Is it a Grain-Based Dessert? Perception Counts!



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

Grain-Based Desserts

GBDs are not creditable in the CACFP. This includes both store-bought and homemade items. Even items made from scratch with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable.

Grain-Based Desserts	
Brownies	Ice cream cones
Cake, including coffee cake and cupcakes	Pie crusts of dessert pies, cobblers, and fruit turnovers
Cereal bars, breakfast bars, granola bars,	Sweet biscotti/scones with fruits, chocolate, icing, etc.
marshmallow cereal treats	Sweet bread pudding and rice pudding
Cookies, including vanilla wafers and fruit-	Sweet croissants, such as chocolate-filled
filled rolls/bars/cookies (i.e. fig)	Sweet pita chips, such as cinnamon-sugar flavored
Doughnuts	Sweet rolls, including cinnamon rolls
Gingerbread	Toaster pastries

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

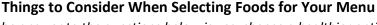
- Shaped like a cookie?
- Shaped like a bar (breakfast, cereal, or granola bar)?

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



Sweetened Food Items

Programs are discouraged from serving creditable foods that contain sweet ingredients, as they are perceived as a sweet treat. Instead, purchase or prepare healthier alternatives.



If the answer to the questions below is yes, choose a healthier option

Does the food item contain:	Is the food item:
 Candy pieces? Jam, fruit puree, or custard fillings? Marshmallows? Flavored chips (chocolate, caramel, 	 Dessert-flavored (chocolate, caramel, butterscotch, etc.)? Coated with dessert-flavored coatings or toppings (cocoa, caramel, cinnamon-sugar, powdered sugar, glazes, etc.)? Iced or frosted?
white chocolate, strawberry, butterscotch, peanut butter, etc.)?	 Covered with sprinkles, jimmies, or other sweet garnishes? A sweetened and/or dessert-flavored cereal snack food? A cereal/trail mix with sweetened cereal and/or candy pieces?