

## Words To Know

The words listed in this chart are **bolded** the first time they appear in each chapter.

Term	Description
<b>Baby bottle tooth decay</b>	See <b>Tooth decay</b> .
<b>Child and Adult Care Food Program (CACFP)</b>	CACFP is a nutrition assistance program of the United States Department of Agriculture (USDA) that provides reimbursement for meals and snacks offered at certain child and adult care sites. Meals and snacks offered through the CACFP must meet nutrition standards.
<b>Child care site</b>	A space or building where a child care program operates. This includes both child care centers and family child care homes.
<b>Child Nutrition (CN) label</b>	A label on a food product that shows how the food credits towards one or more food components. The Child Nutrition Labeling Program is a Federal labeling program that is voluntary for food manufacturers.
<b>Commercially prepared baby foods</b>	See <b>Store-bought baby foods</b> .
<b>Complementary foods</b>	See <b>Solid foods</b> .
<b>Creditable foods</b>	Foods that may be counted towards meeting the CACFP meal pattern requirements for a reimbursable meal.
<b>Developmental readiness</b>	Over time, a baby is able to control his or her large and small muscles and to digest certain foods. A baby is “developmentally ready” to eat solid foods with varying textures when certain abilities can be observed.
<b>Enriched grains</b>	Enriched grains are refined grains that have been processed to remove the nutrient-rich bran and germ, and then have certain B vitamins such as thiamin, riboflavin, niacin, folic acid, and iron added after processing. Enriched grains can be identified by a food label that includes the word “enriched” or an ingredients list that lists an enriched grain as the first ingredient or the second after water.

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<b>Expressed breastmilk</b>	Milk that is removed from a woman’s breast. This can be accomplished by hand expression, a manual or hand pump, or an electric pump.
<b>Feeding skills</b>	Developmental abilities needed for a baby to drink or eat. Skills include having head and neck control to be able to take in a spoonful of pureed food and move the food into his or her throat, the ability to pick up finely chopped pieces of soft food with his or her own hand or a few fingers to feed him or herself, etc.
<b>Food allergy</b>	A food allergy is a body’s reaction to a protein in a food, called an allergen. Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans are the most common allergens.
<b>Foodborne illness</b>	Sickness caused by eating unsafe food.
<b>Food component</b>	The name of a group of foods in a reimbursable meal in the CACFP. Food components include grains, vegetables and fruits, meat and meat alternates, and breastmilk/infant formula. Vegetables and fruits are combined into one component in the infant meal pattern.
<b>Food intolerance</b>	A food intolerance is a sensitivity to a certain food that makes it hard to digest. The most common intolerances are lactose intolerance and gluten intolerance.
<b>Fortified grains</b>	Cereal products that have certain B vitamins and iron added to them. To identify fortified grains, the food must be labeled as “fortified” and have an ingredient statement listing the vitamins and minerals that have been added.
<b>Gag reflex</b>	When a spoon or solid food is placed in the mouth, the food is quickly pushed out of the mouth on the tongue. This reflex is an important reason for waiting until a baby is developmentally ready to feed him or her solid foods.
<b>Health care provider</b>	A doctor, nurse practitioner, or other medical staff that can write prescriptions. In the CACFP, these are also called “State-recognized medical authorities.”

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<b>Infant</b>	A baby between the ages of birth through 11 months.
<b>Infant cereal</b>	Cereals designed for babies that are usually prepared by adding breastmilk or infant formula. Examples include infant wheat cereals, infant oat cereals, infant rice cereals, infant mixed grain cereals, etc. Infant cereals must be iron-fortified to meet the CACFP infant meal pattern requirements.
<b>Iron-fortified infant formula</b>	Infant formula that has iron added to it. Infant formulas must be iron-fortified to meet the CACFP infant meal pattern requirements.
<b>Mashed foods</b>	Foods prepared to have a lumpy texture.
<b>Medical statement</b>	A note written and signed by someone the State recognizes as a medical authority, such as a doctor or nurse who is also able to write prescriptions. The medical statement must include the name of the food to be avoided, explain how the food affects the baby, and be signed by the baby's health care provider. Recommended substitutions of foods can also be included on the medical statement. The medical statement must be kept on file in a secure location at the child care site.
<b>Motor development</b>	The development of movement. It includes gross motor development, which involves large muscles in the arms and legs. It also includes fine motor development, which involves small muscles in the fingers and toes. Certain types of motor development are part of child feeding, such as the ability to sit up, hold a spoon, and to chew foods.
<b>On-demand feeding</b>	Feeding a baby when he or she shows signs of being hungry.
<b>Palmar grasp</b>	When a baby uses his or her whole hand to pick up larger pieces of food or objects.
<b>Pincer grasp</b>	When a baby begins to use his or her thumb and index finger to pick up smaller pieces of food or objects.
<b>Product Formulation Statement</b>	A document from a food manufacturer that provides information on how a food product credits toward meeting the Federal meal pattern requirements.

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<b>Pumped breastmilk</b>	Breastmilk that is collected from a woman’s breast by a manual or hand pump, or electric breast pump. Breastmilk is usually pumped and collected in bottles or containers for immediate use or to be refrigerated or frozen for use at a later time.
<b>Pureed foods</b>	Foods that are blended to a very smooth texture.
<b>Ready-to-eat cereal</b>	Breakfast cereals that can be eaten without further preparation (for example, corn flakes, bran flakes, and whole grain O’s). In the CACFP, ready-to-eat cereals must be made with enriched or whole grain meal or flour, or be fortified. The cereal must contain no more than 6 grams of sugar per dry ounce (see <b>Appendix D: Choose Breakfast Cereals That Are Lower in Added Sugars on page 145</b> ).
<b>Reflux</b>	Reflux happens when some of the breastmilk or formula does not stay in the baby’s stomach and is spit out. Most reflux gets better on its own as the baby grows.
<b>Reimbursable meal</b>	A meal or snack in the CACFP that meets meal pattern requirements.
<b>Responsive feeding</b>	The practice of recognizing and understanding when a baby is hungry or full and responding to those signs. Responsive feeding is related to all forms of feeding including breastfeeding, bottle feeding, and offering solid foods.
<b>Rooting</b>	When a baby’s mouth, lips, cheek, or chin are touched by an object, the baby turns his or her head towards the object and opens his or her mouth. This reflex helps a baby find and grasp a nipple.
<b>Single-component foods</b>	Baby foods that are made up of only one CACFP food component (grain, vegetable, fruit, or meat/meat alternate). For example, a baby food that is made up of only bananas and apples is a single-component food because it contains only fruits.
<b>Solid foods</b>	Foods other than breastmilk and infant formula that provide nutrients to the baby. Solid foods may be pureed, mashed, ground, or finely chopped foods. Solid foods are also known as complementary foods.

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**Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**

Food, nutrition counseling, and access to health services are provided to low-income women, infants, and children under the Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC.

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**Store-bought baby foods**

Baby foods that are made by a company and can be purchased at the grocery store. These are also called **commercially prepared baby foods**.

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**Sudden Infant Death Syndrome (SIDS)**

The unexpected death of a baby less than 1 year of age. SIDS usually occurs during sleep.

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**Texture**

The look, feel, and consistency of a food. Solid foods fed to babies may be changed in their textures based upon the developmental readiness of the baby. Descriptions of textures may include smooth, lumpy, chopped, ground, soft, or crunchy.

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**Tongue thrust**

When the lips are touched, the baby's tongue moves out of the mouth. This reflex lets babies feed from the breast or bottle, but not from a spoon or a cup. When solid foods are started too early, the baby's tongue thrust reflex may push the food back out.

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**Tooth decay**

Damage to the teeth caused by sugar from foods and beverages. The sugar is used by bacteria in the mouth to make acids that can cause damage to the teeth. This can happen when a baby drinks from a bottle for long periods of time, allowing the sugar in the liquid to pool around the teeth and gums and cause damage to the baby teeth. This is also known as baby bottle tooth decay.

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**Wean**

A process by which the baby gradually gets used to something else. For example, a baby should be weaned off the bottle and switched to a cup before 18 months of age.

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