

# 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, marshmallow cereal treats	Sweet biscotti/scones with fruits, chocolate, icing, etc.
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet bread pudding and rice pudding
	Sweet croissants, such as chocolate-filled
Doughnuts	Sweet pita chips, such as cinnamon-sugar flavored
Gingerbread	Sweet rolls, including cinnamon rolls
	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.

#### Things to Consider When Selecting Foods for Your Menu

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

Does the food item contain:	Is the food item:
<ul style="list-style-type: none"> <li>• Candy pieces?</li> <li>• Jam, fruit puree, or custard fillings?</li> <li>• Marshmallows?</li> <li>• Flavored chips (chocolate, caramel, white chocolate, strawberry, butterscotch, peanut butter, etc.)?</li> </ul>	<ul style="list-style-type: none"> <li>• Dessert-flavored (chocolate, caramel, butterscotch, etc.)?</li> <li>• Coated with dessert-flavored coatings or toppings (cocoa, caramel, cinnamon-sugar, powdered sugar, glazes, etc.)?</li> <li>• Iced or frosted?</li> <li>• Covered with sprinkles, jimmies, or other sweet garnishes?</li> <li>• A sweetened and/or dessert-flavored cereal snack food?</li> <li>• A cereal/trail mix with sweetened cereal and/or candy pieces?</li> </ul>

**Not sure if an item is a GBD?** Contact your assigned [Consultant](#).