

Attachment A: Summary of Changes

MEAL COMPONENTS

Changes to standard language from “Food” Components to “Meal” Components.

GRAINS/BREADS

Food Item	Current Requirement	Updated Requirement
Breakfast Cereals	Must contain no more than 6 grams of total sugars per dry ounce.	Must contain no more than 6 grams of added sugars per dry ounce.

MEAT/MEAT ALTERNATES

Changes references to “dry beans and peas (legumes)” to “beans, peas, and lentils.”

Food Item	Current Requirement	Updated Requirement
Yogurt	Must contain no more than 23 grams of total sugars per 6 ounces.	Must contain no more than 12 grams of added sugars per 6 ounces.
Nuts and Seeds	Nuts and seeds may fulfill no more than one-half of the meat alternate requirement for breakfast, lunch, and supper.	Nuts and seeds may fulfill the entire meat alternate requirement for breakfast, lunch, and supper.

MILK SUBSTITUTES

Updates Vitamin A and Vitamin D units of measurement for fluid milk substitutes. The amount of Vitamin A and Vitamin D required in fluid milk substitutes does not change; only the unit of measurement has changed to conform to FDA labeling requirements.

Nutrient	Current Requirement Per 8 Ounce Cup	Updated Requirement Per 8 Ounce Cup
Calcium	276 mg*	276 mg*
Protein	8 g*	8 g*
Vitamin A	500 IU*	150 mcg* retinol activity equivalents (RAE)
Vitamin D	100 IU*	2.5 mcg*
Magnesium	24 mg*	24 mg*
Phosphorous	222 mg*	222 mg*
Potassium	349 mg*	349 mg*
Riboflavin	0.44 mg*	0.44 mg*
Vitamin B-12	1.1 mcg*	1.1 mcg*

*mg = milligrams; g = grams; IU = international units; mcg = micrograms.

TRIBAL COMMUNITIES

Facilities serving primarily American Indian or Alaska Native participants may substitute vegetables to meet the grains requirement.