

Changes After New Pattern

- Programs improved how well they met the requirements and best practices after the new meal pattern was introduced, although it was not statistically significant.
- There was no change in energy.
 - 643 kilocalories were served for all meals before and after the new pattern.
- Fiber and sugar improved after new meal pattern.
- Saturated fat increased, which is

Summary of Findings

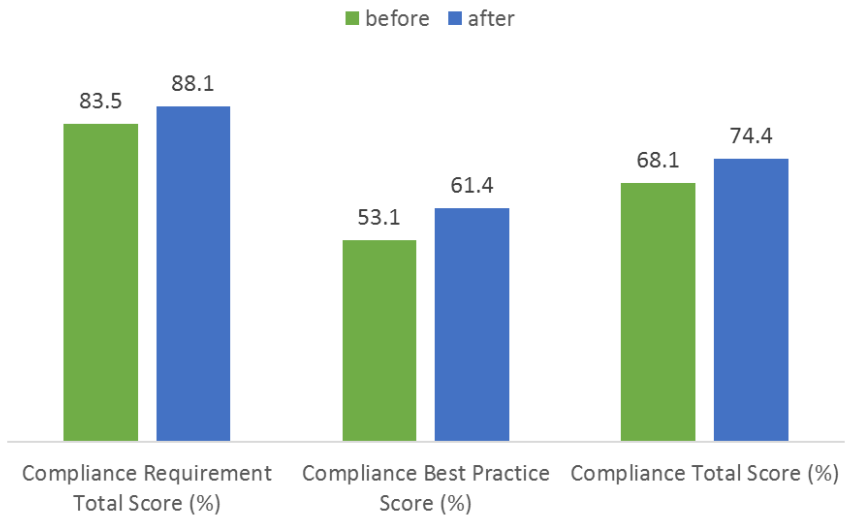
Programs had higher compliance with requirements and best practices after the new meal pattern, but changes were small. Significant changes were observed in some nutrients (fiber and sugar) that indicate better dietary quality after the new meal pattern. These changes were expected since changes included elimination of desserts, required low sugar yogurt and cereal, and whole grains.

References

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Changes in CACFP Requirements and Best Practices Following New Meal Pattern



Change in Nutrients Following New Meal Pattern

