

Creditable Foods for Infants in the CACFP

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Bread	X		Bread, including dry bread, toast, biscuits, bagels, English muffins, pita bread, rolls, and soft tortillas, may be claimed in supplements for infants 6-11 months of age. Bread must be made from whole-grain, bran, germ, and/or enriched meal or flour to be creditable. Bread should not contain nuts, seeds, or hard pieces of whole grain kernels.	
Breastmilk	X		Breast milk is a creditable meal component for infants birth through 11 months.	Breast milk is the best food for all infants. It provides energy and all important nutrients in appropriate amounts for infants.
Cereal (ready-to-eat)	X		Ready to eat cereals are creditable for snacks served to infants ages 6 through 11 months.	Ready to eat cereals must contain no more than 6 grams of sugar per dry ounce.
Cereal (hot, cooked)		X		Iron and other nutrients in “adult” cereals are provided to meet the needs of older children and adults rather than infants. Raisins and nuts in “adult” cereals may cause choking.
Cereal, infant with fruit		X	It is difficult to determine the amount of cereal and fruit.	
Cereal, iron-fortified infant	X		Iron-fortified dry cereals specially formulated and recognized for infants are creditable.	The iron in iron-fortified infant cereals is designed to be easily absorbed by infants.
Cheese (natural cheese, cottage cheese, cheese food, cheese spread)	X		Natural cheese, cottage cheese, cheese food and cheese spread may be claimed when served at lunch or supper to infants 6-11 months of age.	
Cheese Food		X		These products contain high amounts of sodium.
Cheese Spreads		X		These products contain high amounts of sodium.
Chocolate		X	Chocolate should not be served to children under one year of age as it may cause allergic reactions.	
Combination Dinners/Foods, commercial baby food		X	The amount of each component in combination meals is difficult to determine. After measuring the appropriate amount of each item, plain meats may be mixed with vegetables.	Commercial, combination baby food dinners/foods have less nutritional value by weight than single ingredient foods.
Crackers	X		Crackers, including saltine, snack, or matzo crackers, animal crackers and graham crackers, may be credited as snack only when served to developmentally ready infants 6-11 months of age. Crackers must be made from whole-grain, bran, germ and/or enriched meal or flour. Crackers should not contain nuts, seeds, or hard pieces of whole grain kernels or honey.	
Desserts, baby food		X		Desserts may be high in sugar and/or fat and often contain less of the key nutrients needed by infants.

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Egg White	X			
Egg Yolk	X		Egg yolk may be claimed when served at breakfast, lunch or supper to 6-11 month old infants.	
Fish Sticks		X	Fish sticks and other commercial breaded or battered fish or seafood products are not intended for infant consumption. These foods may cause choking.	
Formula, follow-up	X		Follow-up formulas are designed for older infants or toddlers consuming solid foods. Follow-up formulas are creditable when served to infants 6 months of age or older. Follow-up formulas are not creditable when served to infants less than 6 months of age, except when served as substitutions supported by a medical statement.	
Formula, iron-fortified or with iron	X		<p>Iron-fortified infant formulas, including soy-based formulas, may be served.</p> <p>Iron-fortified formula recommended by the infant's health care provider should be served.</p> <p>The American Academy of Pediatrics recommends that, during the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula and that low-iron formulas not be used.</p>	Iron-fortified infant formula contains 1 milligram or more of iron in a quantity of product that supplies 100 kilocalories when prepared in accordance with label directions for infant consumption. The amount of iron in a product is specified on the label.
Formula, low-iron		X	Only iron-fortified infant formula is creditable without a medical statement from a licensed health professional.	Low-iron formulas contain less than 1 milligram of iron per 100 kilocalories of formula. Infants need to receive an adequate amount of iron in the first year to maintain health.
Formula, powdered	-	-	Powdered infant formula may or may not be creditable in some States due to State licensing regulations.	
Fruit	X		Raw fruits may cause choking if not prepared (cooked, if necessary, and/or pureed or mashed) to the appropriate texture for an infant. Plain commercial baby food fruits may be served..	
Fruit and Vegetable Juice Blend		X	Fruit and vegetable juice blends are not creditable for infants.	
Fruit Drink		X	Fruit drinks are not creditable.	Fruit drinks are high in sugar.

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Fruit Juice		X	Fruit juice should not be served to infants.	
Fruit Punch		X	Fruit punch is not creditable.	Fruit punch is high in sugar.
Home-Canned Infant Foods		X	Home-canned infant foods should not be served due to the risk of food borne illness.	
Honey		X	Honey (including that cooked or baked in products such as honey graham crackers) should not be served to infants less than one year of age. Honey is sometimes contaminated with <i>Clostridium botulinum</i> spores. If these spores are ingested by a baby, they can produce a toxin, which may cause severe foodborne illness called infant botulism.	
Hot Dogs (frankfurters)		X	Hot dogs are not intended for infant consumption. Hot dogs may cause choking.	
Juice		X		
Legumes (dry or canned beans and peas)	X		Cooked dry beans and dry peas may be claimed when served at lunch or supper to infants 6-11 months of age. Dried or canned legumes should be prepared (mashed or pureed) to the appropriate texture for infants. Whole cooked legumes may cause choking in infants.	
Meat	X		Plain commercial baby food meats may be claimed when served at lunch or supper to infants 6-11 months of age. Fresh or frozen meats should be cooked thoroughly and then prepared (pureed, ground, or finely chopped) to the appropriate texture for infants.	Meats are an excellent source of protein, riboflavin, niacin, vitamin B6, copper, and other nutrients.
Meat Sticks (finger sticks)		X	Meat sticks are not intended for infant consumption. Meat sticks may cause choking.	
Milk, low-fat (1% or light)		X	Low-fat milk is not creditable for infants.	Low-fat milk should not be served to infants. Babies need adequate amounts of fat for normal growth and development.
Milk, nonfat (fat free or skim)		X	Nonfat milk is not creditable for infants.	Nonfat milk should not be served to infants. Babies need adequate amounts of fat for normal growth and development.

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Milk, reduced fat (2%)		X	Reduced fat milk is not creditable for infants.	Reduced fat milk should not be served to infants. Babies need adequate amounts of fat for normal growth and development.
Milk, whole		X	The only creditable alternative to breast milk is iron-fortified infant formula. Whole cow's milk is not creditable for infants.	Whole milk, unlike breast milk and formula, does not contain all nutrients needed for an infant's growth and development. Also, whole milk can place stress on an infant's kidneys, cause allergic reactions, and cause blood loss through the intestines, which can lead to iron deficiency anemia.
Nuts		X	Nuts, seeds, and nut and/or seed butters may cause choking or an allergic reaction and should never be served to infants.	
Peanut Butter		X	Peanut butter should not be served to children less than 1 year of age because it may cause choking or an allergic reaction.	
Shellfish	X			
Soy Formula	X		See: Formula, iron-fortified or with iron.	
Vegetables	X		Plain commercial baby food vegetables may be served. Fresh or frozen vegetables should be cooked and then prepared (pureed or mashed) to the appropriate texture for infants. Raw vegetables are not recommended for infants because they may cause choking.	
Vegetable Juice		X		
Yogurt	X			Yogurt must contain no more than 23 grams of sugar per 6 ounce serving.
Zwieback	X		See: Crackers	