



Foods For Infants

This is a list of common creditable and non-creditable foods for the CACFP infant meal pattern.
 For questions about foods not on this list, contact your [assigned consultant](#).

INFANT FORMULA

FOOD	CREDITABLE	NON-CREDITABLE (DO NOT SERVE)
Formula	<ul style="list-style-type: none"> ✓ Iron-fortified infant formula (milk-based or soy-based) <ul style="list-style-type: none"> ○ Must be labeled as “iron-fortified,” “infant formula with iron,” or other statement on the front of the package ○ Must contain 1 milligram (mg) or more of iron per 100 calories. Mgs of iron are on the Nutrition Facts Label. ✓ Regulated by FDA ✓ Sold in the United States (includes imported formula) 	<ul style="list-style-type: none"> x Cow’s milk; non-dairy beverages x FDA exempt formula (only creditable when supported with a medical statement for a disability) x Formula purchased outside the United States x Low iron infant formula

INFANT CEREAL AND BABY FOODS

Food	CREDITABLE	NON-CREDITABLE (DO NOT SERVE)
Infant Cereal	<ul style="list-style-type: none"> ✓ Iron-fortified infant cereal (IFIC) ✓ Includes single-grain (ex. rice, wheat, barley, oat) and mixed-grain varieties 	<ul style="list-style-type: none"> x Grain items (i.e., bread, pancakes, waffles, muffins) cannot be served in place of IFIC at breakfast, lunch, and supper x Hot cereals for older children (farina, grits, regular oatmeal, steel cut oats) x Ready-to-eat cereals (ex. Cheerios) x Infant cereal that is not iron-fortified x Infant cereal served in a bottle x Iron-fortified infant cereal that contains fruit, vegetables, and meat alternates such as banana, apple, carrots, and chia seeds x Jarred “wet” infant cereals
Store-Bought Fruits and Vegetables (Baby Food)	<ul style="list-style-type: none"> ✓ Single fruit or vegetable (fruit or vegetable as 1st ingredient) ✓ Mixed fruits and/or vegetables (e.g., squash banana) with a fruit or vegetable as the 1st ingredient ✓ Water, broth, and vitamins may be additional ingredients ✓ Store-bought combination infant foods: <i>Crediting documentation is required. See the last page of this document.</i> 	<ul style="list-style-type: none"> x Baby food desserts such as cobblers, custard, fruit desserts or puddings with fruit
Store-Bought Meats (Baby Food)	<ul style="list-style-type: none"> ✓ Meat or poultry is the first ingredient, gravy and broth are allowable ingredients ✓ Store-bought combination infant foods: <i>Crediting documentation is required. See the last page of this document.</i> 	Meats/meat alternates are not a component at snacks in the CACFP infant meal pattern.



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TABLE FOODS

FOOD	CREDITABLE	NON-CREDITABLE (DO NOT SERVE)
<p>Meats and Meat Alternates (Table Food)</p> <p><i>May be served in place of iron-fortified infant cereal at breakfast and lunch/supper.</i></p> <p>Not a component at snacks in the CACFP infant meal pattern.</p>	<ul style="list-style-type: none"> ✓ Meats and poultry (beef, pork, lamb, veal, chicken, and turkey) cooked, mashed, pureed, or diced as needed to obtain appropriate texture ✓ Cheese, pasteurized (natural, shredded) ✓ Cottage cheese ✓ Cooked dry beans, peas, and lentils, including black beans, pinto beans, chickpeas, and soybeans (edamame); When served as the meats/meat alternates, it cannot be served and credited as the vegetable in the same meal ✓ Fin fish and shellfish, including salmon, trout, flounder, cod, haddock, perch, tilapia, crab, shrimp, and other fish and shellfish; Must be purchased commercially; Remove any bones or shells and modify the texture as appropriate ✓ Processed meats and poultry such as chicken nuggets, hot dogs, fish sticks, and infant meat and poultry sticks (not dried or semi-dried nor jerky) are allowed but not recommended ✓ Store-bought combination infant foods: <i>Crediting documentation is required. See the last page of this document.</i> ✓ Tofu (commercially prepared; must contain at least 5 grams of protein per 2.2 ounce (¼ cup) by weight) ✓ Tempeh (cook to soften and cut into appropriate size and shape) ✓ Yogurt (regular and soy; no more than 12 grams of added sugars per 6 ounces) ✓ Whole eggs (shell eggs or liquid pasteurized whole eggs) 	<ul style="list-style-type: none"> x Cheese spread & substitutes, cheese food & substitutes, imitation cheese, cream cheese, and cheese product x Egg whites or egg yolks (only whole eggs are creditable) x Fish, home caught: Only creditable if it meets State or local public health policies regarding food safety x Foods deep-fat fried on-site x Green peas (not a meat alternate) x Home-canned meats/meat alternates x Peanut butter, other nut/seed butters x Nuts and seeds x Noncommercial tofu x Soy products and other plant-based meats unless a Child Nutrition (CN) label or Product Formulation Statement (PFS) is on file that credits the item to Child Nutrition Programs x Yogurt products such as frozen yogurt, drinkable or liquid yogurt products, yogurt smoothies, homemade yogurt, yogurt flavored products, yogurt bars, and freeze-dried yogurt snacks (includes yogurt melts)
<p>Whole Fruits and Vegetables (Table Food)</p>	<ul style="list-style-type: none"> ✓ All vegetables and fruits (fresh, frozen, and canned) cooked, mashed, pureed, or diced as needed to obtain appropriate texture ✓ Cooked dry beans, peas, and lentils, including black beans, pinto beans, chickpeas, and soybeans (edamame); When served as the vegetable, it cannot be served and credited as the meats/meat alternates in the same meal ✓ Store-bought combination infant foods: <i>Crediting documentation is required. See the last page of this document.</i> 	<ul style="list-style-type: none"> x Freeze-dried fruit & vegetable snacks x Fruit and vegetable juice, drinks, punch x Fruit or vegetable snacks (e.g., 100% fruit strips or leather, fruit drops, fruit/veg melts or other snack-type products) x Foods deep-fat fried onsite x Home-canned fruits or vegetables



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GRAINS (CREDITABLE AT SNACK ONLY)

Grains must be made from whole grain or enriched meal or flour or be fortified. A whole grain-rich item is not required for infants.

FOOD	CREDITABLE	NON-CREDITABLE (DO NOT SERVE)
<p>Grains</p> <p><i>Grain items are only creditable at snacks.</i></p> <p>Grains are not a component at breakfast, lunch, or supper in the CACFP infant meal pattern.</p>	<ul style="list-style-type: none"> ✓ Bagels ✓ Biscuits ✓ Breads (strips or small pieces of dry bread or toast) ✓ Cereal, ready-to-eat such as flakes, rounds, and o-shaped cereals <ul style="list-style-type: none"> ○ Choose cereals that dissolve easily in the mouth and do not include nuts, dried fruits, or other hard food items ○ No more than 6 grams of added sugars per dry ounce ✓ Corn muffins, corn bread, small pieces ✓ Crackers, small pieces without seeds, nuts, or whole grain kernels <ul style="list-style-type: none"> ○ Animal crackers, graham crackers, rounds, ovals, squares, Saltines, small fish-shaped ✓ Croissants ✓ English muffins, small pieces ✓ Pancakes and waffles ✓ Pita bread ✓ Pizza crust ✓ Pretzel, soft ✓ Puff cereal snack <ul style="list-style-type: none"> ○ Must be recognizable as a ready-to-eat cereal; it should easily dissolve in an infant's mouth and should not contain nuts, seeds, or hard pieces that can cause choking ○ No more than 6 grams of added sugars per dry ounce ✓ Puff snacks, ex. Gerber Lil' Crunches ✓ Rolls, small pieces ✓ Soft tortillas and soft pita bread, small pieces ✓ Teething crackers, biscuits, and toasts 	<ul style="list-style-type: none"> x Baby grain items that are not made from whole grain or enriched meal or flour, or are not fortified x Cooked grains such as rice, quinoa, and pasta x Grain-based desserts such as cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies, including baby food varieties of these items x Grain-free items such as grain-free puffs and grain-free crackers x Hot cereals for older children (farina, grits, regular oatmeal, steel cut oats) <p>The following items are creditable foods, however, are not recommended for infants due to choking risks:</p> <ul style="list-style-type: none"> x Cereals that include nuts, dried fruits, or other hard food items x Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries x Popcorn x Pretzels, hard



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ADDITIONAL INFORMATION

Choking Prevention	<p>Many creditable items are not recommended to be served to infants due to being a choking risk. Be familiar with foods that pose higher choking risks and know how to prepare foods in the appropriate size, consistency, texture, and shape that will allow infants and young children to eat and swallow easily. See Common Foods That Cause Choking in Infants and Young Children and How to Modify and tips below:</p> <ul style="list-style-type: none">✓ Avoid serving foods that are as wide around as a nickel✓ Cut grapes, cherries, berries, melon balls and tomatoes into quarters✓ Grate or thinly sliced cheese✓ Cook foods until soft enough to pierce with a fork✓ Mash, puree or cut soft food into appropriate textures and sizes (i.e. thin slices or small pieces) per each infant's development
Honey and Foods that Contain Honey	<p>Honey and foods that contain honey should never be fed to babies less than one year of age. Honey may contain substances that can cause infant botulism, a serious type of food related illness that can make a baby very sick. Honey should not be added to food, water, or formula that is fed to babies, or used as an ingredient in cooking or baking (e.g., yogurt with honey, entrées and baked goods that contain honey). This also applies to commercially prepared foods such as cereals sweetened with honey or honey graham.</p>
Store-bought Combination Infant Foods	<p>These items are foods that include a mixture of two or more components, such as meat and vegetables. This is not limited to purees.</p> <p>These foods are creditable only when the following documentation is on file to show the amount of each component in the food item:</p> <ul style="list-style-type: none">• Information on a food item's product label (ex. the label specifies the item contains 2 Tablespoons fruit and 3 Tablespoons meat) OR• Child Nutrition (CN) Label or Product Formulation Statement <p>Documentation must be maintained on file to support infant meals claimed for the current federal fiscal year plus three federal fiscal years.</p> <p>Additional foods will need to be served if the amount of each component in the food item is not the minimum amount required per the CACFP infant meal pattern and according to the infant's developmental readiness.</p>

