - 2	24.2	1.8	24.4	1.9	n/a	n/a	21.0	1.8	21.1	1.8
3	24.8	1.5	25.1	1.7	29.6	2.5	21.1	2.2	22.8	1.7
4	19.4	1.2	19.5	1.3	23.5	2.1	16.5	1.7	17.9	1.4
5	21.4	1.3	21.7	1.4	25.8	2.2	18.3	1.9	19.8	1.5
6 - 10	21.0	2.9	21.9	3.2	n/a	n/a	13.1	2.4	13.1	2.4
All Ages	22.1	1.3	22.4	1.5	25.8	2.3	18.5	1.8	20.0	1.3
Vitamin C										
Ages 1 - 2	41.2	2.2	40.2	2.2	n/a	n/a	54.7	9.1	54.0	9.1
3	40.8	3.0	39.2	3.3	55.3	4.1	52.9	8.3	53.4	7.0
4	36.3	2.6	34.8	2.9	49.1	3.7	47.2	7.7	47.6	6.4
5	36.9	2.7	35.5	3.0	50.2	3.6	47.6	7.1	48.1	5.9
6 - 10	36.7	3.5	34.8	3.8	n/a	n/a	54.7	9.4	54.5	9.2
All Ages	39.5	2.4	38.1	2.7	50.5	4.2	51.1	6.6	51.0	5.8

**Exhibit B.16
(continued)**

	All Providers		Family Day Care		Center-Based Care						
					Head Start Centers		Child Care Centers		All Centers		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	
Calcium											
Ages 1 - 2	16.8	0.6	16.9	0.6	n/a	n/a	14.4	1.8	14.3	1.7	
3	17.2	0.6	17.3	0.5	19.6	0.7	15.1	1.8	16.0	1.5	
4	17.2	0.6	17.4	0.6	19.6	0.7	15.1	1.8	16.0	1.5	
5	18.8	0.6	19.0	0.6	21.4	0.8	16.6	2.0	17.5	1.6	
6 - 10	20.7	1.2	21.2	1.2	n/a	n/a	15.3	2.1	15.3	2.1	
All Ages	17.6	0.5	17.8	0.5	20.0	0.7	15.7	1.6	16.5	1.3	
Iron											
Ages 1 - 2	12.4	0.5	12.3	0.6	n/a	n/a	13.6	0.7	13.6	0.7	
3	12.8	0.4	12.6	0.5	15.8	1.4	13.5	0.6	14.0	0.5	
4	12.2	0.4	12.1	0.5	15.0	1.3	12.9	0.5	13.3	0.4	
5	13.5	0.5	13.4	0.5	16.8	1.4	14.3	0.6	14.8	0.5	
6 - 10	14.9	1.0	14.7	1.1	n/a	n/a	16.5	1.4	16.5	1.3	
All Ages	13.3	0.4	13.2	0.5	15.7	1.3	13.7	0.5	14.1	0.4	
Number of Providers (Unweighted)											
Ages 1 - 2	330		189		7		134		141		
3	538		216		132		190		322		
4	538		216		132		190		322		
5	538		216		132		190		322		
6 - 10	142		76		4		62		66		
All Ages	572		236		133		203		336		

n/a = Fewer than 25 providers served this age group at morning snack.

Exhibit B.17

Mean Energy and Nutrient Content of CACFP Afternoon Snacks Offered by Age Group

	Center-Based Care				
	All Providers	Family Day Care Homes	Head Start Centers	Child Care Centers	All Centers
Total Energy (kcal)					
Ages 1 - 2	193	193	192	192	192
3	199	199	199	199	199
4	195	195	194	194	194
5	214	214	214	213	214
6 - 10	236	236	230	241	241
All Ages	207	206	202	210	208
Vitamin A (mcg RE)					
Ages 1 - 2	97	99	98	74	75
3	103	106	102	82	88
4	102	105	101	81	87
5	113	116	112	90	96
6 - 10	132	135	88	108	108
All Ages	109	112	105	88	93
Vitamin C (mg)					
Ages 1 - 2	13	13	11	15	15
3	13	13	17	14	15
4	13	13	17	14	15
5	14	13	18	15	16
6 - 10	15	15	10	18	17
All Ages	14	13	18	16	16
Calcium (mg)					
Ages 1 - 2	152	154	181	130	133
3	150	152	137	137	137
4	150	153	137	137	137
5	164	167	150	150	150
6 - 10	187	189	202	168	170
All Ages	160	162	142	146	145
Iron (mg)					
Ages 1 - 2	1.0	1.0	1.0	1.1	1.1
3	1.1	1.1	1.3	1.1	1.2
4	1.1	1.1	1.3	1.1	1.1
5	1.2	1.2	1.4	1.2	1.3
6 - 10	1.3	1.2	1.2	1.4	1.4
All Ages	1.1	1.1	1.3	1.2	1.2
Number of Providers (Unweighted)					
Ages 1 - 2	715	364	55	296	351
3	1464	418	581	465	1046
4	1464	418	581	465	1046
5	1464	418	581	465	1046
6 - 10	553	280	26	247	273
All Ages	1558	458	582	518	1100

Exhibit B.18

Mean Percentage of RDAs Provided in CACFP Afternoon Snacks Offered by Age Group

	All Providers		Family Day Care		Head Start Centers		Center-Based Care		All Centers		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Child Care Centers		Mean	Std Err	
							Mean	Std Err			
Total Energy											
Ages 1 - 2	14.8	0.1	14.8	0.1	14.7	0.6	14.8	0.2	14.8	0.2	
3	15.3	0.1	15.3	0.1	15.3	0.2	15.3	0.2	15.3	0.1	
4	10.8	0.1	10.9	0.1	10.8	0.2	10.8	0.2	10.8	0.1	
5	11.9	0.1	11.9	0.1	11.9	0.2	11.9	0.2	11.9	0.1	
6 - 10	12.1	0.1	12.0	0.1	11.7	0.4	12.3	0.2	12.3	0.2	
All Ages	13.0	0.1	13.0	0.1	12.7	0.2	13.0	0.2	12.9	0.1	
Protein											
Ages 1 - 2	38.3	0.8	38.7	0.8	43.2	4.0	33.5	1.0	34.1	0.9	
3	38.7	0.6	39.2	0.6	37.6	1.5	35.6	1.1	36.2	0.8	
4	25.9	0.4	26.2	0.4	25.0	1.0	23.7	0.7	24.0	0.5	
5	28.2	0.4	28.6	0.5	27.3	1.1	26.0	0.8	26.4	0.6	
6 - 10	28.4	0.7	28.6	0.8	29.2	2.1	26.4	0.9	26.5	0.9	
All Ages	31.9	0.5	32.4	0.5	30.1	1.2	29.2	0.7	29.4	0.5	
Vitamin A											
Ages 1 - 2	24.2	1.3	24.7	1.4	24.4	3.4	18.5	1.1	18.9	1.1	
3	25.8	1.1	26.4	1.3	25.6	1.6	20.5	0.9	22.0	0.9	
4	20.5	0.9	21.0	1.1	20.2	1.2	16.2	0.7	17.4	0.7	
5	22.6	1.0	23.2	1.2	22.4	1.4	18.0	0.8	19.3	0.8	
6 - 10	19.8	1.1	20.2	1.3	13.3	1.7	16.3	1.5	16.1	1.4	
All Ages	22.7	1.0	23.3	1.2	22.7	1.4	18.1	0.7	19.4	0.7	
Vitamin C											
Ages 1 - 2	32.1	1.5	31.7	1.6	26.4	3.1	37.1	2.0	36.5	1.9	
3	33.0	1.4	32.0	1.7	43.6	3.1	36.2	1.9	38.4	1.3	
4	29.2	1.3	28.3	1.5	38.7	2.7	32.1	1.7	34.1	1.2	
5	30.1	1.3	29.2	1.5	39.9	2.8	33.0	1.6	35.0	1.2	
6 - 10	34.4	2.3	33.9	2.5	21.2	3.2	39.4	4.3	38.8	4.1	
All Ages	32.3	1.4	31.4	1.5	40.8	2.9	36.1	2.2	37.4	1.4	

Exhibit B.18
(continued)

	All Providers		Family Day Care		Center-Based Care						
					Head Start Centers		Child Care Centers		All Centers		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	
Calcium											
Ages 1 - 2	19.0	0.5	19.3	0.5	22.6	2.1	16.3	0.7	16.6	0.7	
3	18.7	0.4	19.0	0.4	17.1	1.0	17.1	0.7	17.1	0.6	
4	18.8	0.4	19.1	0.4	17.1	1.1	17.1	0.7	17.1	0.6	
5	20.5	0.4	20.9	0.5	18.7	1.2	18.8	0.8	18.8	0.6	
6 - 10	23.4	0.7	23.7	0.8	25.3	2.3	21.1	0.9	21.2	0.9	
All Ages	20.0	0.4	20.3	0.5	17.7	1.1	18.3	0.6	18.1	0.5	
Iron											
Ages 1 - 2	10.4	0.2	10.3	0.2	10.4	0.8	10.6	0.3	10.6	0.2	
3	11.2	0.2	11.1	0.2	13.4	0.4	11.3	0.3	11.9	0.2	
4	10.7	0.2	10.6	0.2	12.7	0.4	10.8	0.3	11.4	0.2	
5	11.9	0.2	11.8	0.2	14.2	0.4	12.0	0.3	12.7	0.2	
6 - 10	12.6	0.2	12.4	0.3	11.8	0.9	14.2	0.7	14.2	0.6	
All Ages	11.4	0.2	11.2	0.2	13.4	0.4	12.0	0.4	12.4	0.3	
Number of Providers (Unweighted)											
Ages 1 - 2	715		364		55		296		351		
3	1464		418		581		465		1046		
4	1464		418		581		465		1046		
5	1464		418		581		465		1046		
6 - 10	553		280		26		247		273		
All Ages	1558		458		582		518		1100		

Exhibit B.19

Mean Energy and Nutrient Content of Most Common Meal Combinations Offered by Age Group: All Providers

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Total Energy (kcal)					
Ages 1 - 2	859	1006	n/a	593	752
3	901	1051	752	597	791
4	987	1129	841	643	830
5	1022	1181	860	673	880
6 - 10	1070	1272	n/a	757	n/a
All Ages	955	1107	822	684	819
Total Fat (gm)					
Ages 1 - 2	30.0	34.2	n/a	22.6	25.9
3	31.4	35.6	26.8	22.7	26.5
4	34.7	38.6	30.1	24.7	28.2
5	35.5	40.1	30.5	25.5	29.6
6 - 10	37.6	45.9	n/a	27.4	n/a
All Ages	33.3	37.6	29.6	25.2	27.8
Saturated Fat (gm)					
Ages 1 - 2	12.8	14.6	n/a	9.7	10.6
3	13.2	15.0	11.2	9.4	10.2
4	14.6	16.4	12.6	10.3	11.0
5	15.0	17.0	12.8	10.6	11.5
6 - 10	15.5	19.2	n/a	11.1	n/a
All Ages	14.0	15.9	12.3	10.3	11.0
Carbohydrate (gm)					
Ages 1 - 2	117.2	140.7	n/a	74.5	102.8
3	122.7	146.8	99.0	74.3	111.1
4	133.4	156.3	110.2	78.7	114.7
5	139.6	164.8	113.9	83.9	123.1
6 - 10	144.9	171.4	n/a	97.7	n/a
All Ages	129.9	154.5	107.4	87.8	114.0
Protein (gm)					
Ages 1 - 2	34.1	38.9	n/a	25.5	30.5
3	36.0	40.9	31.7	26.4	31.1
4	39.9	44.7	35.6	28.9	33.5
5	40.9	46.3	36.1	30.0	35.0
6 - 10	43.1	49.4	n/a	33.0	n/a
All Ages	38.3	43.2	34.8	29.8	32.6
Vitamin A (mcg RE)					
Ages 1 - 2	686	782	n/a	490	650
3	751	891	664	571	647
4	840	983	752	629	706
5	865	1031	762	653	734
6 - 10	919	1091	n/a	645	n/a
All Ages	797	940	711	611	691
Vitamin C (mg)					
Ages 1 - 2	60	76	n/a	39	56
3	62	79	59	38	53
4	67	85	64	41	56
5	69	88	66	42	58
6 - 10	71	90	n/a	46	n/a
All Ages	66	83	63	43	60

**Exhibit B.19
(continued)**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Calcium (mg)					
Ages 1 - 2	695	807	n/a	479	593
3	722	847	613	475	609
4	802	928	693	518	653
5	824	961	703	543	690
6 - 10	851	1015	n/a	572	n/a
All Ages	765	895	661	532	640
Iron (mg)					
Ages 1 - 2	6.3	7.5	n/a	3.7	5.1
3	6.9	8.2	5.6	3.8	5.2
4	7.6	8.8	6.2	4.1	5.4
5	7.9	9.4	6.5	4.3	5.7
6 - 10	8.2	9.3	n/a	5.0	n/a
All Ages	7.2	8.6	6.1	4.4	5.6
Cholesterol (mg)					
Ages 1 - 2	111	127	n/a	83	89
3	116	133	112	80	80
4	128	145	125	86	85
5	130	148	126	90	89
6 - 10	135	162	n/a	84	n/a
5 - 10	133	151	127	87	92
Sodium (mg)					
Ages 1 - 2	1318	1461	n/a	976	1115
3	1409	1556	1262	985	1150
4	1555	1689	1415	1072	1232
5	1603	1764	1440	1113	1293
6 - 10	1709	1893	n/a	1275	n/a
5 - 10	1624	1788	1452	1203	1311
Number of Providers (Unweighted)					
Ages 1 - 2	423	234	19	31	47
3	996	319	259	82	89
4	996	319	259	82	89
5	996	319	259	82	89
6 - 10	147	98	14	40	15
All Ages	1051	343	265	115	103

n/a = Fewer than 25 providers offered this combination to this age group.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.20

**Mean Energy and Nutrient Content of Most Common Meal Combinations
Offered by Age Group: Family Day Care Homes**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Total Energy (kcal)					
Ages 1 - 2	857	1005	n/a	591	n/a
3	900	1046	n/a	590	782
4	986	1124	n/a	635	820
5	1022	1176	n/a	666	870
6 - 10	1065	1266	n/a	755	n/a
All Ages	953	1103	n/a	682	810
Total Fat (gm)					
Ages 1 - 2	29.9	34.2	n/a	22.5	n/a
3	31.4	35.5	n/a	22.5	26.0
4	34.6	38.5	n/a	24.5	27.7
5	35.5	40.0	n/a	25.2	29.1
6 - 10	37.4	45.9	n/a	27.4	n/a
All Ages	33.3	37.5	n/a	25.1	27.3
Saturated Fat (gm)					
Ages 1 - 2	12.8	14.7	n/a	9.6	n/a
3	13.2	15.0	n/a	9.4	10.0
4	14.6	16.3	n/a	10.2	10.7
5	15.0	16.9	n/a	10.6	11.2
6 - 10	15.5	19.2	n/a	11.0	n/a
All Ages	14.0	15.9	n/a	10.3	10.8
Carbohydrate (gm)					
Ages 1 - 2	116.8	140.2	n/a	74.3	n/a
3	122.4	146.0	n/a	73.1	110.0
4	133.2	155.4	n/a	77.4	113.5
5	139.4	163.9	n/a	82.6	121.9
6 - 10	144.2	169.8	n/a	97.5	n/a
All Ages	129.5	153.7	n/a	87.5	112.9
Protein (gm)					
Ages 1 - 2	34.2	38.9	n/a	25.5	n/a
3	36.1	40.9	n/a	26.4	31.1
4	40.0	44.7	n/a	28.9	33.4
5	41.0	46.2	n/a	30.0	35.0
6 - 10	43.0	49.4	n/a	33.0	n/a
All Ages	38.3	43.2	n/a	29.8	32.4
Vitamin A (mcg RE)					
Ages 1 - 2	690	784	n/a	490	n/a
3	752	897	n/a	575	648
4	841	990	n/a	633	708
5	868	1039	n/a	659	736
6 - 10	918	1101	n/a	644	n/a
All Ages	796	945	n/a	613	695
Vitamin C (mg)					
Ages 1 - 2	60	75	n/a	38	n/a
3	60	78	n/a	36	52
4	65	84	n/a	38	54
5	67	87	n/a	40	56
6 - 10	70	89	n/a	46	n/a
All Ages	65	83	n/a	42	59

Exhibit B.20
(continued)

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Calcium (mg)					
Ages 1 - 2	697	810	n/a	479	n/a
3	727	847	n/a	475	615
4	807	928	n/a	519	660
5	829	962	n/a	544	697
6 - 10	850	1016	n/a	571	n/a
All Ages	767	896	n/a	533	643
Iron(mg)					
Ages 1 - 2	6.3	7.5	n/a	3.7	n/a
3	6.9	8.2	n/a	3.8	5.1
4	7.6	8.8	n/a	4.0	5.3
5	8.0	9.4	n/a	4.2	5.6
6 - 10	8.1	9.2	n/a	5.0	n/a
All Ages	7.2	8.6	n/a	4.4	5.5
Cholesterol (mg)					
Ages 1 - 2	111	128	n/a	83	n/a
3	117	133	n/a	81	78
4	129	145	n/a	88	83
5	131	149	n/a	91	87
6 - 10	135	164	n/a	83	n/a
5 - 10	134	151	n/a	88	91
Sodium (mg)					
Ages 1 - 2	1313	1456	n/a	974	n/a
3	1407	1548	n/a	975	1120
4	1552	1680	n/a	1061	1200
5	1600	1756	n/a	1103	1259
6 - 10	1701	1879	n/a	1271	n/a
5 - 10	1624	1779	n/a	1200	1277
Number of Providers (Unweighted)					
Ages 1 - 2	202	139	4	28	18
3	217	163	6	30	25
4	217	163	6	30	25
5	217	163	6	30	25
6 - 10	92	57	4	33	4
All Ages	254	179	8	57	34

n/a = Fewer than 25 providers offered this combination to this age group.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six-to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.21

**Mean Energy and Nutrient Content of Most Common Meal Combinations
Offered by Age Group: Head Start Centers**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Total Energy (kcal)					
Ages 1 - 2	844	n/a	n/a	n/a	n/a
3	903	1140	732	642	848
4	988	1225	824	692	892
5	1021	1282	838	718	941
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	968	1215	802	687	893
Total Fat (gm)					
Ages 1 - 2	31.1	n/a	n/a	n/a	n/a
3	31.4	40.8	26.4	23.9	28.8
4	34.6	44.3	29.9	26.1	31.0
5	35.4	45.8	30.0	26.7	32.2
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	33.7	43.6	28.9	25.6	30.6
Saturated Fat (gm)					
Ages 1 - 2	13.5	n/a	n/a	n/a	n/a
3	12.9	16.8	11.0	9.6	11.9
4	14.3	18.4	12.5	10.5	12.8
5	14.6	19.0	12.5	10.8	13.3
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	13.9	18.1	12.1	10.3	12.6
Carbohydrate (gm)					
Ages 1 - 2	109.6	n/a	n/a	n/a	n/a
3	122.9	153.4	95.4	83.7	119.6
4	133.1	162.9	106.8	88.8	123.5
5	139.1	172.5	109.7	93.3	131.9
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	131.3	162.8	104.4	89.1	124.9
Protein (gm)					
Ages 1 - 2	35.2	n/a	n/a	n/a	n/a
3	36.4	44.8	31.2	26.2	32.1
4	40.3	48.8	35.2	28.7	34.5
5	41.3	50.5	35.5	29.5	36.0
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	39.2	48.0	34.1	28.3	34.2
Vitamin A (mcg RE)					
Ages 1 - 2	818	n/a	n/a	n/a	n/a
3	786	825	639	546	668
4	876	915	724	607	721
5	897	948	728	616	746
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	849	893	696	591	710
Vitamin C (mg)					
Ages 1 - 2	66	n/a	n/a	n/a	n/a
3	71	79	56	52	73
4	76	83	61	55	75
5	79	87	63	57	78
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	75	83	61	55	75

**Exhibit B.21
(continued)**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Calcium (mg)					
Ages 1 - 2	722	n/a	n/a	n/a	n/a
3	704	910	579	461	604
4	784	991	659	505	646
5	803	1030	665	526	684
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	761	975	635	498	644
Iron (mg)					
Ages 1 - 2	6.4	n/a	n/a	n/a	n/a
3	7.0	8.0	5.5	4.4	6.2
4	7.6	8.6	6.1	4.6	6.3
5	7.9	9.1	6.3	4.8	6.8
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	7.5	8.5	6.0	4.6	6.4
Cholesterol (mg)					
Ages 1 - 2	116	n/a	n/a	n/a	n/a
3	115	152	103	67	88
4	127	167	116	73	93
5	129	171	117	75	97
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	129	171	117	75	97
Sodium (mg)					
Ages 1 - 2	1341	n/a	n/a	n/a	n/a
3	1418	1713	1210	1041	1315
4	1563	1856	1364	1137	1405
5	1608	1935	1380	1165	1475
6 - 10	n/a	n/a	n/a	n/a	n/a
All Ages	1609	1935	1388	1176	1475
Number of Providers (Unweighted)					
Ages 1 - 2	50	5	4	0	1
3	527	42	232	43	26
4	527	42	232	43	26
5	527	42	232	43	26
6 - 10	7	4	6	1	0
All Ages	528	42	235	44	26

n/a = Fewer than 25 providers offered this combination to this age group.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.22

**Mean Energy and Nutrient Content of Most Common Meal Combinations
Offered by Age Group: Child Care Centers**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Total Energy (kcal)					
Ages 1 - 2	879	1028	n/a	n/a	812
3	909	1094	n/a	n/a	843
4	994	1173	n/a	n/a	889
5	1029	1226	n/a	n/a	936
6 - 10	1145	1340	n/a	n/a	n/a
All Ages	966	1148	n/a	n/a	884
Total Fat (gm)					
Ages 1 - 2	30.7	33.7	n/a	n/a	28.5
3	31.6	36.2	n/a	n/a	29.4
4	34.8	39.2	n/a	n/a	31.6
5	35.7	40.6	n/a	n/a	32.8
6 - 10	40.4	45.6	n/a	n/a	n/a
All Ages	33.7	38.0	n/a	n/a	31.3
Saturated Fat (gm)					
Ages 1 - 2	13.0	14.3	n/a	n/a	11.7
3	13.3	15.2	n/a	n/a	11.6
4	14.7	16.6	n/a	n/a	12.6
5	15.0	17.1	n/a	n/a	13.1
6 - 10	16.8	19.0	n/a	n/a	n/a
All Ages	14.2	16.0	n/a	n/a	12.5
Carbohydrate (gm)					
Ages 1 - 2	121.0	147.8	n/a	n/a	112.4
3	124.7	156.4	n/a	n/a	117.4
4	135.2	166.2	n/a	n/a	121.7
5	141.3	175.0	n/a	n/a	129.5
6 - 10	156.0	189.7	n/a	n/a	n/a
All Ages	132.3	163.7	n/a	n/a	121.1
Protein (gm)					
Ages 1 - 2	33.5	38.1	n/a	n/a	30.3
3	35.4	40.7	n/a	n/a	31.2
4	39.2	44.5	n/a	n/a	33.7
5	40.2	45.9	n/a	n/a	35.1
6 - 10	44.7	49.2	n/a	n/a	n/a
All Ages	37.8	43.2	n/a	n/a	33.6
Vitamin A (mcg RE)					
Ages 1 - 2	632	748	n/a	n/a	570
3	721	830	n/a	n/a	637
4	807	917	n/a	n/a	693
5	825	945	n/a	n/a	715
6 - 10	938	972	n/a	n/a	n/a
All Ages	766	876	n/a	n/a	651
Vitamin C (mg)					
Ages 1 - 2	63	85	n/a	n/a	55
3	68	88	n/a	n/a	62
4	73	93	n/a	n/a	65
5	76	96	n/a	n/a	66
6 - 10	82	100	n/a	n/a	n/a
All Ages	71	92	n/a	n/a	64

**Exhibit B.22
(continued)**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Calcium (mg)					
Ages 1 - 2	667	777	n/a	n/a	563
3	703	828	n/a	n/a	563
4	782	909	n/a	n/a	607
5	802	939	n/a	n/a	639
6 - 10	874	1009	n/a	n/a	n/a
All Ages	751	877	n/a	n/a	612
Iron (mg)					
Ages 1 - 2	6.4	7.7	n/a	n/a	5.5
3	6.8	8.2	n/a	n/a	5.9
4	7.4	8.8	n/a	n/a	6.1
5	7.8	9.3	n/a	n/a	6.4
6 - 10	8.7	10.2	n/a	n/a	n/a
All Ages	7.2	8.6	n/a	n/a	6.0
Cholesterol (mg)					
Ages 1 - 2	106	117	n/a	n/a	92
3	109	122	n/a	n/a	90
4	121	134	n/a	n/a	96
5	123	137	n/a	n/a	100
6 - 10	138	139	n/a	n/a	n/a
All Ages	124	139	n/a	n/a	104
Sodium (mg)					
Ages 1 - 2	1366	1520	n/a	n/a	1292
3	1423	1632	n/a	n/a	1341
4	1569	1768	n/a	n/a	1437
5	1615	1842	n/a	n/a	1505
6 - 10	1825	2059	n/a	n/a	n/a
All Ages	1635	1876	n/a	n/a	1544
Number of Providers (Unweighted)					
Ages 1 - 2	171	90	11	3	28
3	252	114	21	9	38
4	252	114	21	9	38
5	252	114	21	9	38
6 - 10	48	37	4	6	11
All Ages	269	122	22	14	43

n/a = Fewer than 25 providers offered this combination to this age group.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.23

**Mean Energy and Nutrient Content of Most Common Meal Combinations
Offered by Age Group: All Centers**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Total Energy (kcal)					
Ages 1 - 2	875	1029	n/a	n/a	812
3	907	1099	728	654	844
4	991	1180	819	705	890
5	1026	1233	834	730	937
6 - 10	1146	1339	n/a	n/a	n/a
All Ages	967	1156	800	714	886
Total Fat (gm)					
Ages 1 - 2	30.8	33.8	n/a	n/a	28.5
3	31.5	36.7	26.2	24.7	29.3
4	34.7	39.8	29.6	26.9	31.5
5	35.6	41.3	29.8	27.5	32.7
6 - 10	40.6	45.8	n/a	n/a	n/a
All Ages	33.7	38.7	28.8	26.9	31.2
Saturated Fat (gm)					
Ages 1 - 2	13.0	14.3	n/a	n/a	11.7
3	13.1	15.4	10.9	9.9	11.7
4	14.5	16.8	12.4	10.9	12.6
5	14.9	17.3	12.5	11.2	13.1
6 - 10	16.8	19.0	n/a	n/a	n/a
All Ages	14.1	16.3	12.0	10.8	12.6
Carbohydrate (gm)					
Ages 1 - 2	120.0	147.9	n/a	n/a	112.6
3	124.0	156.1	95.0	84.3	117.8
4	134.4	165.8	106.5	89.6	122.1
5	140.4	174.7	109.5	93.9	130.0
6 - 10	155.5	189.0	n/a	n/a	n/a
All Ages	131.9	163.6	104.3	91.8	121.8
Protein (gm)					
Ages 1 - 2	33.7	38.1	n/a	n/a	30.2
3	35.8	41.2	31.0	26.6	31.4
4	39.7	45.0	35.0	29.2	33.8
5	40.6	46.5	35.4	30.0	35.3
6 - 10	44.8	49.1	n/a	n/a	n/a
All Ages	38.4	43.7	34.0	29.4	33.7
Vitamin A (mcg RE)					
Ages 1 - 2	649	747	n/a	n/a	569
3	747	830	642	533	643
4	835	917	727	593	698
5	854	945	734	604	721
6 - 10	940	968	n/a	n/a	n/a
All Ages	798	878	699	586	661
Vitamin C (mg)					
Ages 1 - 2	64	85	n/a	n/a	55
3	69	87	56	55	64
4	74	92	62	58	67
5	77	95	64	59	68
6 - 10	82	100	n/a	n/a	n/a
All Ages	73	91	62	56	66

**Exhibit B.23
(continued)**

	Breakfast, Lunch, and Snack	Breakfast, Lunch, and Two Snacks	Breakfast and Lunch	Lunch and Snack	Lunch and Two Snacks
Calcium (mg)					
Ages 1 - 2	672	776	n/a	n/a	562
3	704	838	579	468	571
4	783	919	659	514	614
5	803	950	666	534	648
6 - 10	877	1003	n/a	n/a	n/a
All Ages	755	888	635	518	618
Iron (mg)					
Ages 1 - 2	6.4	7.7	n/a	n/a	5.5
3	6.9	8.2	5.5	4.4	5.9
4	7.5	8.8	6.2	4.7	6.1
5	7.8	9.3	6.4	4.9	6.5
6 - 10	8.7	10.2	n/a	n/a	n/a
All Ages	7.3	8.6	6.1	4.7	6.1
Cholesterol (mg)					
Ages 1 - 2	107	117	n/a	n/a	92
3	111	126	103	70	89
4	123	138	115	76	95
5	125	141	116	79	99
6 - 10	138	141	n/a	n/a	n/a
All Ages	126	143	117	82	103
Sodium (mg)					
Ages 1 - 2	1364	1522	n/a	n/a	1294
3	1421	1642	1207	1068	1336
4	1566	1778	1358	1165	1431
5	1612	1854	1376	1194	1499
6 - 10	1826	2058	n/a	n/a	n/a
All Ages	1625	1883	1390	1232	1532
Number of Providers (Unweighted)					
Ages 1 - 2	221	95	15	3	29
3	779	156	253	52	64
4	779	156	253	52	64
5	779	156	253	52	64
6 - 10	55	41	10	7	11
All Ages	797	164	257	58	69

n/a = Fewer than 25 providers offered this combination to this age group.

Note: For cholesterol and sodium, aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of NRC recommendations and the rationale for this approach.

Exhibit B.24

Mean Percentage of RDAs Provided in Most Common Meal and Snack Combinations Offered by Age Group: All Providers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Total Energy										
Ages 1 - 2	66.1	0.5	77.4	0.7	n/a	n/a	45.6	1.8	57.8	1.7
3	69.3	0.5	80.8	0.5	57.8	1.0	45.9	1.1	60.8	1.8
4	54.8	0.4	62.7	0.4	46.7	0.7	35.7	0.9	46.1	1.4
5	56.8	0.4	65.6	0.4	47.8	0.8	37.4	0.9	48.9	1.4
6 - 10	54.6	0.9	64.9	1.2	n/a	n/a	38.6	1.4	n/a	n/a
All Ages	60.6	0.5	70.9	0.5	51.5	0.9	41.1	1.0	53.1	1.1
Protein										
Ages 1 - 2	213.4	1.3	243.1	3.2	n/a	n/a	159.4	5.3	190.5	2.6
3	225.2	1.6	255.7	2.7	197.8	3.3	165.1	3.8	194.4	4.9
4	166.3	1.2	186.3	1.9	148.2	2.2	120.4	2.8	139.6	3.5
5	170.5	1.2	192.7	1.9	150.4	2.4	124.8	2.8	146.0	3.8
6 - 10	159.8	2.7	183.0	4.8	n/a	n/a	122.2	2.3	n/a	n/a
All Ages	189.1	1.4	215.5	2.8	169.4	4.8	136.6	3.1	165.4	4.4
Vitamin A										
1 - 2	71.4	3.9	195.4	7.8	n/a	n/a	122.5	11.8	162.5	14.0
3	187.7	4.2	222.8	9.0	166.1	11.9	142.7	12.3	161.8	11.7
4	168.0	3.7	196.7	8.0	150.3	10.8	125.8	10.9	141.3	10.4
5	173.1	3.7	206.2	8.9	152.4	10.7	130.6	11.3	146.8	9.9
6 - 10	138.0	8.1	163.8	9.2	n/a	n/a	96.8	8.6	n/a	n/a
All Ages	168.8	3.6	202.7	7.0	151.2	11.3	119.6	7.5	150.2	8.7
Vitamin C										
Ages 1 - 2	150.1	4.0	189.8	6.9	n/a	n/a	97.2	6.2	140.0	12.5
3	153.8	3.1	198.0	4.8	147.5	7.4	95.0	7.0	133.7	11.7
4	147.9	3.0	188.0	4.7	142.7	6.7	90.1	6.5	124.7	10.5
5	152.9	3.0	194.8	4.8	147.5	7.0	92.7	6.7	128.0	10.8
6 - 10	157.3	7.5	200.5	9.9	n/a	n/a	103.2	7.8	n/a	n/a
All Ages	154.4	3.1	195.0	4.5	145.7	6.3	99.2	6.2	141.6	8.6

**Exhibit B.24
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Calcium										
Ages 1 - 2	86.8	0.6	100.9	1.6	n/a	n/a	59.9	2.5	74.1	2.1
3	90.3	0.7	105.8	1.4	76.6	2.7	59.3	1.4	76.1	2.4
4	100.3	0.8	115.9	1.5	86.7	2.7	64.8	1.6	81.7	2.4
5	103.0	0.8	120.1	1.6	87.9	2.9	67.9	1.6	86.3	2.8
6 - 10	106.4	2.6	126.9	3.1	n/a	n/a	71.5	2.5	n/a	n/a
All Ages	95.6	0.8	111.9	1.6	82.7	2.9	66.5	1.8	80.0	1.9
Iron										
Ages 1 - 2	63.4	0.9	75.1	2.2	n/a	n/a	37.4	2.1	50.7	3.9
3	69.0	1.1	81.9	3.8	56.1	2.1	38.4	1.3	51.8	2.7
4	75.6	1.2	88.1	4.3	62.5	2.4	40.8	1.2	53.8	2.6
5	79.3	1.3	93.6	4.7	64.7	2.5	43.0	1.3	57.2	2.8
6 - 10	81.6	2.2	92.8	2.2	n/a	n/a	49.6	1.9	n/a	n/a
All Ages	72.3	1.0	85.8	3.9	60.7	2.2	44.2	1.3	55.7	2.9
Number of Providers										
Ages 1 - 2	423		234		19		31		47	
3	996		319		259		82		89	
4	996		319		259		82		89	
5	996		319		259		82		89	
6 - 10	147		98		14		40		15	
All Ages	1051		343		265		115		103	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Exhibit B.25

Mean Percentage of RDAs Provided in Most Common Meal and Snack Combinations
Offered by Age Group: Family Day Care Homes

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	
Total Energy											
Ages 1 - 2	65.9	0.5	77.3	0.8	n/a	n/a	45.5	1.8	n/a	n/a	
3	69.2	0.6	80.5	0.6	n/a	n/a	45.4	1.3	60.1	2.0	
4	54.8	0.5	62.5	0.5	n/a	n/a	35.3	1.0	45.6	1.5	
5	56.8	0.5	65.4	0.5	n/a	n/a	37.0	1.1	48.4	1.5	
6 - 10	54.4	1.0	64.6	1.3	n/a	n/a	38.5	1.4	n/a	n/a	
All Ages	60.5	0.5	70.7	0.6	n/a	n/a	41.0	1.1	52.6	1.3	
Protein											
Ages 1 - 2	213.8	1.4	243.4	3.4	n/a	n/a	159.2	5.3	n/a	n/a	
3	225.5	1.9	255.6	2.8	n/a	n/a	165.0	4.4	194.2	5.6	
4	166.5	1.4	186.2	2.0	n/a	n/a	120.2	3.2	139.3	4.0	
5	170.8	1.4	192.6	2.1	n/a	n/a	124.8	3.2	145.8	4.4	
6 - 10	159.4	3.0	183.1	5.1	n/a	n/a	122.1	2.3	n/a	n/a	
All Ages	189.1	1.8	215.4	3.0	n/a	n/a	136.6	3.4	165.0	5.3	
Vitamin A											
Ages 1 - 2	172.5	4.6	196.1	7.3	n/a	n/a	122.5	12.1	n/a	n/a	
3	187.9	5.3	224.3	9.3	n/a	n/a	143.9	13.9	162.0	13.5	
4	168.3	4.7	197.9	8.3	n/a	n/a	126.7	12.3	141.5	12.0	
5	173.6	4.7	207.8	9.3	n/a	n/a	131.7	12.8	147.2	11.4	
6 - 10	137.8	8.5	165.4	9.5	n/a	n/a	96.7	8.9	n/a	n/a	
All Ages	168.0	4.4	203.8	7.2	n/a	n/a	119.5	8.4	151.2	9.8	
Vitamin C											
Ages 1 - 2	149.1	4.5	188.1	6.8	n/a	n/a	96.0	6.2	n/a	n/a	
3	149.2	3.8	196.2	4.5	n/a	n/a	90.0	6.7	129.4	13.1	
4	143.7	3.6	186.5	4.6	n/a	n/a	85.3	6.3	121.0	11.7	
5	148.6	3.7	193.3	4.6	n/a	n/a	87.9	6.5	124.2	12.1	
6 - 10	155.7	7.8	198.7	10.4	n/a	n/a	103.0	7.9	n/a	n/a	
All Ages	151.2	3.8	193.4	4.5	n/a	n/a	97.0	6.7	139.8	9.6	

Exhibit B.25
(continued)

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Calcium										
Ages 1 - 2	87.1	0.6	101.2	1.8	n/a	n/a	59.9	2.6	n/a	n/a
3	90.9	0.8	105.9	1.5	n/a	n/a	59.4	1.6	76.9	2.9
4	100.9	0.9	116.0	1.6	n/a	n/a	64.9	1.7	82.5	2.9
5	103.6	0.9	120.2	1.7	n/a	n/a	68.1	1.8	87.1	3.2
6 - 10	106.2	2.9	127.1	3.3	n/a	n/a	71.4	2.6	n/a	n/a
All Ages	95.9	0.9	112.0	1.7	n/a	n/a	66.6	1.9	80.4	2.1
Iron										
Ages 1 - 2	63.3	1.0	74.9	2.4	n/a	n/a	37.4	2.1	n/a	n/a
3	69.1	1.2	81.9	4.2	n/a	n/a	37.7	1.4	50.6	3.0
4	75.8	1.3	88.2	4.7	n/a	n/a	40.1	1.3	52.6	2.8
5	79.5	1.4	93.7	5.2	n/a	n/a	42.3	1.4	55.9	3.0
6 - 10	81.2	2.3	92.0	2.5	n/a	n/a	49.5	1.9	n/a	n/a
All Ages	72.1	1.1	85.8	4.3	n/a	n/a	43.9	1.3	55.0	3.2
Number of Providers (Unweighted)										
Ages 1 - 2	202		139		4		28		18	
3	217		163		6		30		25	
4	217		163		6		30		25	
5	217		163		6		30		25	
6 - 10	92		57		4		33		4	
All Ages	254		179		8		57		34	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Exhibit B.26

Mean Percentage of RDAs Provided in Most Common Meal and Snack Combinations Offered by Age Group: Head Start Centers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Total Energy										
Ages 1 - 2	64.9	1.1	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	69.5	0.7	87.7	1.5	56.3	0.9	49.4	0.8	65.3	0.9
4	54.9	0.5	68.0	1.1	45.8	0.7	38.5	0.6	49.6	0.6
5	56.7	0.5	71.2	1.2	46.5	0.7	39.9	0.6	52.3	0.7
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	60.5	0.6	75.6	1.2	49.6	0.8	42.6	0.7	55.8	0.7
Protein										
Ages 1 - 2	220.0	2.9	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	227.8	2.6	279.9	5.5	194.8	1.5	164.0	3.5	200.8	3.9
4	168.1	1.8	203.5	4.0	146.5	1.1	119.7	2.6	143.6	2.5
5	172.0	1.8	210.5	4.3	148.1	1.1	123.1	2.7	150.1	2.9
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	190.1	2.0	231.0	4.6	163.1	1.2	135.3	2.9	165.1	3.0
Vitamin A										
Ages 1 - 2	204.5	18.7	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	196.4	6.6	206.3	9.1	159.6	8.3	136.5	6.8	167.1	18.4
4	175.2	5.8	182.9	8.4	144.7	7.4	121.4	6.1	144.2	15.0
5	179.3	6.1	189.5	8.7	145.7	7.2	123.1	6.1	149.2	16.3
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	183.4	6.1	191.5	9.0	149.3	7.4	126.5	6.2	153.4	16.6
Vitamin C										
Ages 1 - 2	163.8	11.9	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	177.8	5.5	196.8	11.3	139.8	6.5	130.1	10.5	181.5	17.1
4	169.5	5.0	185.0	10.5	136.0	6.3	123.0	9.8	166.8	16.0
5	174.8	5.0	192.8	10.7	140.3	6.8	125.7	9.4	172.7	14.9
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	174.2	5.0	191.8	10.8	140.1	5.9	126.2	9.7	173.8	15.9

**Exhibit B.26
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	
Calcium											
Ages 1 - 2	90.3	2.0	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	88.1	1.6	113.7	4.6	72.3	0.5	57.6	1.4	75.5	4.7	
4	98.0	1.7	123.8	4.7	82.3	0.5	63.2	1.5	80.8	4.8	
5	100.4	1.8	128.7	5.1	83.1	0.5	65.7	1.5	85.5	5.3	
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	95.2	1.7	121.9	4.8	79.4	0.5	62.3	1.5	80.6	4.9	
Iron											
Ages 1 - 2	63.5	2.1	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	69.6	2.2	80.2	3.2	54.6	1.9	43.8	2.6	61.9	5.5	
4	75.9	2.5	85.8	3.0	61.1	2.1	46.2	2.5	63.2	5.1	
5	79.2	2.5	90.6	3.3	62.9	2.1	48.3	2.6	67.8	5.6	
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	74.8	2.4	85.4	3.2	59.7	2.0	46.1	2.5	64.2	5.4	
Number of Providers (Unweighted)											
Ages 1 - 2	50		5		4		0		1		
3	527		42		232		43		26		
4	527		42		232		43		26		
5	527		42		232		43		26		
6 - 10	7		4		6		1		0		
All Ages	528		42		235		44		26		

n/a = Fewer than 25 providers offered this meal combination to this age group.

Exhibit B.27

Mean Percentage of RDAs Provided in Most Common Meal and Snack Combinations
Offered by Age Group: Child Care Centers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Total Energy										
Ages 1 - 2	67.6	0.5	79.1	1.3	n/a	n/a	n/a	n/a	62.5	1.3
3	69.9	0.6	84.1	1.0	n/a	n/a	n/a	n/a	64.9	1.4
4	55.2	0.5	65.2	0.8	n/a	n/a	n/a	n/a	49.4	1.0
5	57.2	0.5	68.1	0.8	n/a	n/a	n/a	n/a	52.0	1.1
6 - 10	58.4	0.6	68.4	0.8	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	61.9	0.5	73.3	0.9	n/a	n/a	n/a	n/a	56.9	1.0
Protein										
Ages 1 - 2	209.4	1.7	238.2	4.6	n/a	n/a	n/a	n/a	189.2	4.5
3	221.3	1.3	254.6	4.5	n/a	n/a	n/a	n/a	195.0	6.2
4	163.4	1.0	185.5	3.1	n/a	n/a	n/a	n/a	140.3	4.4
5	167.5	1.0	191.4	3.3	n/a	n/a	n/a	n/a	146.4	4.6
6 - 10	165.6	1.8	182.1	3.0	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	188.4	1.1	214.6	3.9	n/a	n/a	n/a	n/a	168.5	4.7
Vitamin A										
Ages 1 - 2	158.0	5.7	186.9	10.6	n/a	n/a	n/a	n/a	142.6	7.5
3	180.2	6.5	207.5	10.3	n/a	n/a	n/a	n/a	159.3	11.8
4	161.4	5.8	183.4	9.3	n/a	n/a	n/a	n/a	138.5	10.3
5	165.0	5.8	189.0	8.9	n/a	n/a	n/a	n/a	142.9	10.2
6 - 10	140.9	4.1	145.9	12.0	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	165.8	5.4	189.2	9.7	n/a	n/a	n/a	n/a	140.7	9.8
Vitamin C										
Ages 1 - 2	158.7	6.4	211.4	12.4	n/a	n/a	n/a	n/a	137.3	18.7
3	169.6	6.0	219.9	15.6	n/a	n/a	n/a	n/a	155.0	16.5
4	162.7	5.7	207.1	14.5	n/a	n/a	n/a	n/a	143.6	15.1
5	167.9	5.9	213.2	13.6	n/a	n/a	n/a	n/a	146.9	14.7
6 - 10	182.0	12.7	221.2	16.4	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	166.8	6.0	216.4	11.5	n/a	n/a	n/a	n/a	150.1	14.8

**Exhibit B.27
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Calcium										
Ages 1 - 2	83.3	0.6	97.1	2.5	n/a	n/a	n/a	n/a	70.4	2.5
3	87.9	0.6	103.5	2.3	n/a	n/a	n/a	n/a	70.3	3.3
4	97.7	0.6	113.6	2.3	n/a	n/a	n/a	n/a	75.8	3.4
5	100.3	0.6	117.4	2.5	n/a	n/a	n/a	n/a	79.9	3.6
6 - 10	109.3	1.8	126.1	3.0	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	93.9	0.8	109.6	2.2	n/a	n/a	n/a	n/a	76.6	2.1
Iron										
Ages 1 - 2	64.1	1.5	76.6	2.0	n/a	n/a	n/a	n/a	55.4	1.9
3	67.9	1.3	82.2	1.5	n/a	n/a	n/a	n/a	58.6	1.9
4	74.2	1.4	88.1	1.6	n/a	n/a	n/a	n/a	60.8	1.9
5	77.7	1.5	93.0	1.7	n/a	n/a	n/a	n/a	64.5	2.0
6 - 10	87.4	3.1	102.2	2.1	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	72.4	1.7	86.2	1.7	n/a	n/a	n/a	n/a	59.9	1.7
Number of Providers (Unweighted)										
Ages 1 - 2	171		90		11		3		28	
3	252		114		21		9		38	
4	252		114		21		9		38	
5	252		114		21		9		38	
6 - 10	48		37		4		6		11	
All Ages	269		122		22		14		43	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Exhibit B.28

Mean Percentage of RDAs Provided in Most Common Meal and Snack Combinations
Offered by Age Group: All Centers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	
Total Energy											
Ages 1 - 2	67.3	0.5	79.1	1.3	n/a	n/a	n/a	n/a	62.5	1.2	
3	69.7	0.4	84.6	0.9	56.0	0.9	50.3	1.2	64.9	1.1	
4	55.1	0.3	65.5	0.7	45.5	0.7	39.2	1.0	49.4	0.8	
5	57.0	0.3	68.5	0.7	46.3	0.7	40.5	0.9	52.1	0.8	
6 - 10	58.4	0.5	68.3	0.8	n/a	n/a	n/a	n/a	n/a	n/a	
All Ages	61.3	0.4	73.6	0.8	49.6	0.9	43.4	0.9	56.7	0.8	
Protein											
Ages 1 - 2	210.4	1.5	238.2	4.7	n/a	n/a	n/a	n/a	189.0	4.5	
3	223.9	1.4	257.7	4.2	193.9	1.8	166.6	3.8	196.1	5.1	
4	165.3	1.0	187.7	3.0	145.8	1.3	121.6	2.7	141.0	3.6	
5	169.3	1.0	193.8	3.1	147.5	1.3	125.0	2.8	147.1	3.8	
6 - 10	166.0	1.6	181.8	3.2	n/a	n/a	n/a	n/a	n/a	n/a	
All Ages	189.1	1.0	216.5	3.6	163.2	1.6	137.0	2.7	167.9	3.9	
Vitamin A											
Ages 1 - 2	162.3	5.8	186.6	10.3	n/a	n/a	n/a	n/a	142.2	7.3	
3	186.7	5.5	207.4	9.1	160.4	7.4	133.4	6.9	160.8	10.9	
4	166.9	4.8	183.4	8.2	145.3	6.6	118.7	6.1	139.6	9.4	
5	170.8	4.9	189.1	7.9	146.7	6.4	120.7	6.6	144.1	9.4	
6 - 10	141.2	4.8	145.4	11.5	n/a	n/a	n/a	n/a	n/a	n/a	
All Ages	172.6	4.7	189.5	8.6	149.7	6.6	120.8	6.6	142.9	9.0	
Vitamin C											
Ages 1 - 2	159.2	5.8	212.0	12.2	n/a	n/a	n/a	n/a	137.8	18.6	
3	172.9	5.2	217.1	14.3	140.9	6.5	137.0	9.0	160.1	13.7	
4	165.4	4.8	204.5	13.3	137.3	6.2	129.8	8.3	148.1	12.4	
5	170.7	5.0	210.7	12.5	141.7	6.6	131.7	7.7	151.9	12.0	
6 - 10	181.3	11.9	221.2	15.7	n/a	n/a	n/a	n/a	n/a	n/a	
All Ages	169.7	5.1	213.5	10.6	143.2	5.5	129.9	6.5	154.1	12.7	

**Exhibit B.28
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Calcium										
Ages 1 - 2	84.0	0.6	97.0	2.5	n/a	n/a	n/a	n/a	70.2	2.5
3	88.0	0.7	104.8	2.2	72.4	0.6	58.5	1.5	71.3	2.8
4	97.8	0.8	114.9	2.3	82.4	0.7	64.2	1.6	76.8	2.9
5	100.3	0.8	118.7	2.5	83.2	0.7	66.8	1.7	81.0	3.1
6 - 10	109.6	1.6	125.4	3.0	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	94.4	0.9	111.0	2.1	79.4	0.8	64.7	1.3	77.2	1.9
Iron										
Ages 1 - 2	64.1	1.3	76.7	2.0	n/a	n/a	n/a	n/a	55.4	1.8
3	68.6	1.2	81.9	1.4	55.5	1.8	44.2	1.5	59.3	1.6
4	74.9	1.4	87.8	1.4	62.1	2.0	46.8	1.4	61.3	1.6
5	78.3	1.4	92.7	1.5	64.0	2.1	48.8	1.5	65.1	1.7
6 - 10	87.0	3.1	101.8	2.0	n/a	n/a	n/a	n/a	n/a	n/a
All Ages	73.3	1.4	86.1	1.5	60.8	2.0	47.4	1.4	60.7	1.5
Number of Providers (Unweighted)										
Ages 1 - 2	221		95		15		3		29	
3	779		156		253		52		64	
4	779		156		253		52		64	
5	779		156		253		52		64	
6 - 10	55		41		10		7		11	
All Ages	797		164		257		58		69	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Exhibit B.29

**Mean Macronutrient, Cholesterol, and Sodium Content of Most Common Meal Combinations
Offered by Age Group: All Providers**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	31.1	0.4	30.3	0.3	n/a	n/a	33.9	1.0	30.8	0.7
3	31.0	0.3	30.2	0.4	31.7	0.5	33.7	0.7	29.8	0.6
4	31.2	0.3	30.4	0.4	31.8	0.5	34.1	0.7	30.3	0.7
5	30.9	0.3	30.2	0.4	31.5	0.5	33.6	0.7	29.9	0.7
6 - 10	31.1	0.6	32.0	0.6	n/a	n/a	32.0	1.0	n/a	n/a
5 - 10	31.0	0.3	30.3	0.4	31.6	0.5	32.6	0.8	30.0	0.7
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	13.4	0.2	13.0	0.1	n/a	n/a	14.6	0.3	12.6	0.5
3	13.1	0.2	12.8	0.2	13.3	0.3	14.1	0.3	11.6	0.4
4	13.2	0.2	13.0	0.2	13.4	0.3	14.3	0.3	11.8	0.4
5	13.0	0.2	12.8	0.2	13.3	0.3	14.1	0.3	11.7	0.4
6 - 10	12.9	0.2	13.4	0.3	n/a	n/a	12.9	0.6	n/a	n/a
5 - 10	13.0	0.1	12.8	0.2	13.3	0.3	13.3	0.4	11.8	0.4
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	54.8	0.4	56.1	0.3	n/a	n/a	50.3	1.0	54.6	1.3
3	54.8	0.3	56.1	0.4	52.9	0.6	50.0	0.8	56.2	0.8
4	54.4	0.3	55.6	0.4	52.7	0.5	49.2	0.8	55.3	0.7
5	54.9	0.3	56.0	0.4	53.2	0.5	50.1	0.8	56.0	0.7
6 - 10	54.7	0.4	54.3	0.5	n/a	n/a	51.9	0.8	n/a	n/a
5 - 10	54.8	0.3	55.9	0.4	53.2	0.5	51.4	0.8	55.9	0.8
Percent of Energy from Protein (%)										
Ages 1 - 2	16.0	0.1	15.6	0.2	n/a	n/a	17.6	0.4	16.5	0.7
3	16.1	0.1	15.7	0.1	17.1	0.2	18.0	0.4	16.1	0.7
4	16.3	0.1	16.0	0.1	17.1	0.2	18.3	0.4	16.5	0.8
5	16.1	0.1	15.8	0.1	17.0	0.2	18.1	0.4	16.2	0.7
6 - 10	16.1	0.2	15.6	0.3	n/a	n/a	17.8	0.5	n/a	n/a
5 - 10	16.1	0.1	15.7	0.1	16.9	0.2	17.8	0.3	16.1	0.7

**Exhibit B.29
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Cholesterol (mg)										
Ages 1 - 2	111.0	3.2	127.1	4.0	n/a	n/a	83.3	7.6	89.2	5.0
3	115.8	2.9	132.7	3.5	111.7	5.1	80.1	6.6	79.8	4.6
4	127.8	3.3	144.7	3.9	124.6	5.6	86.5	6.7	85.1	4.6
5	130.2	3.3	148.4	3.9	125.9	5.8	89.6	7.0	88.8	4.8
6 - 10	135.0	6.5	162.4	8.2	n/a	n/a	83.9	4.0	n/a	n/a
5 - 10	132.5	3.1	150.6	3.8	126.5	5.6	87.5	4.0	92.5	4.9
Sodium (mg)										
Ages 1 - 2	1317.8	15.2	1461.0	21.5	n/a	n/a	975.6	38.4	1115.3	59.3
3	1409.4	18.8	1556.3	17.1	1261.9	34.5	984.9	30.4	1149.7	57.7
4	1554.9	21.4	1688.6	18.9	1414.7	36.5	1071.8	34.6	1231.6	59.9
5	1602.8	20.7	1764.1	19.4	1439.8	39.4	1112.5	36.1	1292.6	62.9
6 - 10	1708.7	32.1	1893.1	42.7	n/a	n/a	1274.6	53.4	n/a	n/a
5 - 10	1623.9	17.7	1787.6	20.9	1451.7	43.9	1202.9	39.2	1310.8	61.8
Number of Providers (Unweighted)										
Ages 1 - 2	423		234		19		31		47	
3	996		319		259		82		89	
4	996		319		259		82		89	
5	996		319		259		82		89	
6 - 10	147		98		14		40		15	
5 - 10	1023		326		264		108		94	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.

Exhibit B.30

Mean Macronutrient, Cholesterol, and Sodium Content of Most Common Meal Combinations Offered by Age Group: Family Day Care Homes

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	31.1	0.4	30.4	0.4	n/a	n/a	33.9	1.1	n/a	n/a
3	31.0	0.4	30.2	0.4	n/a	n/a	33.7	0.8	29.6	0.7
4	31.2	0.4	30.5	0.5	n/a	n/a	34.1	0.8	30.1	0.8
5	30.9	0.4	30.3	0.4	n/a	n/a	33.6	0.8	29.8	0.7
6 - 10	31.1	0.6	32.2	0.6	n/a	n/a	32.0	1.0	n/a	n/a
5 - 10	31.0	0.4	30.4	0.5	n/a	n/a	32.6	0.9	29.8	0.8
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	13.4	0.2	13.1	0.2	n/a	n/a	14.6	0.4	n/a	n/a
3	13.1	0.2	12.8	0.3	n/a	n/a	14.2	0.4	11.4	0.5
4	13.2	0.2	13.0	0.3	n/a	n/a	14.4	0.4	11.7	0.5
5	13.1	0.2	12.9	0.3	n/a	n/a	14.2	0.4	11.5	0.5
6 - 10	12.9	0.3	13.5	0.3	n/a	n/a	12.9	0.6	n/a	n/a
5 - 10	13.0	0.2	12.9	0.3	n/a	n/a	13.3	0.5	11.7	0.5
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	54.7	0.4	56.0	0.4	n/a	n/a	50.3	1.1	n/a	n/a
3	54.7	0.4	56.0	0.4	n/a	n/a	49.8	0.9	56.2	0.9
4	54.3	0.4	55.5	0.4	n/a	n/a	49.0	0.9	55.3	0.8
5	54.9	0.4	56.0	0.4	n/a	n/a	49.9	0.9	56.0	0.8
6 - 10	54.7	0.5	54.1	0.5	n/a	n/a	51.9	0.8	n/a	n/a
5 - 10	54.8	0.3	55.9	0.5	n/a	n/a	51.3	0.9	56.0	0.9
Percent of Energy from Protein (%)										
Ages 1 - 2	16.1	0.1	15.6	0.2	n/a	n/a	17.6	0.4	n/a	n/a
3	16.2	0.1	15.7	0.1	n/a	n/a	18.2	0.4	16.2	0.8
4	16.3	0.1	16.0	0.1	n/a	n/a	18.5	0.5	16.6	0.9
5	16.2	0.1	15.8	0.1	n/a	n/a	18.3	0.4	16.4	0.8
6 - 10	16.2	0.2	15.7	0.4	n/a	n/a	17.8	0.5	n/a	n/a
5 - 10	16.2	0.1	15.8	0.2	n/a	n/a	17.9	0.3	16.3	0.8

Exhibit B.30
(continued)

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks		
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	
Cholesterol (mg)											
Ages 1 - 2	111.4	3.7	127.9	4.1	n/a	n/a	83.3	7.7	n/a	n/a	
3	116.8	3.8	133.4	3.6	n/a	n/a	81.3	7.2	78.3	5.1	
4	129.0	4.2	145.3	4.0	n/a	n/a	87.7	7.3	83.5	5.1	
5	131.4	4.3	149.1	4.0	n/a	n/a	90.9	7.7	87.1	5.3	
6 - 10	134.7	7.4	164.3	9.0	n/a	n/a	83.5	4.0	n/a	n/a	
5 - 10	133.9	4.0	151.3	3.9	n/a	n/a	87.9	4.4	90.9	5.2	
Sodium (mg)											
Ages 1 - 2	1312.6	16.9	1456.4	21.9	n/a	n/a	973.9	38.7	n/a	n/a	
3	1406.6	22.6	1548.4	17.4	n/a	n/a	974.8	34.3	1119.7	62.6	
4	1552.1	25.7	1680.3	19.3	n/a	n/a	1060.5	38.9	1199.5	65.0	
5	1600.5	25.0	1755.8	19.9	n/a	n/a	1102.6	40.6	1259.2	68.2	
6 - 10	1701.2	34.8	1878.6	46.0	n/a	n/a	1271.3	53.9	n/a	n/a	
5 - 10	1623.7	21.2	1779.0	21.7	n/a	n/a	1200.5	41.4	1276.5	65.9	
Number of Providers (Unweighted)											
Ages 1 - 2	202		139		4		28		18		
3	217		163		6		30		25		
4	217		163		6		30		25		
5	217		163		6		30		25		
6 - 10	92		57		4		33		4		
5 - 10	239		168		7		50		28		

n/a = Fewer than 25 providers offered this meal combination to this age group.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.

Exhibit B.31

Mean Macronutrient, Cholesterol, and Sodium Content of Most Common Meal Combinations Offered by Age Group: Head Start Centers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	32.9	0.8	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	30.9	0.3	31.9	0.6	32.0	0.6	33.1	0.5	30.5	0.7
4	31.2	0.3	32.2	0.6	32.1	0.6	33.6	0.5	31.1	0.7
5	30.9	0.3	31.9	0.6	31.8	0.6	33.1	0.5	30.6	0.7
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	30.9	0.3	31.9	0.6	31.8	0.6	33.0	0.5	30.6	0.7
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	14.3	0.4	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	12.8	0.2	13.2	0.3	13.3	0.3	13.4	0.4	12.6	0.4
4	12.9	0.2	13.4	0.3	13.4	0.3	13.7	0.4	12.9	0.4
5	12.8	0.2	13.2	0.3	13.3	0.3	13.5	0.4	12.7	0.4
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	12.8	0.2	13.2	0.3	13.3	0.3	13.5	0.4	12.7	0.4
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	52.2	0.8	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	54.6	0.2	54.0	0.7	52.4	0.6	52.3	0.5	56.3	0.7
4	54.2	0.3	53.4	0.7	52.2	0.6	51.5	0.5	55.4	0.7
5	54.7	0.3	54.0	0.7	52.7	0.6	52.2	0.5	56.1	0.7
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	54.7	0.3	54.0	0.7	52.7	0.6	52.3	0.5	56.1	0.7
Percent of Energy from Protein (%)										
Ages 1 - 2	16.8	0.3	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	16.3	0.1	15.8	0.3	17.3	0.2	16.5	0.3	15.4	0.2
4	16.5	0.1	16.1	0.3	17.3	0.2	16.7	0.3	15.7	0.2
5	16.3	0.1	15.9	0.3	17.2	0.2	16.6	0.3	15.5	0.2
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	16.3	0.1	15.9	0.3	17.2	0.2	16.6	0.3	15.5	0.2

**Exhibit B.31
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Cholesterol (mg)										
Ages 1 - 2	116.4	5.1	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	115.0	2.4	152.3	7.0	103.3	2.9	66.9	1.8	87.5	7.0
4	126.8	2.7	166.9	8.1	116.0	3.3	73.1	1.9	93.1	6.6
5	129.1	2.7	170.8	8.0	116.7	3.3	75.2	2.0	97.5	7.3
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	129.2	2.7	171.0	8.0	116.9	3.3	75.2	2.0	97.5	7.3
Sodium (mg)										
Ages 1 - 2	1341.2	36.6	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
3	1417.9	16.1	1712.7	30.0	1210.4	32.6	1041.2	18.4	1315.5	41.2
4	1562.6	18.3	1856.5	31.2	1363.8	36.2	1137.1	19.8	1404.7	43.9
5	1608.1	17.7	1935.0	32.8	1380.3	35.5	1165.5	20.6	1474.7	48.5
6 - 10	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	1609.4	17.7	1935.5	30.2	1387.7	38.7	1176.4	23.9	1474.7	48.5
Number of Providers (Unweighted)										
Ages 1 - 2	50		5		4		0		1	
3	527		42		232		43		26	
4	527		42		232		43		26	
5	527		42		232		43		26	
6 - 10	7		4		6		1		0	
5 - 10	527		42		235		44		26	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.

Exhibit B.32

Mean Macronutrient, Cholesterol, and Sodium Content of Most Common Meal Combinations Offered by Age Group: Child Care Centers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	31.0	0.4	29.4	0.5	n/a	n/a	n/a	n/a	31.4	0.8
3	30.9	0.3	29.5	0.4	n/a	n/a	n/a	n/a	31.1	0.5
4	31.1	0.3	29.8	0.4	n/a	n/a	n/a	n/a	31.7	0.5
5	30.8	0.3	29.6	0.4	n/a	n/a	n/a	n/a	31.3	0.5
6 - 10	31.4	0.6	30.3	0.6	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	30.9	0.4	29.6	0.4	n/a	n/a	n/a	n/a	31.5	0.6
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	13.1	0.2	12.5	0.3	n/a	n/a	n/a	n/a	12.9	0.4
3	13.0	0.1	12.4	0.2	n/a	n/a	n/a	n/a	12.4	0.2
4	13.1	0.1	12.6	0.2	n/a	n/a	n/a	n/a	12.7	0.2
5	13.0	0.1	12.4	0.2	n/a	n/a	n/a	n/a	12.5	0.2
6 - 10	13.0	0.4	12.7	0.2	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	13.0	0.1	12.5	0.2	n/a	n/a	n/a	n/a	12.7	0.2
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	55.4	0.3	57.7	0.6	n/a	n/a	n/a	n/a	55.5	1.0
3	55.2	0.3	57.4	0.5	n/a	n/a	n/a	n/a	55.8	0.6
4	54.8	0.3	56.8	0.5	n/a	n/a	n/a	n/a	54.9	0.6
5	55.3	0.3	57.3	0.4	n/a	n/a	n/a	n/a	55.5	0.6
6 - 10	54.7	0.7	56.8	0.5	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	55.2	0.3	57.2	0.4	n/a	n/a	n/a	n/a	55.2	0.6
Percent of Energy from Protein (%)										
Ages 1 - 2	15.4	0.1	14.9	0.1	n/a	n/a	n/a	n/a	15.1	0.4
3	15.7	0.2	15.0	0.2	n/a	n/a	n/a	n/a	14.9	0.3
4	15.9	0.2	15.3	0.2	n/a	n/a	n/a	n/a	15.2	0.3
5	15.7	0.2	15.1	0.2	n/a	n/a	n/a	n/a	15.1	0.3
6 - 10	15.7	0.2	14.8	0.1	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	15.7	0.1	15.1	0.1	n/a	n/a	n/a	n/a	15.2	0.3

**Exhibit B.32
(continued)**

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Cholesterol (mg)										
Ages 1 - 2	106.1	2.6	116.8	5.2	n/a	n/a	n/a	n/a	91.9	4.6
3	109.1	2.0	122.4	5.1	n/a	n/a	n/a	n/a	89.6	5.1
4	120.6	2.2	134.0	5.5	n/a	n/a	n/a	n/a	95.6	5.0
5	122.9	2.2	137.0	5.7	n/a	n/a	n/a	n/a	99.9	5.4
6 - 10	137.8	6.3	139.0	6.2	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	124.4	2.2	138.7	5.6	n/a	n/a	n/a	n/a	103.7	5.4
Sodium (mg)										
Ages 1 - 2	1366.1	17.7	1519.6	36.3	n/a	n/a	n/a	n/a	1292.1	34.5
3	1422.8	17.8	1631.8	32.2	n/a	n/a	n/a	n/a	1340.6	35.8
4	1568.7	20.2	1767.6	35.0	n/a	n/a	n/a	n/a	1436.8	38.8
5	1615.3	20.3	1842.4	35.4	n/a	n/a	n/a	n/a	1504.7	39.5
6 - 10	1824.9	22.7	2058.6	51.1	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	1635.3	18.9	1875.6	35.6	n/a	n/a	n/a	n/a	1544.3	35.2
Number of Providers (Unweighted)										
Ages 1 - 2	171		90		11		3		28	
3	252		114		21		9		38	
4	252		114		21		9		38	
5	252		114		21		9		38	
6 - 10	48		37		4		6		11	
5 - 10	257		116		22		14		40	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.

Exhibit B.33

Mean Macronutrient, Cholesterol, and Sodium Content of Most Common Meal Combinations Offered by Age Group: All Centers

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Percent of Energy from Fat (%)										
Ages 1 - 2	31.2	0.4	29.4	0.5	n/a	n/a	n/a	n/a	31.3	0.7
3	30.9	0.3	29.8	0.4	31.9	0.5	33.5	0.5	31.0	0.4
4	31.1	0.3	30.1	0.4	32.0	0.5	33.9	0.5	31.6	0.4
5	30.8	0.3	29.9	0.4	31.7	0.5	33.5	0.5	31.1	0.4
6 - 10	31.5	0.5	30.5	0.6	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	30.9	0.3	29.9	0.3	31.7	0.5	33.4	0.5	31.3	0.5
Percent of Energy from Saturated Fat (%)										
Ages 1 - 2	13.3	0.2	12.5	0.3	n/a	n/a	n/a	n/a	12.9	0.4
3	12.9	0.1	12.5	0.2	13.4	0.2	13.6	0.3	12.4	0.2
4	13.1	0.1	12.7	0.2	13.5	0.2	13.8	0.3	12.7	0.2
5	12.9	0.1	12.5	0.2	13.3	0.2	13.7	0.3	12.6	0.2
6 - 10	13.1	0.3	12.7	0.2	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	12.9	0.1	12.6	0.2	13.3	0.2	13.6	0.2	12.7	0.2
Percent of Energy from Carbohydrate (%)										
Ages 1 - 2	55.1	0.3	57.7	0.6	n/a	n/a	n/a	n/a	55.6	1.0
3	55.0	0.2	57.0	0.5	52.5	0.5	51.9	0.5	55.9	0.5
4	54.5	0.2	56.4	0.5	52.3	0.5	51.2	0.5	55.0	0.5
5	55.0	0.2	56.9	0.4	52.8	0.5	51.8	0.5	55.7	0.5
6 - 10	54.5	0.6	56.6	0.5	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	55.0	0.2	56.8	0.4	52.8	0.5	51.8	0.5	55.4	0.5
Percent of Energy from Protein (%)										
Ages 1 - 2	15.5	0.1	14.9	0.1	n/a	n/a	n/a	n/a	15.0	0.4
3	15.9	0.1	15.1	0.2	17.3	0.2	16.4	0.3	15.0	0.3
4	16.1	0.1	15.4	0.2	17.3	0.2	16.7	0.3	15.3	0.3
5	16.0	0.1	15.2	0.1	17.2	0.2	16.6	0.3	15.2	0.3
6 - 10	15.8	0.1	14.8	0.1	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	16.0	0.1	15.2	0.1	17.2	0.2	16.6	0.2	15.2	0.2

Exhibit B.33
(continued)

	Breakfast, Lunch, and One Snack		Breakfast, Lunch, and Two Snacks		Breakfast and Lunch		Lunch and One Snack		Lunch and Two Snacks	
	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err	Mean	Std Err
Cholesterol (mg)										
Ages 1 - 2	107.0	2.4	117.0	5.3	n/a	n/a	n/a	n/a	91.6	4.6
3	111.4	1.5	126.0	4.8	103.0	3.0	70.0	2.7	89.2	4.2
4	123.1	1.7	138.0	5.2	115.5	3.3	76.4	2.8	95.2	4.1
5	125.4	1.7	141.1	5.4	116.3	3.3	78.5	2.9	99.4	4.4
6 - 10	138.5	5.7	141.0	6.7	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	126.3	1.7	142.6	5.3	117.1	3.3	82.2	2.3	102.5	4.5
Sodium (mg)										
Ages 1 - 2	1363.8	17.6	1521.9	36.3	n/a	n/a	n/a	n/a	1294.2	34.5
3	1420.9	12.4	1641.6	29.3	1206.8	29.8	1067.5	31.2	1335.7	28.6
4	1566.2	14.3	1778.4	31.9	1358.2	33.4	1164.8	33.8	1430.6	30.7
5	1612.4	14.0	1853.6	32.2	1376.4	32.5	1194.3	33.7	1498.9	31.8
6 - 10	1825.6	20.8	2058.3	48.6	n/a	n/a	n/a	n/a	n/a	n/a
5 - 10	1625.0	13.3	1882.7	31.9	1390.2	38.1	1232.1	32.3	1531.6	26.3
Number of Providers (Unweighted)										
Ages 1 - 2	221		95		15		3		29	
3	779		156		253		52		64	
4	779		156		253		52		64	
5	779		156		253		52		64	
6 - 10	55		41		10		7		11	
5 - 10	784		158		257		58		66	

n/a = Fewer than 25 providers offered this meal combination to this age group.

Note: Aggregation across age groups has been limited to menus offered to five-year-olds and six- to ten-year-olds because *Dietary Guidelines* and NRC recommendations for these nutrients are applicable only to children five years of age and older. See Chapter Two for a discussion of *Dietary Guidelines* and NRC recommendations.