Foods for Infants

This is a list of common creditable and not creditable foods for the infant meal pattern.
For questions about food(s) not on this list, contact your assigned consultant.

Infant Cereal

Creditable	Not Creditable (do not serve)
✓ Iron-fortified (rice, wheat, barley, oat, multigrain) Single grain and multiple-grains	× Not iron-fortified
	× Dry cereal, containing fruit (ex. banana, apple)
	× Jarred "wet" infant cereals
	× Infant cereal served in a bottle
	× Cereals for older children and adults (ready-to-eat cereal, enriched farina, regular oatmeal, and corn grits) are not a creditable substitute for infant cereal

Store-bought Fruits and Vegetables (Baby Food)

Creditable	Not Creditable (do not serve)
✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient	× Water is first ingredient
✓ Multiple fruits and/or vegetables (ex. squash banana) with a fruit or vegetable as the first ingredient	× Jarred cereal, desserts, or puddings with fruit, including those that list fruit as the first ingredient
	× Infant combination dinners, entrees, or meals with multiple **component** ingredients (ex. roasted vegetable chicken dinner or lasagna dinner) unless the product's label includes volume information that credits one or more food components

INGREDIENTS: PEARS, ZUCCHINI, CORN, WATER, VITAMIN C (ASCORBIC ACID).

Store-bought Meat & Meat Alternates (Baby Food)

Creditable	Not Creditable (do not serve)
✓ Meat or poultry is first ingredient	× Infant combination dinners, entrees, or meals with multiple **component** ingredients (ex. turkey rice dinner or chicken noodle dinner) unless the product's label includes volume information that credits one or more food components
✓ Gravy and broth are ok	

INGREDIENTS: GROUND TURKEY, WATER, CORNSTARCH

Rev. 3/2020

Meats & Meat Alternates (Table Food)

Creditable	Not Creditable (do not serve)
✓ Meat, fish, poultry (cooked, mashed, pureed, or diced as needed to obtain appropriate texture and consistency)	× Cheese spread and cheese food
✓ Processed meats and poultry such as chicken nuggets, hot dogs, fish sticks, sausage, and infant meat and poultry sticks (not dried or semi-dried, not jerky), are allowed but not recommended. Prepare them in a way to reduce choking.	× Peanut butter and other nut or seed butters
✓ Cooked dry beans or cooked dry peas	× Nuts and seeds
✓ Cheese (natural, shredded), cottage cheese	× Tofu
✓ Whole eggs	× Soy yogurt
✓ Yogurt (no more than 23 grams of sugar per 6 ounces)	× Foods deep-fat fried on-site
	× Home canned foods
	× Freeze-dried yogurt snacks

Whole Fruits and Vegetables (Table Food)

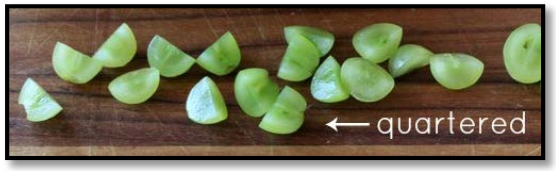
Creditable	Not Creditable (do not serve)
✓ Fresh, frozen or canned (cooked, mashed, pureed, or diced as needed to obtain appropriate texture and consistency)	× Juice
	× Fruit snacks (ex.100% fruit strips or fruit leather, freeze-dried fruit snacks, fruit drops, or other snack-type products)
	× Foods deep-fat fried on-site
	× Home canned foods

The following are not recommended due to being a choking risk:

- × Raw vegetables (i.e. green peas, string beans, celery, carrot)
- × Cooked or raw whole corn kernels
- × Whole pieces of canned fruit
- × Hard pieces of raw fruit such as apple, pear, melon
- × Whole grapes, berries, cherries, melon balls, or cherry/grape tomatoes
- × Uncooked dried fruit (including raisins)

Practice Choking Prevention

- ✓ Avoid serving foods that are as wide around as a nickel
- ✓ Cut grapes, cherries, berries, melon balls and tomatoes into quarters
- ✓ Grate or thinly slice cheese
- ✓ Cook foods until soft enough to pierce with a fork
- ✓ Mash, puree or cut soft food into appropriate texture and size (i.e. thin slices or small pieces) per infant's development



Creditable at snack only

Grains:

Grains must be made from whole-grain or enriched meal or flour, or be fortified
Must be made without nuts, seeds or hard pieces of whole grain kernels

Creditable

✓ Bread
- Breads, strips or small pieces of dry bread or toast
- Bagels
- Biscuits
- English muffins
- Muffins
- Pancakes, waffles
- Pita bread
- Rolls
- Soft tortillas, soft pretzels
- Teething biscuits

✓ Crackers
- Saltines
- Rounds, ovals, squares
- Small fish shaped
- Graham and animal crackers

✓ Ready-to-eat breakfast cereal & infant puffs
- No more than 6 grams of sugar per dry ounce

Not Creditable (do not serve)

× "Adult" hot cereals, including oatmeal, grits, and farina

× Grain Based Desserts, including:
- Cake, cupcakes, brownies
- Cereal bars, breakfast bars, granola bars
- Cookies, including vanilla wafers
- Sweet rolls, Toaster pastries, doughnuts
- Sweet bread pudding and rice pudding

<u>The following are not recommended due to being a choking risk:</u>

× Popcorn
× Pretzels
× Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries
× Whole kernels of cooked rice, barley, or wheat (these should be finely ground or mashed before feeding to infants)

Honey, and **foods that contain honey**, should never be fed to babies less than 1 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 crackers.