Nutrition Guidelines for Parents

While at the child care center, your child receives meals and snacks that are healthy and well-balanced. If you decide to send food or drinks to the center, please be sure to send healthy choices. More information is below.

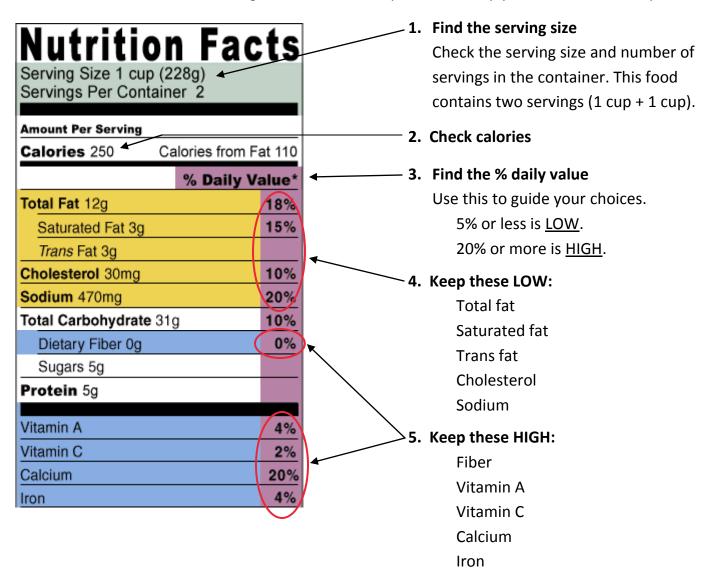
| How often → | Everyday | Sometimes | Never |
|---------------------|---|---|---|
| Beverages | No sugar added: Water, low-fat (1%) or non- fat milk for children over 2 years old | 100% juice, no more than 4oz a day | Sugary drinks and soft drinks such as soda, fruit punches, sweetened fruit drinks, sweetened teas |
| Vegetables | Any cooked/raw vegetables: Carrots, peppers, tomatoes, broccoli, cucumbers, salad greens, celery, squash, beets | Tomato juice or sauce; 100% vegetable juice, no more than 4oz a day | Deep-fried vegetables, vegetables covered in salad dressing |
| Fruits | Any fresh fruit: Apples, oranges, pears, bananas, papaya, grapefruit, kiwi, melon, mixed fruit salad | Canned fruit in 100% juice, applesauce (with no added sugars), dried fruits (with no added sugars), fruit leathers (with no added sugars) | Fruit "snacks" and "roll-ups" with added sugars, canned fruit in light or heavy syrup, fruit syrup |
| Dairy | 1% or non-fat/skim milk, low-fat cheese, low-fat yogurt | | Yogurt with candy toppings |
| Protein | Lean protein and meats: Beans, tuna (in water), nuts, seeds, nut and seed butters (with no added sugars or salt), tofu, cooked eggs, baked chicken and turkey | | High-fat/high-sodium processed meats (salami, bologna, hot dogs), bacon, fried chicken/fish sticks |
| Grains/ Starches | Whole grains: Whole-wheat/whole-grain bread, pita, pasta and crackers, oatmeal, brown rice, couscous | Refined (white) bread and grains, graham crackers, rice cakes, pretzels | Cookies, chocolate, granola bars, marshmallows, candy, donuts, cereal bars, toaster pastries, high-sugar cereals |

For information on healthy lifestyles for your family, visit nyc.gov/health and search "school-based nutrition"



How to Read a Nutrition Facts Label

Use the Nutrition Facts Label and ingredients list on food products to help you choose healthier options.



Ingredients Lists:

Check the ingredients list for information on what is in your food. The ingredients used to make the food are listed by largest amount to the smallest amount.

Choose foods that:

- ✓ Have a short, simple ingredients list
- ✓ Contain whole grains. For example: whole wheat flour

Avoid foods that:

- * Have a very long ingredients list
- Contain partially hydrogenated oils (trans fat)
- List sugar within the first few ingredients. Common names for added sugars include sugar, cane sugar, sucrose, glucose, dextrose, high fructose corn syrup, molasses and invert sugar.