

The Food Program is MOO-VING to LOW FAT MILK!

Start now to help kids 2 years and older transition to low fat milk.
All day care homes/centers must be in compliance by October 1, 2011.

Serve LOW FAT milk to children age 2 and over.



LOW FAT MILK

- fat free (skim) milk
- low fat (1%) milk
- fat free or low fat:
 - lactose free milk
 - buttermilk
 - acidified milk
 - flavored milk (ex. chocolate)
 - goat's milk



Serve HIGH FAT milk to 1 year old children.

1 year olds need fat for growth and brain development.



HIGH FAT MILK

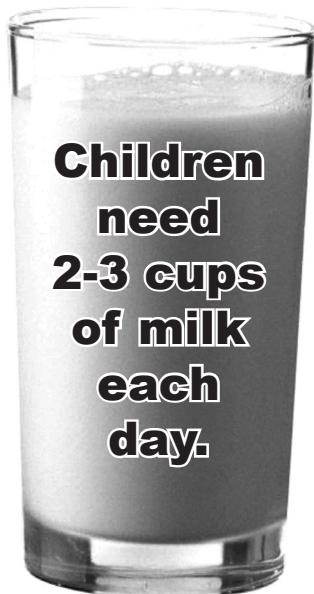
- whole (3.5%) milk
- whole:
 - lactose free milk
 - buttermilk
 - acidified milk
 - flavored milk (ex. chocolate)
 - goat's milk

The American Academy of Pediatrics recommends:

- **whole milk** for most 1 year olds.
- **2% milk** for 1 year olds who are at risk for being overweight.

Day Care Centers must serve whole milk to 1 year olds to meet DCFS regulations.

Fat in one day's supply of milk:



Fat Free Milk

1 cup = up to 0.5 gram fat



1/3 teaspoon fat each day

Low Fat Milk

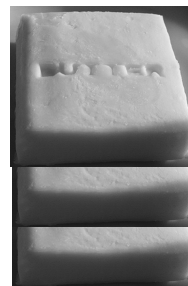
1 cup = 2.5 grams fat



1 1/2 teaspoons fat each day

Reduced Fat Milk

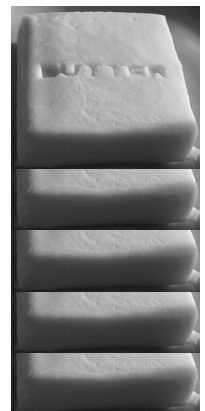
1 cup = 5 grams fat



3 teaspoons fat each day

Whole Milk

1 cup = 8 grams fat



5 teaspoons fat each day

Switching to low fat milk can help prevent children from becoming overweight or obese.

About Non-Dairy Milk

Non-Dairy Milk can now be served with a parent request.



1. The parent/guardian must fill out a Non-Dairy Milk Request Form. The form must state the special dietary need (ex. vegan, religious, cultural, or ethical reasons). Visit daycareresources.org or call (309)-263-0701 to obtain a copy.
2. When using a Non-Dairy Milk Request Form, **the day care provider/facility is responsible for buying and serving the Non-Dairy Milk** in order to claim meals and snacks for that child.
3. Attach a nutrition label or printout to the form that proves the Non-Dairy Milk meets these USDA requirements:

Nutrient	Amount	% Daily Value (DV)
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	0.44 mg	26%
Vitamin B-12	1.1 mcg	18%

✓
**Meets
USDA
Requirements**

This Non-Dairy Milk meets these guidelines:
(according to 6/2011 manufacturer information)

- 8th Continent Original Soy Milk - plain and vanilla flavors
- Day Care Resources, Inc. does not endorse any brand or product. Product names are given for example only.*

4. Send one copy of the Non-Dairy Milk Request Form to the office. Keep a copy for your records. A copy must be available to your monitor during a visit.

Example:
8th Continent Original Soy Milk

Nutrition Facts
Serving Size 1 cup (8 fl oz) 240mL
Servings Per Container About 8

Amount Per Serving	
Calories	80
Calories from Fat	20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 95mg	4%
✓ Potassium 360mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
✓ Protein 8g	16%
✓ Vitamin A 10%	• Vitamin C 0%
✓ Calcium 30%	• Iron 6%
✓ Vitamin D 25%	• Riboflavin 30%
✓ Vitamin B ₁₂ 20%	• Phosphorus 25%
✓ Magnesium 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Substitutions for Medical Reasons

If substitutions are **required** for **medical reasons**, the child's doctor must fill out a Special Diet Medical Form (found in the "Forms" section of your Guidebook). This form must state the child's medical condition, the food(s) to be avoided and what foods to serve instead. When a Special Diet Medical form is on file at Day Care Resources, **parents can provide foods for that child**. In order to be reimbursed, the day care must provide at least one of the required foods at each meal or snack.

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