

# Feeding Our Children's Future

## Healthy Children's Meal Checklist

At least 2 options from different columns			One option
<p style="text-align: center;"><b><u>Grain</u></b></p> <p><input type="checkbox"/> 51% or more of whole grain ingredients by weight</p> <p><input type="checkbox"/> Whole grains listed as the first ingredient</p>	<p style="text-align: center;"><b><u>Fruits / Vegetables*</u></b></p> <p>¼ cup or more:</p> <p><input type="checkbox"/> Fruit</p> <p><input type="checkbox"/> Vegetables</p> <p>*Unfried. Excludes juice, condiments, or spreads</p>	<p style="text-align: center;"><b><u>Protein</u></b></p> <p>10% or less of saturated fat</p> <p>1 ounce or more:</p> <p><input type="checkbox"/> Lean meat</p> <p><input type="checkbox"/> Seafood</p> <p><input type="checkbox"/> Nuts</p> <p><input type="checkbox"/> Seeds</p> <p><input type="checkbox"/> Beans</p> <p><input type="checkbox"/> Peas</p> <p><input type="checkbox"/> 1 egg</p> <p>½ cup:</p> <p><input type="checkbox"/> Nonfat milk</p> <p><input type="checkbox"/> 1% milk</p> <p><input type="checkbox"/> Low-fat yogurt</p> <p>1 ounce:</p> <p><input type="checkbox"/> Reduced fat cheese</p> <p><input type="checkbox"/> Plant based, non-dairy alternative that contains the same amount of protein or more protein than an item above AND is fortified with calcium and vitamin D</p>	<p style="text-align: center;"><b><u>Beverages*</u></b></p> <p><input type="checkbox"/> Water</p> <p><input type="checkbox"/> Sparkling water</p> <p>8 oz or less:</p> <p><input type="checkbox"/> Unflavored nonfat milk</p> <p><input type="checkbox"/> Unflavored 1% milk</p> <p><input type="checkbox"/> Non-dairy equivalent</p> <p><input type="checkbox"/> 100% fruit juice</p> <p><input type="checkbox"/> 100% vegetable juice</p> <p><input type="checkbox"/> Combination of 100% fruit &amp; vegetable juice</p> <p><input type="checkbox"/> Combination of 100% fruit &amp; vegetable juice with water or sparkling water</p> <p>*No added natural or artificial sweeteners</p>

<b><u>Nutrition Requirements</u></b>	
<b>Calories</b>	<b>≤ 600 kcal</b>
Total Sugars (kcal)	≤ 35% of total calories
Fat (kcal)	≤ 35% of total calories
Saturated Fat (kcal)	≤ 10% of total calories
<b>Trans Fat (g)</b>	<b>≤ 0.5 g</b>
<b>Sodium (mg)</b>	<b>≤ 700 mg</b>