

INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES

# CHILD AND ADULT CARE FOOD PROGRAM

ALIGNING DIETARY GUIDANCE FOR ALL



# Child And Adult Care Food Program Aligning Dietary Guidance For All

**Institute of Medicine**



## **Child And Adult Care Food Program Aligning Dietary Guidance For All:**

Child and Adult Care Food Program Institute of Medicine, Food and Nutrition Board, Committee to Review Child and Adult Care Food Program Meal Requirements, 2011-06-06 The Child and Adult Care Food Program CACFP is a federally funded program designed to provide healthy meals and snacks to children and adults while receiving day care at participating family day care homes traditional child care centers afterschool facilities adult care facilities and emergency shelters CACFP has the broadest scope of any of the U S Department of Agriculture USDA food program serving more than 3 million children and 114 000 adults across the nation To receive reimbursement for the foods served participating programs must abide by requirements set by the USDA Child and Adult Care Food Program assesses the nutritional needs of the CACFP population based on Dietary Guidelines for Americans and the Dietary Reference Intakes DRIs and makes recommendations for revisions to the CACFP meal requirements The book outlines meal requirements that include food specifications that could be used for specific meals and across a full day covering all age groups from infants to older adults and meal patterns designed for use in a variety of settings including in home care and in large centers By implementing these meal requirements consumption of fruits vegetables and whole grain rich foods will increase while consumption of solid fats added sugars and sodium will decrease Not only will this address the high prevalence of childhood obesity it will also help to achieve consistency with the standards and regulations of other USDA nutrition assistance programs particularly the Supplemental Nutrition Program for Women Infants and Children WIC and the National School Lunch and School Breakfast programs Child and Adult Care Food Program makes practical recommendations that would bring CACFP meals and snacks into alignment with current dietary guidance The book will serve as a vital resource for federal and state public health officials care providers working in child and adult day care facilities WIC agencies officials working with the National School Lunch and School Breakfast programs and other organizations serving at risk populations *Child and Adult Care Food Program (CACFP) . . ,2014* **Research**

**Methods to Assess Dietary Intake and Program Participation in Child Day Care** Institute of Medicine, Food and Nutrition Board, 2012-07-20 More than 16 million children in the United States live in food insecure households where they are unable to obtain enough food to meet their needs At the same time a growing number of children are overweight or obese Because of these challenges improving child nutrition has emerged as one of the nation s most urgent public health needs The Child and Adult Care Food Program CACFP a U S Department of Agriculture USDA food program served about 3 3 million children in 2011 as well as more than 124 000 adults who require daily supervision or assistance Since many children rely on CACFP for the majority of their daily food the quality of foods provided has the potential to greatly improve the health of the children s diets The USDA asked the IOM to review and recommend improvements as necessary to the CACFP meal requirements in order to keep them aligned with other federally funded food assistance programs and with the Dietary Guidelines for Americans The 2011 IOM report Child and Adult Care Food Program Aligning Dietary Guidance for All

reviewed the program in detail and provided recommendations for improvement In February 2012 at the request of the USDA the IOM conducted an additional workshop to examine research methods and approaches that could be used to design and conduct a nationally representative study assessing children s dietary intake and participation rates in child care facilities including CACFP sponsored child care centers and homes Research Methods to Assess Dietary Intake and Program Participation in Child Day Care Application to the Child and Adult Care Food Program Workshop Summary is the report that summarizes the workshop

*Elementary Food Science* Richard Owusu-Apenten, Ernest R. Vieira, 2022-05-28 Following the success of the popular introductory text *Elementary Food Science* 5th edition covers a broad range of food science topics organized in four parts Part 1 Interrelated food science topics Part 2 Food safety GMP is described independently and as a prerequisite for HACCP VACCP and TACCP food safety management systems Part 3 contains two new chapters dealing with basic aspects of food processing and the quality of dried foods Part 4 covers handling and processing major food commodity groups meat dairy products poultry and eggs fish and shellfish cereal grains bakery products fruits and vegetables sugar confectionery A new final chapter covers the foodservice industry The text highlights food science links with industry uniquely using the North American Industry Classification System NAICS Overall the book is thoroughly modernized with over 1500 references cited in recognition of thousands of named food scientists and other professionals The target readership remain unchanged for the current edition i e Students of food science from senior high school colleges or universities Sections of the book will also appeal to advanced readers from other disciplines with perhaps little or no prior food science experience Additionally readers covering the intersection of food science with culinary arts food services and nutrition or public health will find the book useful

*Food Law for Public Health* Jennifer L. Pomeranz, 2015-10-20 Food and its many aspects production consumption marketing labeling procurement safety have become a mainstay of both popular discourse and the practice of public health As topics such as GMO labeling food borne illness outbreaks soda bans and food taxes have come to the forefront of the public and academic conscious understanding the legal underpinnings of these issues is vital *Food Law for Public Health* is the first book on food law written specifically for a public health audience without a legal background It offers comprehensive coverage of every aspect of food law Established and newer food law issues in the United States Overview of US law plus federal state and local governments authorities and limitations to address food for public health Controversial topics related to food marketing food labeling and the various regulatory concerns over food safety Federal nutrition programs and guidelines Litigation among the food industry consumers and the government *Food Law for Public Health* offers necessary grounding in food law for audiences in public health nutrition food studies policy or anyone with a professional interest in this increasingly important area With clear writing and thought provoking questions and exercises for classroom discussion it is an ideal tool for learning and teaching

**Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations for 2012** United States. Congress. House.

Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2011      **Agriculture, Rural Development, Food and Drug Administration, and Related Agencies**

**Appropriations for 2004** United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2011      *Building Future Health and Well-Being of*

*Thriving Toddlers and Young Children* M.M. Black,A. Singhal,C.H. Hillman,2020-12-08 The early child period is considered the most important developmental phase throughout the lifespan The 95th Nestl Nutrition Institute Workshop explored in some detail the current scientific research challenges and opportunities of cementing a healthy foundation for life in toddlers and young children The workshop brought together experts in the areas of health care public health and developmental science The first session focused on the nutritional challenges in toddlers and young children across the globe such as overweight and obesity The theme of the second session elucidated the journey from infancy to toddlerhood and the role of nutrition in it focusing social aspects And finally the third session aimed to explain the steps of motor skill development and the role of physical activities and nutrition in cognitive development and learning abilities of a child The key issues offer valuable insights for health care providers policy makers and researchers on how appropriate nutrition nurturing caregiving and environment can influence the development and health of children up to 5 years of age      **Early Nutrition and**

**Long-Term Health** Jose M Saavedra,Anne M. Dattilo,2022-08-06 Early Nutrition and Long Term Health Mechanisms Consequences and Opportunities Second Edition updates and expands upon the content in the first edition and adds focus on actionable and modifiable aspects of nutrition that have an impact on long term health and disease Part I examines the associations and the mechanisms of early life nutrition on growth as well as the development of cognitive metabolic immune and dietary patterns and behaviors Part II reviews the associations and impact of early life nutrition on non communicable disease as well as their societal and economic impact Part III focuses on the dietary and nutritional needs and approaches to optimizing the different stages of nutrition from conception to the second year of life Nutritionists pediatricians academics with research interest in this area and food industry and healthcare professionals working in infant child product and services as well as students studying related disciplines will benefit from this updated reference Examines the relation between early life nutrition and long term health Reviews the mechanistic aspects of the impact of diet nutrition from conception through the first years of life on health in later life Details the associations and the impact of early life nutrition on growth and development cognition immunity metabolism and dietary habits and patterns Addresses the relationship of early life nutrition and with non communicable diseases including allergies cardiovascular diseases metabolic conditions and obesity as well as approaches to curtail them Explores the current societal and economic impact and the potential for interventions to improving nutrition and health      *Informing the Future* Institute of Medicine,2011-10-12 This report illustrates the work of IOM committees in selected major areas in recent years followed by a description of IOM s convening

and collaborative activities and fellowship programs The last section provides a comprehensive bibliography of IOM reports published since 2007

**Agriculture, Rural Development, Food and Drug Administration, and Related Agencies**

**Appropriations for 2015** United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies, 2014 *Learning for Action in Policy*

*Implementation* Yanfang Su, Michael Trisolini, Heather Bullock, Karen Emmons, 2024-12-31 Policy implementation science IS is an emerging multidisciplinary field that aims to provide explanations and guidance for policy implementation efforts to improve their effectiveness and other outcomes Policy implementation intersects with multiple disciplines and utilizes different terminologies from economics political science sociology public administration health systems and services knowledge translation and others Further progress is needed towards a consensus on policy IS definitions scope theories models frameworks methodologies and outcomes Practical case examples of using policy IS to drive implementation and outcomes are also lacking We aim to facilitate a spirited debate on these topics and contribute to the progress and impact of policy implementation science and practice

**Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science covering basic terminology nutritional biochemistry nutrition and genetics food intake regulation and micronutrients nutrient needs throughout the human life cycle assessment of nutrient intake adequacy and clinical nutrition from assessments to a wide variety of disease and health topics

**Nutrition and Healthy Aging in the Community** Institute of Medicine, Food and Nutrition Board, 2012-05-15 The U S population of older adults is predicted to grow rapidly as baby boomers those born between 1946 and 1964 begin to reach 65 years of age Simultaneously advancements in medical care and improved awareness of healthy lifestyles have led to longer life expectancies The Census Bureau projects that the population of Americans 65 years of age and older will rise from approximately 40 million in 2010 to 55 million in 2020 a 36 percent increase Furthermore older adults are choosing to live independently in the community setting rather than residing in an institutional environment Furthermore the types of services needed by this population are shifting due to changes in their health issues Older adults have historically been viewed as underweight and frail however over the past decade there has been an increase in the number of obese older persons Obesity in older adults is not only associated with medical comorbidities such as diabetes it is also a major risk factor for functional decline and homebound status The baby boomers have a greater prevalence of obesity than any of their historic counterparts and projections forecast an aging population with

even greater chronic disease burden and disability In light of the increasing numbers of older adults choosing to live independently rather than in nursing homes and the important role nutrition can play in healthy aging the Institute of Medicine IOM convened a public workshop to illuminate issues related to community based delivery of nutrition services for older adults and to identify nutrition interventions and model programs Nutrition and Healthy Aging in the Community summarizes the presentations and discussions prepared from the workshop transcript and slides This report examines nutrition related issues of concern experienced by older adults in the community including nutrition screening food insecurity sarcopenic obesity dietary patterns for older adults and economic issues This report explores transitional care as individuals move from acute subacute or chronic care settings to the community and provides models of transitional care in the community This report also provides examples of successful intervention models in the community setting and covers the discussion of research gaps in knowledge about nutrition interventions and services for older adults in the community

**Review of WIC Food Packages** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee to Review WIC Food Packages, 2017-06-25 The Special Supplemental Nutrition Program for Women Infants and Children WIC began 40 years ago as a pilot program and has since grown to serve over 8 million pregnant women and mothers of and their infants and young children Today the program serves more than a quarter of the pregnant women and half of the infants in the United States at an annual cost of about 6.2 billion Through its contribution to the nutritional needs of pregnant breastfeeding and post partum women infants and children under 5 years of age this federally supported nutrition assistance program is integral to meeting national nutrition policy goals for a significant portion of the U S population To assure the continued success of the WIC Congress mandated that the Food and Nutrition Service of the U S Department of Agriculture USDA reevaluate the program s food packages every 10 years In 2014 the USDA asked the Institute of Medicine to undertake this reevaluation to ensure continued alignment with the goals of the Dietary Guidelines for Americans In this third report the committee provides its final analyses recommendations and the supporting rationale

**Review of WIC Food Packages** Institute of Medicine, Food and Nutrition Board, Committee to Review WIC Food Packages, 2015-05-20 Review of WIC Food Packages An Evaluation of White Potatoes in the Cash Value Voucher assesses the impact of 2009 regulation to allow the purchase of vegetables and fruits excluding white potatoes with a cash value voucher on food and nutrient intakes of the Special Supplemental Nutrition Program for Women Infants and Children WIC population and to consider whether white potatoes should be permitted for purchase with the voucher This report considers the effects on diet quality the health and cultural needs of the WIC population and allows for effective and efficient administration nationwide in a cost effective manner Review of WIC Food Packages An Evaluation of White Potatoes in the Cash Value Voucher recommends that the U S Department of Agriculture should allow white potatoes as a WIC eligible vegetable in forms currently permitted for other vegetables in the cash value voucher pending changes to starchy vegetable

intake recommendations in the 2015 Dietary Guidelines for Americans      Performance Standards for Restaurants Deborah Cohen,Rajiv Bhatia,Mary T. Story,Sugarman Stephen D.,Margo Wootan,Christina D. Economos,Linda Van Horn,Laurie P. Whitsel,Susan Roberts,Lisa M. Powell,Angela Odoms-Young,Jerome D. Williams,Brian Elbel,Jennifer Harris,Manel Kappagoda,Catherine M. Champagne,Kathleen Shields,Lenard I. Lesser,Tracy Fox,Nancy Becker,2013-09-09 This report presents the results of a conference of 38 national experts in nutrition and public health who met to develop performance standards that could guide restaurants toward facilitating healthier choices among consumers and that local communities or states could use as a model for developing and implementing either voluntary or mandatory certification programs

**Infants, Toddlers, and Families in Poverty** Samuel L. Odom,Elizabeth Puhn Pungello,Nicole Gardner-Neblett,2012-08-16 Identifying factors related to poverty that affect infants toddlers and their families this book describes promising early child care and intervention practices specifically tailored to these children and families needs Leading authorities from multiple disciplines present cutting edge research and discuss the implications for practice and policy Contributors review salient findings on attention memory language self regulation attachment physical health family processes and culture The book considers the strengths and limitations of existing early intervention services for diverse populations and explores workable ways to improve them      Computational Intelligence in Sports Iztok Fister,Iztok Fister Jr.,Dušan Fister,2018-12-17 This book presents recent research on computational intelligence CI algorithms in the field of sport In the modern age information technologies have greatly reduced the need for human effort in the carrying out of many daily tasks These technologies have radically influenced the lives of humans and the information society in general Unfortunately these advances have brought with them certain negative effects including the encouragement of sedentary lifestyles and the attendant health problems such as obesity that these engender Other modern maladies chiefly cardiovascular disease diabetes and cancer have also been on the increase Today sports are virtually the only activity that still connects modern humans to their original lifestyle which was based on physical motion This book tears familiarizing sports scientists with the foundations of computational intelligence while at the same time presenting the problems that have arisen in the training domain to computer scientists Lastly the book proposes the use of an Artificial Sports Trainer designed to enhance the training of modern athletes who cannot afford the considerable expense of hiring a human personal trainer This intelligent system can monitor performance and design and direct appropriate future training thus promoting both healthy lifestyles and competitive success in athletes      **Manual of Nutritional Therapeutics** David H. Alpers,Beth E. Taylor,Dennis M. Bier,Samuel Klein,2015-01-21 Meant for quick retrieval of vital information regarding the management of nutritional issues in patients with gastroenterological problems either primary or as the consequence of other medical disorders such as diabetes hyperlipidemia and obesity The book addresses normal physiology and pathophysiology and offers chapters on diseases that can lead to specific nutritional problems The clinical focus is on therapeutic nutrition and dietary



management

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