

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	<u>No sugar added:</u> 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	<u>Any cooked/raw vegetables:</u> 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	<u>Any fresh fruit:</u> 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	<u>Lean protein and meats:</u> 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	<u>Whole grains:</u> 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.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

1. Find the serving size

Check the serving size and number of servings in the container. This food contains two servings (1 cup + 1 cup).

2. Check calories

3. Find the % daily value

Use this to guide your choices.

5% or less is LOW.

20% or more is HIGH.

4. Keep these LOW:

Total fat
Saturated fat
Trans fat
Cholesterol
Sodium

5. Keep these HIGH:

Fiber
Vitamin A
Vitamin C
Calcium
Iron

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.