

Appendix G

Children's dietary intakes and plate waste supplementary tables

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Tables

Table G.1. Percentage of children ages 1 to 2 and 3 to 5 years in early child care programs consuming CACFP meals and snacks on a child care day	12
Table G.2. Percentage of 6 to 12 year olds in before and after school programs consuming CACFP meals and snacks on a child care day	13
Table G.3. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds and 3 to 5 year olds in early child care programs on a child care day and non-child care day	14
Table G.4. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in before and after school programs on a child care day and non-child care day	15
Table G.5. Mean 24-hour intakes of calories, nutrients, and water among 1 to 2 year olds and 3 to 5 year olds in early child care programs on a child care day and non-child care day	16
Table G.6. Mean 24-hour intake of calories, nutrients and water consumed among 6 to 12 year olds in before and after school programs on a child care day and non-child care day	18
Table G.7. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in child care centers on a child care day	20
Table G.8. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in child care centers on a non-child care day	22
Table G.9. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in child care centers on a child care day	24
Table G.10. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in child care centers on a non-child care day	26
Table G.11. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in Head Start centers on a child care day	28
Table G.12. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in Head Start centers on a non-child care day	30
Table G.13. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in Head Start centers on a child care day	32
Table G.14. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in Head Start centers on a non-child care day	34
Table G.15. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in early child care programs on a child care day	36
Table G.16. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in early child care programs on a non-child care day	38

Table G.17. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in early child care programs on a child care day	40
Table G.18. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in early child care programs on a non-child care day	42
Table G.19. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in at-risk afterschool centers on a child care day	44
Table G.20. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in at-risk afterschool centers on a non-child care day	46
Table G.21. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in outside-school-hours care centers on a child care day	48
Table G.22. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in outside-school-hours care centers on a non-child care day	50
Table G.23. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in before and after school programs on a child care day	52
Table G.24. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in before and after school programs on a non-child care day	54
Table G.25. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in child care centers on a child care day	56
Table G.26. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in child care centers on a child care day	57
Table G.27. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in child care centers on a non-child care day	58
Table G.28. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in Head Start centers on a child care day	59
Table G.29. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in Head Start centers on a non-child care day	60
Table G.30. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in Head Start centers on a child care day	61
Table G.31. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in Head Start centers on a non-child care day	62
Table G.32. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in early child care programs on a child care day	63
Table G.33. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in early child care programs on a non-child care day	64

Table G.34. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in early child care programs on a child care day	65
Table G.35. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in early child care programs on a non-child care day	66
Table G.36. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in at-risk afterschool centers on a child care day.....	67
Table G.37. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in at-risk afterschool centers on a non-child care day.....	68
Table G.38. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in outside-school-hours care centers on a child care day	69
Table G.39. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in outside-school-hours care centers on a non-child care day.....	70
Table G.40. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in before and after school programs on a child care day	71
Table G.41. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in before and after school programs on a non-child care day	72
Table G.42. Percentage of 3 to 5 year olds in early child care programs with acceptable, inadequate, or excessive usual nutrient intakes on a child care day and a non-child care day.....	73
Table G.43. Mean usual intakes of calories and nutrients among 3 to 5 year olds in early child care programs on a child care day and non-child care day	75
Table G.44. Mean usual intakes of calories (energy) for 3 to 5 year olds in early child care programs on a child care day and non-child care day and estimated energy requirements.....	77
Table G.45. Means and distributions of usual intakes of calories and nutrients among 3 to 5 year olds in early child care programs on a child care day	78
Table G.46. Means and distributions of usual intakes of calories and nutrients among 3 to 5 year olds in early child care programs on a non-child care day	80
Table G.47. Mean usual intakes of USDA Food Pattern food groups among 3 to 5 year olds in early child care programs on a child care day and non-child care day.....	82
Table G.48. Means and distributions of usual intakes of USDA Food Pattern food groups among 3 to 5 year olds in early child care programs on a child care day.....	83
Table G.49. Means and distributions of usual intakes of USDA Food Pattern food groups among 3 to 5 year olds in early child care programs on a non-child care day	84

Table G.50. Mean amount of each CACFP meal component consumed at breakfast and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs	85
Table G.51. Mean amount of each CACFP meal component consumed at morning snack and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs.....	87
Table G.52. Mean amount of each CACFP meal component consumed at lunch and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs	89
Table G.53. Mean amount of each CACFP meal component consumed at afternoon snack and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs.....	91
Table G.54. Mean amount of each CACFP meal component consumed by 6 to 12 year old children at afternoon snack and the percentage of the minimum requirement consumed in before and after school programs	93
Table G.55. Mean amount of each CACFP meal component consumed by 6 to 12 year old children at supper and the percentage of the minimum requirement consumed in before and after school programs.....	94
Table G.56. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 2 year old children in early child care programs – child care days versus non-child care days	95
Table G.57. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 3 to 5 year old children in early child care programs – child care days versus non-child care days	96
Table G.58. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 2 to 5 year old children in early child care programs – child care days versus non-child care days	98
Table G.59. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 6 to 12 year old children in before and after school programs – child care days versus non-child care days	100
Table G.60. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP breakfasts consumed by children in early child care programs on a child care day	102
Table G.61. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP lunches consumed by children in early child care programs on a child care day	104
Table G.62. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP snacks consumed by children in early child care programs on a child care day.....	106

Table G.63. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for all CACFP meals and snacks consumed by children in early child care programs on a child care day	108
Table G.64. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP snacks consumed by children in before and after school programs on a child care day.....	110
Table G.65. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for all CACFP meals and snacks consumed by children in before and after school programs on a child care day	111
Table G.66. Mean percentage contribution of CACFP breakfasts to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs.....	112
Table G.67. Mean percentage contribution of CACFP morning snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs.....	114
Table G.68. Mean percentage contribution of CACFP lunches to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs.....	116
Table G.69. Mean percentage contribution of CACFP afternoon snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs.....	118
Table G.70. Mean percentage contribution of all CACFP snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs.....	120
Table G.71. Mean percentage contribution of all CACFP meals and snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs.....	122
Table G.72. Mean percentage contribution of CACFP afternoon snacks to 24-hour intakes of calories and nutrients on a child care day for 6 to 12 year olds in before and after school programs.....	124
Table G.73. Mean percentage contribution of CACFP suppers to 24-hour intakes of calories and nutrients on a child care day for 6 to 12 year olds in before and after school programs.....	126
Table G.74. Mean percentage contribution of all CACFP meals and snacks to 24-hour intakes of calories and nutrients on a child care day for 6 to 12 year olds in before and after school programs.....	128
Table G.75. Mean percentage contribution of all CACFP meals and snacks to 24-hour intakes of calories and nutrients on a child care day in early child care programs, by part- or full-time attendance	130
Table G.76. Multivariate analysis of total HEI scores on child and provider characteristics, across all CACFP meals and snacks	132

Table G.77. Multivariate analysis of total HEI scores on household participation in food assistance programs.....	133
Table G.78. Mean total Healthy Eating Index-2015 scores for 24-hour intakes among 3 to 5 year-olds in child care centers and Head Start centers in SNACS-I and SNACS-II on a child care day	134
Table G.79. Mean total Healthy Eating Index-2015 scores for 24-hour intakes among 6 to 12 year-olds in before and after school programs in SNACS-I and SNACS-II on a child care day	135
Table G.80. Meal service type and staff meal time practices in early child care programs, at breakfast.....	136
Table G.81. Meal service type and staff meal time practices in early child care programs, at morning snack	137
Table G.82. Meal service type and staff meal time practices in early child care programs, at lunch.....	138
Table G.83. Meal service type and staff meal time practices in early child care programs, at afternoon snack	139
Table G.84. Meal service type and staff meal time practices in before and after school programs, at afternoon snack.....	140
Table G.85. Meal service type and staff meal time practices in before and after school programs, at supper	141
Table G.86. Mean and distribution of breakfast start and end times in early child care programs	142
Table G.87. Mean and distribution of morning snack start and end times in early child care programs.....	143
Table G.88. Mean and distribution of lunch start and end times in early child care programs.....	144
Table G.89. Mean and distribution of afternoon snack start and end times in early child care programs	145
Table G.90. Mean and distribution of afternoon snack start and end times in before and after school programs.....	146
Table G.91. Mean and distribution of supper start and end times in before and after school programs.....	147
Table G.92. Foods wasted at breakfast in early child care programs.....	148
Table G.93. Foods wasted at morning and afternoon snack in early child care programs.....	149
Table G.94. Foods wasted at lunch in early child care programs	150
Table G.95. Foods wasted at afternoon snack in before and after school programs.....	152
Table G.96. Foods wasted at supper in before and after school programs	153
Table G.97. Calories and nutrients served and wasted at breakfast in early child care programs among 1 to 2 year olds.....	155
Table G.98. Calories and nutrients served and wasted at breakfast in early child care programs among 3 to 5 year olds.....	157

Table G.99. Calories and nutrients wasted at morning and afternoon snack in early child care programs among 1 to 2 year olds	159
Table G.100. Calories and nutrients wasted at morning and afternoon snack in early child care programs among 3 to 5 year olds	161
Table G.101. Calories and nutrients wasted at lunch in early child care programs among 1 to 2 year olds	163
Table G.102. Calories and nutrients wasted at lunch in early child care programs among 3 to 5 year olds	165
Table G.103. Calories and nutrients served and wasted at breakfast in early child care programs	167
Table G.104. Calories and nutrients wasted at morning and afternoon snack in early child care programs	169
Table G.105. Calories and nutrients wasted at lunch in early child care programs	171
Table G.106. Foods wasted at breakfast in early child care programs in SNACS-I and SNACS-II	173
Table G.107. Foods wasted at lunch in early child care programs in SNACS-I and SNACS-II	174
Table G.108. Calories wasted at breakfast in early child care programs in SNACS-I and SNACS-II	175
Table G.109. Calories wasted at lunch in early child care programs in SNACS-I and SNACS-II	176
Table G.110. Multivariate analysis of plate waste on key child and program environment characteristics, breakfast percentage of calories wasted	177
Table G.111. Multivariate analysis of plate waste on key child and program environment characteristics, breakfast percentage of fruit wasted	178
Table G.112. Multivariate analysis of plate waste on key child and program environment characteristics, lunch percentage of calories wasted	179
Table G.113. Multivariate analysis of plate waste on key child and program environment characteristics, lunch percentage of fruit wasted	180
Table G.114. Multivariate analysis of plate waste on key child and program environment characteristics, lunch percentage of vegetables wasted	181
Table G.115. Multivariate analysis of plate waste on key child and program environment characteristics, snack percentage of calories wasted	183
Table G.116. Multivariate analysis of plate waste on key child and program environment characteristics, snack percentage of fruit wasted	184
Table G.117. Multivariate analysis of plate waste on key child and program environment characteristics, supper percentage of calories wasted	185
Table G.118. Multivariate analysis of plate waste on key child and program environment characteristics, supper percentage of fruit wasted	186

Table G.119. Multivariate analysis of plate waste on key child and program environment characteristics,
supper percentage of vegetables wasted 187

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Table G.1. Percentage of children ages 1 to 2 and 3 to 5 years in early child care programs consuming CACFP meals and snacks on a child care day

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Breakfast	79.2~	64.5*	89.0++	78.9	52.4^~	71.6~	69.7	68.8
Morning snack	12.8^~	11.5**^~	0.0+++	0.4+++^	51.0###~	45.3###~	26.4^~	15.0
Lunch	97.1	94.5	96.8+	96.1	100.0#	89.3	98.2	93.9
Afternoon snack	93.6	82.0*	84.2	71.4	94.5	78.0~	93.5	79.0
Any snack	94.1	86.8***	84.2+	71.8+++	99.0##	90.4~	95.5	84.2
Supper	5.3^	3.2^	0.0	0.0	14.4^~	8.4^~	8.5^	3.4^
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.2. Percentage of 6 to 12 year olds in before and after school programs consuming CACFP meals and snacks on a child care day

	At-risk afterschool centers	Outside-school-hours care centers	All
Breakfast	0.0**	29.0^	2.4^
Morning snack	0.0	0.0	0.0
Lunch	-	9.7^	2.0^
Afternoon snack	32.5***~	68.3	35.5~
Supper	65.8***~	12.5^	61.4
Number of before and after school programs	57	30	87
Number of children in the programs	158	136	294

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.3. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds and 3 to 5 year olds in early child care programs on a child care day and non-child care day

	Child care day		Non-child care day	
	1 to 2 year olds	3 to 5 year olds	1 to 2 year olds	3 to 5 year olds
Vegetables (cups)	0.8	0.8*	0.7	1.0
Dark green	0.1	0.1	0.0	0.0
Red and orange	0.2	0.2	0.2	0.3
Legumes	0.1^	0.1	0.1^	0.1
Starchy	0.3	0.3**	0.3	0.4
Other	0.2	0.2	0.1	0.2
Fruits (cups) ^a	1.8	2.1***	1.5	1.7
Grains (oz)	4.0	5.3	3.9	5.2
Whole grains	0.8**	1.2***	0.6	0.7
Dairy (cups)	2.5	2.4***	2.3	1.9
Protein foods (oz) ^b	2.5**	3.1***	3.5	4.0
Oils (g)	12.5*	16.1**	14.8	20.1
Calories from saturated fat and added sugars (kcal)	255**	297***	307	393
Number of programs	107	234	102	230
Number of children	276	851	229	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, USDA = United States Department of Agriculture.

Table G.4. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in before and after school programs on a child care day and non-child care day

	Child care day	Non-child care day
Vegetables (cups)	1.2	1.2
Dark green	0.1 [^]	0.1
Red and orange	0.3	0.3
Legumes	0.1	0.1 [^]
Starchy	0.5	0.4
Other	0.2	0.2
Fruits (cups) ^a	1.7	1.7
Grains (oz)	6.5	6.8
Whole grains	1.1	0.9
Dairy (cups)	2.2 ^{**}	1.7
Protein foods (oz) ^b	5.8	5.9
Oils (g)	25.7	26.0
Calories from saturated fat and added sugars (kcal)	421 ^{***}	483
Number of programs	87	88
Number of children	294	320

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, USDA = United States Department of Agriculture.

Table G.5. Mean 24-hour intakes of calories, nutrients, and water among 1 to 2 year olds and 3 to 5 year olds in early child care programs on a child care day and non-child care day

	Child care day		Non-child care day	
	1 to 2 year olds	3 to 5 year olds	1 to 2 year olds	3 to 5 year olds
Calories (kcal)	1,383	1,579***	1,485	1,738
Macronutrients				
Total fat (g)	48***	55***	59	70
Saturated fat (g)	18**	19***	22	24
Monounsaturated fat (g)	15***	17***	19	23
Polyunsaturated fat (g)	10***	12***	12	15
Linoleic acid (g)	8***	11***	11	14
Alpha-linolenic acid (g)	0.9	1.1**	0.9	1.3
Carbohydrate (g)	186	211	181	217
Protein (g)	55	62	58	63
Vitamins				
Vitamin A (mcg RAE)	556	572	519	538
Vitamin C (mg)	103	108	103	103
Vitamin D (mcg)	7.4	6.9*	7.5	6.1
Vitamin E (mg AT)	5.4**	6.0***	6.5	7.0
Vitamin B ₆ (mg)	1.4	1.5	1.4	1.4
Vitamin B ₁₂ (mcg)	4.4	4.4**	4.2	3.9
Folate (mcg DFE)	228	267	227	278
Niacin (mg)	14.4	16.9	14.8	17.5
Riboflavin (mg)	1.6	1.7	1.5	1.6
Thiamin (mg)	1.3	1.4	1.2	1.3
Choline (mg)	247	252**	258	282
Minerals				
Calcium (mg)	1,067	1,068**	1,014	974
Iron (mg)	9	11	9	11
Magnesium (mg)	220	242*	207	229
Phosphorus (mg)	1,151	1,255	1,157	1,215
Potassium (mg)	2,222	2,316	2,114	2,240
Sodium (mg)	1,878	2,192***	1,981	2,547
Zinc (mg)	7.3	8.3	7.5	8.2
Other dietary components				
Cholesterol (mg)	181*	183***	234	267
Dietary fiber (g)	12.8	14.7**	12.0	13.6
Dietary fiber (g/1,000 kcal)	9.1	9.5***	8.3	8.1
Water (fl oz)	7.7***	10.6***	12.5	13.4
Added sugars (g)	24.3	31.2***	28.4	43.9

	Child care day		Non-child care day	
	1 to 2 year olds	3 to 5 year olds	1 to 2 year olds	3 to 5 year olds
Percentage of calories from:				
Total fat	31.2***	31.1***	35.9	35.6
Saturated fat	11.5*	10.8***	13.1	12.3
Monounsaturated fat	9.5***	9.8***	11.4	11.5
Polyunsaturated fat	6.1**	6.8***	7.1	7.9
Linoleic acid	5.5**	6.1***	6.3	7.0
Alpha-linolenic acid	0.6	0.6*	0.6	0.7
Added sugar	6.6	7.6***	6.9	10.0
Carbohydrate	53.5***	53.6***	48.5	50.6
Protein	16.0	16.0***	16.1	14.4
Number of programs	107	234	102	230
Number of children	276	851	229	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table G.6. Mean 24-hour intake of calories, nutrients and water consumed among 6 to 12 year olds in before and after school programs on a child care day and non-child care day

	Child care day	Non-child care day
Calories (kcal)	1,979*	2,112
Macronutrients		
Total fat (g)	79*	87
Saturated fat (g)	26	29
Monounsaturated fat (g)	27*	29
Polyunsaturated fat (g)	18	19
Linoleic acid (g)	16	17
Alpha-linolenic acid (g)	1.4**	1.6
Carbohydrate (g)	241	255
Protein (g)	80	81
Vitamins		
Vitamin A (mcg RAE)	579	629
Vitamin C (mg)	108	111
Vitamin D (mcg)	6.3	6.5
Vitamin E (mg AT)	8.4	9.0
Vitamin B ₆ (mg)	1.8	1.9
Vitamin B ₁₂ (mcg)	4.2	4.5
Folate (mcg DFE)	314*	348
Niacin (mg)	22.3	22.1
Riboflavin (mg)	1.8	1.8
Thiamin (mg)	1.5	1.6
Choline (mg)	326*	366
Minerals		
Calcium (mg)	1,112	1,069
Iron (mg)	13	14
Magnesium (mg)	275	272
Phosphorus (mg)	1,437	1,451
Potassium (mg)	2,514	2,518
Sodium (mg)	3,061**	3,330
Zinc (mg)	10.2	10.5
Other dietary components		
Cholesterol (mg)	311***	390
Dietary fiber (g)	16.3	16.3
Dietary fiber (g/1,000 kcal)	8.5	7.9
Water (fl oz)	19.8*	23.4
Added sugars (g)	46.6**	56.0

	Child care day	Non-child care day
Percentage of calories from:		
Total fat	34.4**	36.5
Saturated fat	11.4*	12.3
Monounsaturated fat	11.4***	12.4
Polyunsaturated fat	7.8	7.8
Linoleic acid	7.1	7.0
Alpha-linolenic acid	0.6	0.7
Added sugar	9.7	10.9
Carbohydrate	50.6	48.8
Protein	15.7	15.2
Number of programs	87	88
Number of children	294	320

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table G.7. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in child care centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,401	532.4	697	830	1,030	1,304	1,571	2,130	2,547
Macronutrients									
Total fat (g)	47	20.2	17	27	36	42	57	75	87
Saturated fat (g)	17	8.6	6	9	12	16	21	34	38
Monounsaturated fat (g)	14	6.5	5	7	10	13	18	23	29
Polyunsaturated fat (g)	9	4.7	3	4	5	9	12	15	17
Linoleic acid (g)	8	4.1	3	3	5	8	10	13	15
Alpha-linolenic acid (g)	0.9	0.46	0.3	0.4	0.6	0.8	1.0	1.4	1.7
Carbohydrate (g)	192	81.9	95	107	134	173	222	325	361
Protein (g)	54	22.6	20	31	40	51	62	85	98
Vitamins									
Vitamin A (mcg RAE)	542	324.2	157	238	314	458	664	978	1,350
Vitamin C (mg)	112~	87.2~	14~	21~	41~	88~	154~	250~	285~
Vitamin D (mcg)	7.2	4.37	0.9	2.4	4.1	6.8	9.1	12.9	14.9
Vitamin E (mg AT)	5.5	5.02	1.7	2.2	2.5	4.1	6.1	9.3	14.1
Vitamin B ₆ (mg)	1.4	0.64	0.6	0.7	1.0	1.3	1.6	2.3	2.8
Vitamin B ₁₂ (mcg)	4.2	2.16	0.6	1.7	2.3	4.0	5.2	7.4	7.9
Folate (mcg DFE)	227	127.4	83	88	152	191	293	389	489
Niacin (mg)	14.1	6.83	5.8	7.0	9.5	13.0	17.9	23.1	26.7
Riboflavin (mg)	1.6	0.67	0.7	0.9	1.2	1.4	1.7	2.3	2.6
Thiamin (mg)	1.2	0.55	0.6	0.7	0.9	1.1	1.3	1.7	2.1
Choline (mg)	242	115.3	70	125	172	211	304	383	456
Minerals									
Calcium (mg)	1,044	471.2	433	510	688	992	1,234	1,667	1,932
Iron (mg)	10	6.2	4	4	6	8	11	18	21
Magnesium (mg)	217	87.1	118	125	164	202	251	330	360
Phosphorus (mg)	1,127	459.5	398	665	883	1,025	1,290	1,799	1,870
Potassium (mg)	2,209	840.1	950	1,180	1,731	2,186	2,637	3,173	3,723
Sodium (mg)	1,923	745.9	731	1,023	1,457	1,819	2,281	3,084	3,479
Zinc (mg)	7.3	3.39	3.3	4.3	5.1	6.4	8.5	12.9	14.0
Other dietary components									
Cholesterol (mg)	179	131.1	39	45	92	133	243	359	500
Dietary fiber (g)	13.1	8.29	5.0	6.3	8.4	10.0	15.4	24.6	31.9
Dietary fiber (g/1,000 kcal)	9.2	3.76	4.6	4.9	6.7	8.1	11.6	15.2	15.7
Water (fl oz)	8.1	7.11	0.0	0.0	2.4	8.0	12.0	19.8	20.0
Added sugars (g)	26.4	26.47	5.5	6.5	11.5	17.5	29.5	59.0	86.8

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	30.5~	6.38~	16.7~	24.2~	26.4~	30.8~	34.6~	38.7~	39.8~
Saturated fat	11.3	3.67	5.1	6.8	8.2	11.0	13.6	16.1	17.8
Monounsaturated fat	9.3	2.31	5.8	6.5	7.5	9.0	10.8	12.2	13.5
Polyunsaturated fat	6.0	2.20	3.0	3.5	4.2	6.0	7.3	9.0	9.2
Linoleic acid	5.3	1.99	2.7	3.0	3.7	5.2	6.4	7.9	8.4
Alpha-linolenic acid	0.6	0.22	0.3	0.3	0.4	0.5	0.7	0.8	0.9
Added sugar	7.0	4.97	1.6	2.3	4.1	5.3	8.8	12.9	16.6
Carbohydrate	54.4~	8.85~	41.7~	43.5~	48.3~	53.4~	59.2~	66.9~	73.4~
Protein	15.7~	3.91~	9.3~	11.3~	13.1~	15.9~	17.4~	20.0~	22.7~
Number of children	143								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.8. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in child care centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,519~	554.8~	731~	871~	1,113~	1,426~	1,874~	2,309~	2,764~
Macronutrients									
Total fat (g)	61~	25.5~	27~	34~	39~	56~	81~	100~	104~
Saturated fat (g)	22~	10.1~	7~	12~	15~	20~	28~	37~	42~
Monounsaturated fat (g)	19	8.9	8	9	12	18	26	29	40
Polyunsaturated fat (g)	12	7.5	4	5	7	10	16	21	23
Linoleic acid (g)	11	6.9	4	4	6	9	14	19	21
Alpha-linolenic acid (g)	1.0	0.48	0.3	0.4	0.6	0.9	1.2	1.8	2.0
Carbohydrate (g)	188	85.6	86	93	142	176	230	286	404
Protein (g)	57~	25.0~	22~	25~	40~	57~	69~	95~	103~
Vitamins									
Vitamin A (mcg RAE)	511	286.7	213	255	327	462	596	845	1,098
Vitamin C (mg)	108	90.8	6	15	45	88	140	244	279
Vitamin D (mcg)	6.7	5.71	0.4	1.3	3.8	5.9	9.0	10.4	11.5
Vitamin E (mg AT)	6.8~	5.14~	1.9~	2.3~	3.2~	5.5~	8.2~	14.5~	18.8~
Vitamin B ₆ (mg)	1.4~	0.68~	0.5~	0.5~	0.8~	1.2~	1.9~	2.5~	2.7~
Vitamin B ₁₂ (mcg)	3.8	2.33	1.0	1.4	2.1	3.1	4.9	6.7	9.4
Folate (mcg DFE)	225	116.4	59	93	138	194	311	408	455
Niacin (mg)	14.7~	7.71~	5.2~	6.1~	8.9~	13.3~	19.4~	26.8~	30.7~
Riboflavin (mg)	1.5	0.47	0.6	0.8	1.1	1.5	1.8	2.0	2.3
Thiamin (mg)	1.1	0.46	0.4	0.6	0.8	1.2	1.4	1.7	2.1
Choline (mg)	240	124.3	95	96	143	211	301	474	515
Minerals									
Calcium (mg)	961	390.9	372	466	752	908	1,207	1,488	1,583
Iron (mg)	9	4.1	4	4	6	8	11	15	16
Magnesium (mg)	199	72.0	84	96	161	196	249	300	319
Phosphorus (mg)	1,097	361.9	448	567	879	1,102	1,351	1,576	1,616
Potassium (mg)	2,053	863.6	731	1,023	1,380	2,071	2,483	3,026	3,992
Sodium (mg)	2,050	858.7	637	729	1,415	2,058	2,707	3,324	3,461
Zinc (mg)	7.4~	3.42~	3.0~	3.6~	5.2~	6.8~	8.7~	10.6~	12.8~
Other dietary components									
Cholesterol (mg)	219	182.5	37	54	94	144	302	601	624
Dietary fiber (g)	11.3	6.24	2.1	4.1	6.8	10.8	15.2	19.1	21.6
Dietary fiber (g/1,000 kcal)	7.4	3.64	2.9	3.5	4.9	6.2	9.8	11.2	14.5
Water (fl oz)	11.9	8.70	0.0	0.8	4.0	10.0	20.0	24.0	25.3
Added sugars (g)	35.7	38.02	0.0	3.5	8.4	26.8	48.3	69.8	74.1

	Percentiles								
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	36.1	7.65	23.0	29.0	30.3	35.6	42.0	46.0	47.7
Saturated fat	13.4~	4.13~	5.7~	8.2~	11.3~	13.4~	16.3~	18.0~	21.9~
Monounsaturated fat	11.4	3.40	7.1	7.1	9.1	10.6	13.8	15.5	16.8
Polyunsaturated fat	7.1	2.54	3.9	3.9	5.3	6.4	8.9	11.2	11.9
Linoleic acid	6.3	2.30	3.5	3.6	4.8	5.8	7.5	10.0	11.1
Alpha-linolenic acid	0.6	0.21	0.3	0.3	0.4	0.6	0.7	0.9	0.9
Added sugar	8.4	6.67	0.0	1.2	3.2	6.3	11.7	15.1	20.4
Carbohydrate	49.2	10.57	31.1	34.4	41.1	49.5	58.4	61.7	64.4
Protein	15.3	5.23	8.2	8.8	11.9	14.5	19.0	22.9	25.9
Number of children	107								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.9. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in child care centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,530	476.3	783	909	1,161	1,492	1,896	2,156	2,294
Macronutrients									
Total fat (g)	55	24.3	24	28	37	50	73	84	99
Saturated fat (g)	19	9.6	8	9	12	16	24	31	37
Monounsaturated fat (g)	17	8.0	6	8	12	15	22	28	34
Polyunsaturated fat (g)	12	7.8	4	5	7	11	15	23	28
Linoleic acid (g)	11	7.0	3	4	6	9	13	21	25
Alpha-linolenic acid (g)	1.1	0.83	0.3	0.4	0.6	0.9	1.3	2.0	2.9
Carbohydrate (g)	203	67.6	99	112	151	206	250	291	315
Protein (g)	59	20.3	31	32	44	57	71	88	95
Vitamins									
Vitamin A (mcg RAE)	550	382.9	160	198	335	492	657	915	1,083
Vitamin C (mg)	101	83.8	7	15	42	89	147	207	253
Vitamin D (mcg)	6.4	3.82	1.6	2.6	3.7	5.9	8.1	10.4	11.8
Vitamin E (mg AT)	5.9	3.50	1.8	2.8	3.5	4.8	7.3	10.6	13.6
Vitamin B ₆ (mg)	1.4	0.63	0.6	0.7	1.0	1.3	1.8	2.3	2.7
Vitamin B ₁₂ (mcg)	4.2	1.90	1.8	2.0	2.6	3.9	5.3	7.2	7.6
Folate (mcg DFE)	252	122.3	101	119	160	232	316	447	502
Niacin (mg)	16.0	7.27	6.1	8.1	11.0	14.3	20.3	25.4	30.0
Riboflavin (mg)	1.6	0.54	0.9	0.9	1.2	1.6	1.9	2.4	2.5
Thiamin (mg)	1.3	0.49	0.6	0.7	1.0	1.2	1.6	2.0	2.2
Choline (mg)	234	91.8	110	130	167	222	281	374	389
Minerals									
Calcium (mg)	1,017	408.3	410	471	711	982	1,247	1,623	1,780
Iron (mg)	10	5.1	4	5	7	9	13	17	21
Magnesium (mg)	228	76.7	108	119	174	227	270	327	361
Phosphorus (mg)	1,195	389.2	596	684	910	1,178	1,465	1,769	1,847
Potassium (mg)	2,195	703.6	1,051	1,269	1,671	2,243	2,662	3,265	3,414
Sodium (mg)	2,127	827.5	993	1,216	1,496	1,982	2,629	3,321	3,771
Zinc (mg)	8.0	2.87	4.0	4.5	6.2	7.6	9.8	11.1	13.2
Other dietary components									
Cholesterol (mg)	163	106.9	54	72	91	140	196	277	309
Dietary fiber (g)	14.1	5.70	6.9	7.4	9.6	13.2	17.4	22.3	23.3
Dietary fiber (g/1,000 kcal)	9.4	3.12	4.7	5.9	7.3	9.1	10.7	13.4	15.7
Water (fl oz)	9.6	7.80	0.0	1.0	4.0	8.4	13.9	19.9	24.0
Added sugars (g)	30.6	25.04	1.7	6.4	12.3	24.9	38.2	66.4	83.1

Appendix G. Children's dietary intakes and plate waste supplementary tables

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	31.6	7.14	19.0	22.0	26.7	32.1	36.2	40.7	43.3
Saturated fat	10.9	3.56	5.5	6.2	9.1	10.8	12.6	15.4	16.7
Monounsaturated fat	9.9	2.73	5.2	6.8	8.0	9.7	11.7	14.1	14.6
Polyunsaturated fat	7.0	3.03	2.7	3.3	5.0	6.8	9.1	11.5	12.2
Linoleic acid	6.3	2.74	2.4	2.8	4.3	6.1	8.1	10.1	11.3
Alpha-linolenic acid	0.6	0.34	0.2	0.3	0.4	0.6	0.8	1.1	1.3
Added sugar	7.7	5.43	0.7	2.0	3.7	6.9	11.0	14.9	17.6
Carbohydrate	53.4	8.43	38.6	42.8	48.4	53.6	58.0	65.0	68.2
Protein	15.8	4.11	10.1	11.3	12.5	15.5	18.1	21.2	23.9
Number of children	286								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.10. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in child care centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,746	624.2	863	1,064	1,339	1,586	2,135	2,521	2,749
Macronutrients									
Total fat (g)	70	32.7	32	36	47	60	90	109	137
Saturated fat (g)	24	13.0	11	13	15	20	31	41	50
Monounsaturated fat (g)	23	11.9	9	11	15	19	28	37	43
Polyunsaturated fat (g)	15	8.3	5	7	10	14	19	26	31
Linoleic acid (g)	14	7.4	5	6	9	12	16	24	29
Alpha-linolenic acid (g)	1.3	0.82	0.4	0.5	0.8	1.2	1.6	2.1	2.5
Carbohydrate (g)	219	75.7	108	129	170	214	258	306	350
Protein (g)	63	31.4	27	32	42	56	78	101	117
Vitamins									
Vitamin A (mcg RAE)	545	288.3	156	234	358	509	667	941	1,124
Vitamin C (mg)	103	78.8	15	19	37	84	144	217	246
Vitamin D (mcg)	5.9	3.70	1.5	1.7	2.9	5.6	7.9	10.4	12.0
Vitamin E (mg AT)	7.0	4.10	2.9	3.2	4.4	5.9	9.2	11.5	14.6
Vitamin B ₆ (mg)	1.5	0.73	0.7	0.7	1.0	1.4	1.8	2.2	2.7
Vitamin B ₁₂ (mcg)	3.9	2.46	1.0	1.4	2.3	3.4	4.8	6.4	9.9
Folate (mcg DFE)	281	118.8	113	148	194	274	350	433	458
Niacin (mg)	18.1	8.88	7.4	8.1	11.3	16.8	23.7	29.5	32.6
Riboflavin (mg)	1.6	0.66	0.8	0.9	1.2	1.6	2.0	2.3	2.8
Thiamin (mg)	1.4	0.62	0.6	0.7	1.0	1.4	1.7	2.1	2.3
Choline (mg)	283	168.1	96	115	174	241	377	467	564
Minerals									
Calcium (mg)	974	448.7	364	435	670	957	1,213	1,528	1,750
Iron (mg)	11	5.1	5	6	7	10	13	20	21
Magnesium (mg)	232	86.9	128	131	163	219	278	365	409
Phosphorus (mg)	1,227	492.2	577	661	872	1,172	1,461	1,880	2,068
Potassium (mg)	2,263~	875.7~	1,096~	1,395~	1,603~	2,106~	2,730~	3,240~	3,694~
Sodium (mg)	2,571	1,198.7	1,250	1,501	1,768	2,281	3,162	3,955	4,622
Zinc (mg)	8.4	4.69	3.3	4.2	5.6	7.0	10.2	13.7	14.9
Other dietary components									
Cholesterol (mg)	264	217.2	51	66	112	160	362	552	690
Dietary fiber (g)	14.0	6.79	5.9	7.1	8.7	12.6	17.5	22.9	23.9
Dietary fiber (g/1,000 kcal)	8.3	3.64	3.4	4.4	5.7	7.5	9.8	13.5	14.8
Water (fl oz)	12.9	10.39	0.0	2.0	5.1	9.6	20.0	28.0	33.8
Added sugars (g)	42.0	35.47	6.4	9.1	20.0	34.1	50.9	78.2	90.4

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	35.5	7.08	26.2	27.9	29.7	34.5	40.6	43.6	50.8
Saturated fat	12.3	3.30	7.5	8.4	9.9	11.5	14.7	16.7	18.0
Monounsaturated fat	11.4	3.01	7.0	7.7	8.9	11.3	13.5	14.8	16.9
Polyunsaturated fat	7.9	2.96	3.5	4.5	5.9	7.9	9.5	11.5	12.3
Linoleic acid	7.1	2.65	3.2	3.9	5.1	7.3	8.2	10.2	11.3
Alpha-linolenic acid	0.7	0.34	0.3	0.4	0.5	0.6	0.8	1.1	1.2
Added sugar	9.6	5.90	1.5	2.6	5.3	9.0	13.3	16.2	21.1
Carbohydrate	50.9	8.96	31.3	40.1	45.0	51.5	57.3	61.6	64.0
Protein	14.3	3.68	9.1	9.5	12.3	13.6	16.1	20.0	21.3
Number of children	233								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.11. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in Head Start centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,313	446.2	649	682	993	1,271	1,561	1,787	2,171
Macronutrients									
Total fat (g)	49	19.8	19	23	35	51	59	77	79
Saturated fat (g)	18	7.8	8	8	12	18	22	28	30
Monounsaturated fat (g)	15	6.5	6	7	10	16	18	22	28
Polyunsaturated fat (g)	11	5.5	4	4	6	11	15	18	22
Linoleic acid (g)	10	4.9	3	4	6	9	13	16	19
Alpha-linolenic acid (g)	1.1	0.64	0.3	0.3	0.5	0.9	1.5	1.9	2.3
Carbohydrate (g)	166	61.1	68	92	115	166	206	243	265
Protein (g)	53	21.9	22	28	40	49	60	81	101
Vitamins									
Vitamin A (mcg RAE)	578	322.4	209	215	366	523	703	1,076	1,217
Vitamin C (mg)	84	61.2	3	14	36	74	108	176	207
Vitamin D (mcg)	7.3	3.11	2.0	3.1	5.2	7.0	9.7	11.3	12.8
Vitamin E (mg AT)	4.6	2.14	1.1	1.7	3.1	5.0	6.1	7.3	8.0
Vitamin B ₆ (mg)	1.3	0.57	0.5	0.7	1.0	1.2	1.4	2.0	2.3
Vitamin B ₁₂ (mcg)	4.2	1.90	1.2	2.0	2.8	3.9	5.5	6.4	6.8
Folate (mcg DFE)	203	105.2	57	89	126	214	246	311	356
Niacin (mg)	13.1	6.25	4.3	5.4	8.9	11.5	17.4	21.5	24.5
Riboflavin (mg)	1.6	0.53	0.9	1.0	1.2	1.4	2.0	2.2	2.3
Thiamin (mg)	1.1	0.43	0.4	0.6	0.8	1.1	1.4	1.8	1.8
Choline (mg)	225	94.8	106	123	161	220	262	374	407
Minerals									
Calcium (mg)	1,046	411.3	463	533	718	972	1,369	1,684	1,733
Iron (mg)	8	5.6	2	3	4	8	10	18	21
Magnesium (mg)	209	70.9	98	125	160	208	253	294	336
Phosphorus (mg)	1,182	393.5	643	770	890	1,124	1,468	1,652	1,815
Potassium (mg)	2,065	660.7	1,096	1,212	1,629	2,012	2,461	2,842	3,093
Sodium (mg)	1,926	757.0	773	871	1,425	2,036	2,438	2,885	3,189
Zinc (mg)	6.7	2.87	3.4	3.8	4.9	6.5	7.6	10.0	10.3
Other dietary components									
Cholesterol (mg)	158	108.3	38	46	87	145	186	284	392
Dietary fiber (g)	12.3	6.00	3.8	4.8	7.7	10.7	15.5	20.9	21.9
Dietary fiber (g/1,000 kcal)	9.3	3.74	5.2	6.0	7.0	8.1	10.3	14.2	15.9
Water (fl oz)	7.7	6.41	0.0	1.6	4.0	6.0	11.6	13.9	18.3
Added sugars (g)	21.1	20.93	0.8	2.9	5.9	16.4	27.1	47.6	70.8

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	33.6	6.49	21.3	25.4	29.7	33.5	38.8	42.1	43.2
Saturated fat	12.3	3.83	6.9	7.7	9.9	11.8	14.8	16.6	18.8
Monounsaturated fat	10.0	2.44	5.3	6.9	8.6	9.9	11.5	13.0	14.1
Polyunsaturated fat	7.2	2.60	3.1	3.6	5.6	6.9	8.8	10.4	12.5
Linoleic acid	6.5	2.34	2.9	3.2	4.8	6.2	7.9	9.2	11.3
Alpha-linolenic acid	0.7	0.31	0.3	0.3	0.4	0.7	0.9	1.1	1.4
Added sugar	6.4	6.13	0.3	1.1	2.2	6.0	8.3	11.5	16.3
Carbohydrate	50.7	8.84	38.1	39.2	44.5	51.5	55.6	63.0	66.8
Protein	16.4	4.16	9.0	11.0	13.4	16.2	19.1	23.0	23.3
Number of children	69								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.12. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in Head Start centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,857	955.1	897	1,006	1,239	1,521	2,078	3,457	4,142
Macronutrients									
Total fat (g)	75	51.8	23	26	45	62	79	162	190
Saturated fat (g)	27	18.4	9	10	15	22	31	57	59
Monounsaturated fat (g)	23	15.6	7	8	14	18	25	52	61
Polyunsaturated fat (g)	16	13.9	5	5	8	13	18	41	55
Linoleic acid (g)	15	12.5	4	4	7	11	16	36	49
Alpha-linolenic acid (g)	1.4	1.22	0.3	0.5	0.6	0.9	1.7	4.0	4.9
Carbohydrate (g)	231	116.4	120	122	138	185	291	384	536
Protein (g)	67	29.8	34	36	48	61	78	90	139
Vitamins									
Vitamin A (mcg RAE)	624	319.6	169	238	354	515	894	1,106	1,129
Vitamin C (mg)	124	107.4	5	16	48	97	163	224	308
Vitamin D (mcg)	7.8	4.20	1.7	2.0	5.6	7.8	9.5	12.1	12.8
Vitamin E (mg AT)	7.0	5.10	1.9	3.4	4.2	5.7	7.7	15.1	19.8
Vitamin B ₆ (mg)	1.4	0.67	0.7	0.8	1.0	1.3	1.6	2.5	2.9
Vitamin B ₁₂ (mcg)	4.5	2.17	1.3	2.0	3.1	4.3	5.7	7.3	8.7
Folate (mcg DFE)	285	169.3	94	105	152	255	355	557	660
Niacin (mg)	15.0	9.06	5.2	6.6	9.5	12.4	18.3	23.7	39.5
Riboflavin (mg)	1.8	0.70	0.9	1.0	1.3	1.8	2.4	3.0	3.0
Thiamin (mg)	1.3	0.57	0.6	0.7	1.0	1.2	1.7	2.3	2.4
Choline (mg)	343	208.5	128	137	198	298	445	586	952
Minerals									
Calcium (mg)	1,182	562.0	498	638	783	1,126	1,479	1,762	2,071
Iron (mg)	10	5.3	3	5	6	9	14	17	18
Magnesium (mg)	234	86.2	125	136	164	221	270	348	414
Phosphorus (mg)	1,394	590.9	546	779	963	1,343	1,691	1,908	2,363
Potassium (mg)	2,366	913.5	1,190	1,310	1,748	2,190	2,905	3,695	4,091
Sodium (mg)	2,519	1,463.8	824	1,138	1,475	2,079	3,326	4,277	5,184
Zinc (mg)	8.1	3.29	3.9	4.3	5.5	8.3	9.9	11.6	14.9
Other dietary components									
Cholesterol (mg)	346	343.3	65	77	92	209	541	681	1,415
Dietary fiber (g)	13.5	9.23	3.7	5.0	7.7	11.6	16.3	20.5	32.0
Dietary fiber (g/1,000 kcal)	7.7	4.28	2.8	2.9	5.1	6.6	9.4	13.6	19.9
Water (fl oz)	11.4	9.44	0.0	0.0	4.8	8.0	16.0	21.6	32.0
Added sugars (g)	55.5^	77.71^	1.7^	5.2^	13.0^	24.1^	58.9^	110.3^	330.2^

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	34.9	8.28	22.4	23.3	28.0	35.1	41.3	46.3	47.7
Saturated fat	12.6	3.87	7.3	8.1	9.1	12.3	15.7	18.0	19.0
Monounsaturated fat	10.8	3.00	6.2	6.8	8.6	10.7	12.9	14.5	17.2
Polyunsaturated fat	7.2	2.54	3.7	4.0	5.3	6.8	8.8	10.4	11.9
Linoleic acid	6.5	2.27	3.4	3.5	4.7	5.9	7.8	9.5	10.6
Alpha-linolenic acid	0.6	0.25	0.3	0.3	0.4	0.6	0.7	1.0	1.0
Added sugar	10.4	9.58	0.7	1.6	3.1	6.2	15.1	28.5	31.9
Carbohydrate	50.4	9.85	36.7	38.5	42.0	51.8	56.9	63.5	63.9
Protein	15.3	4.69	7.1	9.8	12.0	14.9	18.8	21.7	24.0
Number of children	67								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.13. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in Head Start centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,738	605.5	939	1,064	1,333	1,651	2,090	2,466	2,702
Macronutrients									
Total fat (g)	60	26.2	26	31	41	57	74	94	112
Saturated fat (g)	21	10.4	8	10	13	19	25	34	42
Monounsaturated fat (g)	19	8.8	8	9	12	18	24	30	36
Polyunsaturated fat (g)	13	7.8	5	6	8	12	17	23	28
Linoleic acid (g)	12	7.2	4	5	8	11	15	20	25
Alpha-linolenic acid (g)	1.2	0.72	0.4	0.5	0.7	1.0	1.5	2.1	2.4
Carbohydrate (g)	232	88.6	126	140	171	217	275	344	393
Protein (g)	70	29.3	31	39	48	66	84	105	122
Vitamins									
Vitamin A (mcg RAE)	584	300.7	200	258	359	570	735	931	1,097
Vitamin C (mg)	117	91.3	14	24	51	97	167	228	261
Vitamin D (mcg)	7.8	3.74	2.2	3.5	5.0	7.2	10.6	12.5	14.6
Vitamin E (mg AT)	6.4	3.94	2.6	3.1	3.8	5.5	7.6	10.2	13.3
Vitamin B ₆ (mg)	1.7	0.81	0.7	0.9	1.1	1.5	2.0	2.6	3.3
Vitamin B ₁₂ (mcg)	4.9	2.19	1.8	2.3	3.2	4.6	6.1	7.6	8.7
Folate (mcg DFE)	293	150.9	125	147	188	262	353	483	579
Niacin (mg)	18.6	9.63	6.9	8.5	12.2	16.8	23.0	28.8	35.1
Riboflavin (mg)	1.9	0.75	0.9	1.0	1.3	1.8	2.3	2.7	3.2
Thiamin (mg)	1.5	0.64	0.7	0.8	1.0	1.4	1.8	2.2	2.6
Choline (mg)	276	118.9	124	146	189	262	327	428	518
Minerals									
Calcium (mg)	1,186	500.3	526	600	795	1,150	1,468	1,880	2,130
Iron (mg)	12	7.3	5	5	7	11	15	21	25
Magnesium (mg)	266	97.3	135	159	200	254	314	385	408
Phosphorus (mg)	1,383	492.3	723	802	1,022	1,312	1,680	2,002	2,222
Potassium (mg)	2,590	970.5	1,266	1,513	1,934	2,502	3,128	3,707	4,228
Sodium (mg)	2,430	994.2	1,060	1,259	1,780	2,203	2,964	3,703	4,214
Zinc (mg)	9.3	4.35	3.9	4.7	6.2	8.4	11.6	14.9	16.6
Other dietary components									
Cholesterol (mg)	205	149.3	51	72	117	162	246	376	509
Dietary fiber (g)	15.7	7.83	6.5	7.8	10.3	14.2	19.7	23.9	29.1
Dietary fiber (g/1,000 kcal)	9.1	3.25	4.5	5.6	6.9	8.6	10.9	13.4	15.0
Water (fl oz)	12.1	11.15	0.0	0.0	4.0	9.2	16.0	26.7	37.7
Added sugars (g)	36.6	31.90	3.4	6.6	17.5	30.1	47.6	68.6	88.2

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	30.8	7.25	20.4	22.6	25.5	30.4	35.4	41.6	43.4
Saturated fat	10.5	3.38	5.7	6.5	8.1	10.0	12.4	15.0	16.4
Monounsaturated fat	9.8	2.81	5.8	6.4	7.9	9.5	11.6	13.7	14.9
Polyunsaturated fat	6.9	2.73	3.4	3.9	5.0	6.6	8.2	10.5	12.5
Linoleic acid	6.2	2.51	3.0	3.4	4.5	5.9	7.4	9.4	11.5
Alpha-linolenic acid	0.6	0.27	0.3	0.3	0.4	0.5	0.7	0.9	1.1
Added sugar	8.2	5.78	1.0	2.1	4.3	7.1	10.7	15.2	19.6
Carbohydrate	53.7	8.45	39.2	42.4	48.5	54.8	58.4	63.6	66.5
Protein	16.1	4.02	10.6	11.5	13.2	15.9	18.4	21.4	23.2
Number of children	493								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.14. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in Head Start centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,767	715.2	882	1,058	1,256	1,583	2,137	2,729	2,887
Macronutrients									
Total fat (g)	68	34.9	24	30	47	60	85	110	131
Saturated fat (g)	23	12.3	7	10	15	20	28	39	44
Monounsaturated fat (g)	23	12.9	8	10	14	19	29	38	45
Polyunsaturated fat (g)	15	9.4	5	6	9	13	18	26	34
Linoleic acid (g)	14	8.6	4	5	8	12	16	23	30
Alpha-linolenic acid (g)	1.3	0.81	0.3	0.4	0.7	1.0	1.6	2.3	2.8
Carbohydrate (g)	227	98.1	104	123	165	205	273	353	397
Protein (g)	64	29.9	29	35	44	59	78	100	115
Vitamins									
Vitamin A (mcg RAE)	554	422.6	133	209	306	443	675	1,072	1,294
Vitamin C (mg)	114	92.2	13	20	42	88	152	232	303
Vitamin D (mcg)	6.8	4.43	0.7	1.8	3.8	6.3	9.1	12.3	14.7
Vitamin E (mg AT)	7.0	5.26	2.2	2.9	4.1	5.7	8.5	11.6	15.0
Vitamin B ₆ (mg)	1.5	0.76	0.6	0.7	1.1	1.4	1.8	2.4	3.0
Vitamin B ₁₂ (mcg)	3.9	2.14	1.0	1.6	2.5	3.5	5.1	6.8	7.9
Folate (mcg DFE)	294	170.1	121	139	184	250	352	483	591
Niacin (mg)	17.5	9.20	6.8	7.9	11.5	15.5	21.1	28.3	35.5
Riboflavin (mg)	1.7	0.78	0.7	0.9	1.2	1.6	2.1	2.7	2.9
Thiamin (mg)	1.3	0.65	0.5	0.7	0.9	1.2	1.6	2.1	2.3
Choline (mg)	296	167.0	100	131	187	276	347	480	558
Minerals									
Calcium (mg)	987	528.1	303	350	575	893	1,299	1,643	1,979
Iron (mg)	12	6.1	5	5	8	11	15	20	23
Magnesium (mg)	239	104.3	113	127	164	224	287	369	462
Phosphorus (mg)	1,230	524.6	546	671	843	1,130	1,540	1,898	2,113
Potassium (mg)	2,370	1,076.3	1,134	1,288	1,563	2,229	2,852	3,681	4,050
Sodium (mg)	2,535	1,251.6	1,025	1,276	1,606	2,326	3,090	3,837	5,151
Zinc (mg)	8.4	4.35	3.1	4.3	5.4	7.9	10.1	13.5	15.4
Other dietary components									
Cholesterol (mg)	275	232.1	61	77	124	200	354	544	677
Dietary fiber (g)	14.0	7.41	4.8	6.6	9.0	12.5	17.5	23.9	28.8
Dietary fiber (g/1,000 kcal)	8.1	3.18	3.7	4.4	6.0	7.7	9.9	12.3	14.2
Water (fl oz)	15.2	13.63	0.0	2.8	8.0	12.0	20.0	30.0	41.5
Added sugars (g)	46.8	34.54	9.1	13.5	21.5	35.8	63.0	93.1	121.0

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	34.0	8.35	20.0	23.3	29.1	33.8	38.4	43.9	47.3
Saturated fat	11.4	3.40	6.3	7.0	9.3	11.2	13.2	15.4	17.1
Monounsaturated fat	11.2	3.44	6.3	6.9	9.3	11.0	13.4	15.3	16.3
Polyunsaturated fat	7.5	3.03	3.5	4.0	5.3	7.3	9.2	11.4	12.6
Linoleic acid	6.7	2.75	3.0	3.6	4.7	6.6	8.0	10.1	11.2
Alpha-linolenic acid	0.6	0.30	0.3	0.3	0.4	0.6	0.7	0.9	1.2
Added sugar	10.6	6.94	2.6	3.7	5.5	9.0	14.2	19.0	21.0
Carbohydrate	51.9	9.80	37.5	40.4	46.2	51.2	56.7	64.5	70.1
Protein	14.8	4.07	9.5	10.7	12.0	14.0	16.5	20.4	22.2
Number of children	413								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.15. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in early child care programs on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,383	451.8	741	851	1,078	1,381	1,561	1,991	2,222
Macronutrients									
Total fat (g)	48	17.5	22	29	37	46	58	67	83
Saturated fat (g)	18	7.4	8	10	13	17	21	26	35
Monounsaturated fat (g)	15	5.7	7	9	11	13	17	21	25
Polyunsaturated fat (g)	10	4.7	3	5	6	9	12	16	17
Linoleic acid (g)	8	4.2	3	4	5	8	11	14	16
Alpha-linolenic acid (g)	0.9	0.48	0.3	0.4	0.6	0.8	1.0	1.4	1.7
Carbohydrate (g)	186	71.3	100	108	135	175	219	274	327
Protein (g)	55	20.4	29	31	40	51	66	82	90
Vitamins									
Vitamin A (mcg RAE)	556	310.4	163	238	349	491	665	924	1,237
Vitamin C (mg)	103	77.2	12	25	41	86	154	226	250
Vitamin D (mcg)	7.4	3.92	1.5	2.7	4.9	7.3	9.1	12.7	13.6
Vitamin E (mg AT)	5.4	5.14	1.8	2.2	2.9	3.9	6.0	8.6	14.1
Vitamin B ₆ (mg)	1.4	0.73	0.6	0.8	1.0	1.3	1.6	2.2	2.8
Vitamin B ₁₂ (mcg)	4.4	2.32	1.5	1.8	3.0	4.1	5.2	7.4	7.9
Folate (mcg DFE)	228	138.3	84	96	143	196	273	388	475
Niacin (mg)	14.4	7.76	5.9	7.7	9.5	13.0	17.1	22.3	27.6
Riboflavin (mg)	1.6	0.70	0.9	1.0	1.2	1.5	1.8	2.3	2.6
Thiamin (mg)	1.3	0.69	0.6	0.8	0.9	1.1	1.3	1.7	2.1
Choline (mg)	247	103.0	108	137	173	220	300	383	443
Minerals									
Calcium (mg)	1,067	440.1	445	566	765	1,024	1,350	1,667	1,892
Iron (mg)	9	5.8	4	4	5	7	11	16	21
Magnesium (mg)	220	81.2	118	136	166	208	256	322	360
Phosphorus (mg)	1,151	413.1	537	692	929	1,098	1,387	1,712	1,870
Potassium (mg)	2,222	773.0	956	1,231	1,736	2,263	2,606	3,166	3,723
Sodium (mg)	1,878	686.5	890	1,112	1,454	1,755	2,251	2,774	3,317
Zinc (mg)	7.3	3.14	3.5	4.1	5.1	6.4	8.9	10.7	14.0
Other dietary components									
Cholesterol (mg)	181	115.8	39	57	104	156	240	337	425
Dietary fiber (g)	12.8	7.25	5.4	6.1	8.1	10.9	15.6	20.2	25.4
Dietary fiber (g/1,000 kcal)	9.1	3.49	4.6	5.6	6.7	8.1	11.0	15.0	15.6
Water (fl oz)	7.7	6.54	0.0	0.0	3.3	7.0	11.6	15.3	20.0
Added sugars (g)	24.3	24.21	2.9	4.6	9.1	17.5	31.8	46.9	64.5

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	31.2	6.23	19.8	24.4	26.6	31.4	36.0	39.3	40.1
Saturated fat	11.5	3.49	6.2	7.5	9.3	11.0	14.0	15.7	16.9
Monounsaturated fat	9.5	2.24	6.0	7.1	7.9	9.1	10.8	12.7	13.8
Polyunsaturated fat	6.1	2.25	3.1	3.5	4.5	5.9	7.3	9.0	10.4
Linoleic acid	5.5	2.05	2.8	3.0	3.9	5.3	6.5	8.1	9.0
Alpha-linolenic acid	0.6	0.24	0.3	0.3	0.4	0.5	0.7	0.8	0.9
Added sugar	6.6	5.02	1.0	1.7	2.9	5.3	9.4	12.5	14.2
Carbohydrate	53.5	8.55	40.4	42.7	46.8	53.0	59.2	63.8	67.9
Protein	16.0	3.97	10.1	11.4	13.2	15.8	18.8	21.4	23.0
Number of children	276								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.16. Mean 24-hour intakes of calories, nutrients and water among 1 to 2 year olds in early child care programs on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,485	558.0	780	871	1,094	1,417	1,789	2,083	2,316
Macronutrients									
Total fat (g)	59	26.8	27	34	39	54	76	100	102
Saturated fat (g)	22	10.8	9	10	14	19	27	35	47
Monounsaturated fat (g)	19	9.1	8	9	12	17	24	29	37
Polyunsaturated fat (g)	12	7.3	4	5	7	10	16	21	23
Linoleic acid (g)	11	6.7	4	4	6	9	14	19	21
Alpha-linolenic acid (g)	0.9	0.53	0.4	0.4	0.6	0.8	1.2	1.6	1.9
Carbohydrate (g)	181	80.2	63	93	129	170	210	279	328
Protein (g)	58	25.5	24	30	42	55	66	101	105
Vitamins									
Vitamin A (mcg RAE)	519	281.0	216	245	317	479	614	864	1,050
Vitamin C (mg)	103	94.1	4	12	24	81	141	235	280
Vitamin D (mcg)	7.5	6.38	0.7	2.1	4.0	6.9	9.5	10.7	12.7
Vitamin E (mg AT)	6.5	4.49	1.9	2.5	3.5	5.4	7.9	12.9	16.8
Vitamin B ₆ (mg)	1.4	0.73	0.5	0.6	0.8	1.2	1.7	2.5	2.7
Vitamin B ₁₂ (mcg)	4.2	2.48	1.3	1.4	2.6	3.7	5.4	7.1	9.4
Folate (mcg DFE)	227	119.9	60	101	138	195	296	408	430
Niacin (mg)	14.8	8.35	5.2	6.2	8.6	13.0	19.0	26.8	30.7
Riboflavin (mg)	1.5	0.60	0.6	0.7	1.1	1.5	1.8	2.4	2.6
Thiamin (mg)	1.2	0.57	0.5	0.6	0.8	1.1	1.5	2.0	2.3
Choline (mg)	258	126.8	96	134	165	234	315	454	515
Minerals									
Calcium (mg)	1,014	450.5	359	466	752	936	1,267	1,535	1,881
Iron (mg)	9	4.5	3	4	5	8	11	14	15
Magnesium (mg)	207	71.8	96	116	159	209	252	302	322
Phosphorus (mg)	1,157	421.7	542	637	837	1,121	1,364	1,743	1,905
Potassium (mg)	2,114	843.1	878	1,042	1,363	2,152	2,668	2,976	3,960
Sodium (mg)	1,981	954.8	696	959	1,308	1,872	2,588	3,043	3,396
Zinc (mg)	7.5	3.41	3.0	4.1	5.5	6.9	8.9	11.1	12.8
Other dietary components									
Cholesterol (mg)	234	181.0	49	55	98	190	329	529	619
Dietary fiber (g)	12.0	6.45	3.4	4.7	7.2	10.9	15.9	19.7	25.2
Dietary fiber (g/1,000 kcal)	8.3	4.14	3.4	3.6	5.3	7.6	10.3	15.4	17.5
Water (fl oz)	12.5	9.78	0.0	0.8	4.0	9.9	20.0	24.8	32.0
Added sugars (g)	28.4	35.57	1.4	2.0	6.7	20.1	38.5	66.6	73.3

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	35.9	7.62	23.2	27.9	30.4	36.7	41.3	46.0	47.7
Saturated fat	13.1	3.95	6.7	7.3	11.0	13.2	15.4	17.5	20.5
Monounsaturated fat	11.4	3.45	6.9	7.6	9.2	10.9	13.6	15.5	16.8
Polyunsaturated fat	7.1	2.64	3.8	4.2	5.0	6.9	8.4	11.2	12.2
Linoleic acid	6.3	2.37	3.2	3.6	4.3	5.8	7.4	10.0	11.5
Alpha-linolenic acid	0.6	0.23	0.3	0.3	0.4	0.5	0.7	0.8	1.0
Added sugar	6.9	6.19	0.5	0.7	2.5	5.4	10.9	14.4	17.9
Carbohydrate	48.5	9.95	31.9	34.4	41.0	48.5	55.7	61.7	63.9
Protein	16.1	4.76	8.2	10.2	12.6	15.7	19.1	22.6	23.9
Number of children	229								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.17. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in early child care programs on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,579	508.2	818	972	1,239	1,513	1,911	2,228	2,349
Macronutrients									
Total fat (g)	55	23.7	24	28	38	51	68	84	99
Saturated fat (g)	19	9.4	8	9	12	17	24	31	37
Monounsaturated fat (g)	17	7.9	7	8	12	16	22	28	34
Polyunsaturated fat (g)	12	7.4	4	5	7	11	15	23	26
Linoleic acid (g)	11	6.7	4	4	7	9	13	20	24
Alpha-linolenic acid (g)	1.1	0.76	0.3	0.4	0.6	0.9	1.3	1.9	2.4
Carbohydrate (g)	211	74.6	101	127	157	207	253	302	334
Protein (g)	62	23.0	32	36	45	60	74	92	99
Vitamins									
Vitamin A (mcg RAE)	572	351.6	178	249	351	529	700	922	1,083
Vitamin C (mg)	108	84.9	10	18	44	93	157	217	250
Vitamin D (mcg)	6.9	4.05	1.9	2.6	4.0	6.3	9.2	12.2	13.8
Vitamin E (mg AT)	6.0	3.52	2.0	2.9	3.7	5.1	7.3	10.2	13.1
Vitamin B ₆ (mg)	1.5	0.70	0.6	0.7	1.1	1.4	1.9	2.5	2.9
Vitamin B ₁₂ (mcg)	4.4	2.03	1.8	2.1	2.7	4.2	5.7	7.3	8.2
Folate (mcg DFE)	267	129.2	106	124	178	244	334	447	502
Niacin (mg)	16.9	7.88	6.9	8.2	11.1	15.7	21.3	27.7	30.0
Riboflavin (mg)	1.7	0.62	0.9	1.0	1.3	1.6	2.1	2.5	2.9
Thiamin (mg)	1.4	0.55	0.6	0.8	1.0	1.3	1.6	2.1	2.4
Choline (mg)	252	105.0	113	134	171	240	302	384	452
Minerals									
Calcium (mg)	1,068	440.8	449	558	720	1,023	1,370	1,664	1,830
Iron (mg)	11	6.0	4	5	7	10	14	20	23
Magnesium (mg)	242	84.8	116	141	179	237	285	354	378
Phosphorus (mg)	1,255	428.7	617	699	946	1,194	1,553	1,833	1,921
Potassium (mg)	2,316	806.9	1,124	1,313	1,761	2,290	2,746	3,364	3,635
Sodium (mg)	2,192	863.8	1,028	1,249	1,517	2,056	2,704	3,359	3,845
Zinc (mg)	8.3	3.23	4.0	4.6	6.2	8.1	9.9	12.0	14.1
Other dietary components									
Cholesterol (mg)	183	124.7	55	72	97	149	228	315	438
Dietary fiber (g)	14.7	6.28	6.6	7.5	10.4	13.7	18.2	22.6	24.1
Dietary fiber (g/1,000 kcal)	9.5	3.16	4.9	6.0	7.4	9.1	10.9	13.7	15.0
Water (fl oz)	10.6	9.30	0.0	0.7	4.0	8.4	15.8	21.5	28.0
Added sugars (g)	31.2	27.19	2.7	6.6	13.4	24.8	39.8	66.2	83.1

Appendix G. Children's dietary intakes and plate waste supplementary tables

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	31.1	6.91	20.0	22.0	26.5	31.1	35.6	40.7	42.2
Saturated fat	10.8	3.36	5.6	6.6	8.6	10.6	12.7	14.8	16.2
Monounsaturated fat	9.8	2.69	5.2	6.5	8.0	9.5	11.6	13.7	14.6
Polyunsaturated fat	6.8	2.89	2.7	3.3	5.0	6.5	8.6	10.4	12.2
Linoleic acid	6.1	2.61	2.4	2.9	4.3	5.8	7.7	9.4	11.3
Alpha-linolenic acid	0.6	0.32	0.2	0.3	0.4	0.6	0.8	1.0	1.2
Added sugar	7.6	5.48	1.0	2.1	3.7	6.5	10.4	14.9	18.2
Carbohydrate	53.6	8.13	40.7	43.0	48.5	53.6	58.3	64.6	68.0
Protein	16.0	4.08	10.1	11.3	13.2	15.6	18.5	21.5	23.5
Number of children	851								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.18. Mean 24-hour intakes of calories, nutrients and water among 3 to 5 year olds in early child care programs on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,738	631.3	931	1,064	1,325	1,586	2,081	2,521	2,782
Macronutrients									
Total fat (g)	70	32.5	32	38	48	60	90	109	131
Saturated fat (g)	24	12.5	11	12	15	20	31	41	50
Monounsaturated fat (g)	23	11.9	9	11	15	19	29	38	43
Polyunsaturated fat (g)	15	8.4	5	7	10	13	19	27	30
Linoleic acid (g)	14	7.6	4	6	9	12	17	25	27
Alpha-linolenic acid (g)	1.3	0.79	0.4	0.5	0.8	1.2	1.6	2.1	2.5
Carbohydrate (g)	217	80.7	104	126	166	208	258	311	373
Protein (g)	63	29.7	29	33	45	56	77	97	112
Vitamins									
Vitamin A (mcg RAE)	538	317.7	158	234	349	473	659	896	1,124
Vitamin C (mg)	103	83.3	10	18	37	82	143	217	267
Vitamin D (mcg)	6.1	4.40	1.0	1.7	2.9	5.6	7.9	11.0	13.6
Vitamin E (mg AT)	7.0	4.38	2.3	3.1	4.2	5.9	8.5	11.5	13.9
Vitamin B ₆ (mg)	1.4	0.73	0.6	0.7	1.0	1.3	1.8	2.3	2.7
Vitamin B ₁₂ (mcg)	3.9	2.36	1.2	1.5	2.3	3.4	4.8	6.4	9.0
Folate (mcg DFE)	278	131.7	113	143	187	253	346	435	478
Niacin (mg)	17.5	8.72	7.4	8.1	10.8	15.8	23.2	28.9	32.4
Riboflavin (mg)	1.6	0.68	0.7	0.9	1.2	1.5	2.0	2.4	2.8
Thiamin (mg)	1.3	0.61	0.6	0.7	1.0	1.2	1.7	2.1	2.3
Choline (mg)	282	166.7	99	117	172	242	359	466	552
Minerals									
Calcium (mg)	974	460.9	335	426	670	952	1,202	1,559	1,757
Iron (mg)	11	5.2	5	6	7	10	13	18	21
Magnesium (mg)	229	89.6	115	131	162	211	273	353	395
Phosphorus (mg)	1,215	484.4	577	672	876	1,130	1,434	1,859	2,068
Potassium (mg)	2,240	933.3	1,096	1,326	1,571	2,085	2,722	3,265	3,752
Sodium (mg)	2,547	1,162.8	1,234	1,477	1,752	2,281	3,155	3,947	4,622
Zinc (mg)	8.2	4.38	3.3	4.3	5.6	7.0	9.5	13.3	14.9
Other dietary components									
Cholesterol (mg)	267	219.8	61	69	117	182	362	552	648
Dietary fiber (g)	13.6	6.82	5.4	6.8	8.3	12.5	17.4	22.9	24.0
Dietary fiber (g/1,000 kcal)	8.1	3.45	3.4	4.2	5.6	7.3	9.8	12.9	14.4
Water (fl oz)	13.4	10.91	0.0	2.0	6.0	10.8	18.8	28.0	32.9
Added sugars (g)	43.9	35.43	6.6	10.0	21.3	34.6	55.4	88.9	101.6

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	35.6	7.57	23.7	27.4	29.9	35.0	41.0	44.9	50.8
Saturated fat	12.3	3.41	7.4	8.4	9.6	11.7	14.7	17.0	18.0
Monounsaturated fat	11.5	3.14	6.9	7.7	9.2	11.3	13.7	15.3	16.9
Polyunsaturated fat	7.9	3.04	3.5	4.4	5.9	7.7	9.4	11.5	12.6
Linoleic acid	7.0	2.74	3.2	3.8	5.0	6.9	8.3	10.4	11.3
Alpha-linolenic acid	0.7	0.33	0.3	0.4	0.5	0.6	0.8	1.1	1.2
Added sugar	10.0	6.24	1.5	2.6	5.4	9.4	13.6	17.4	21.1
Carbohydrate	50.6	8.97	35.3	40.0	45.0	50.8	56.6	61.5	64.0
Protein	14.4	3.69	9.1	9.8	12.2	13.9	16.4	19.8	21.3
Number of children	711								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.19. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in at-risk afterschool centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	2,003	839.2	1,011	1,133	1,555	1,877	2,314	2,651	3,312
Macronutrients									
Total fat (g)	80	48.2	30	32	58	71	94	114	153
Saturated fat (g)	26	16.7	9	12	18	24	29	38	50
Monounsaturated fat (g)	27	18.6	9	11	18	23	31	44	54
Polyunsaturated fat (g)	18	10.0	6	8	12	15	22	31	35
Linoleic acid (g)	16	9.1	5	7	10	14	20	29	30
Alpha-linolenic acid (g)	1.4	0.77	0.5	0.6	0.9	1.2	1.8	2.3	2.8
Carbohydrate (g)	243	77.9	116	151	188	238	279	346	354
Protein (g)	81	50.8	34	42	53	71	92	118	163
Vitamins									
Vitamin A (mcg RAE)	577~	359.4~	172~	192~	276~	503~	741~	1,163~	1,216~
Vitamin C (mg)	109	68.5	15	18	60	104	149	187	240
Vitamin D (mcg)	6.3~	4.36~	1.0~	1.3~	3.1~	4.9~	8.9~	11.8~	15.5~
Vitamin E (mg AT)	8.6	5.28	3.5	4.1	5.6	6.5	10.0	16.2	22.1
Vitamin B ₆ (mg)	1.8	0.92	0.6	0.9	1.2	1.5	2.2	2.9	3.7
Vitamin B ₁₂ (mcg)	4.2	3.59	1.1	1.5	2.6	3.2	5.0	6.9	7.5
Folate (mcg DFE)	313~	162.5~	101~	107~	214~	293~	382~	520~	575~
Niacin (mg)	22.6	12.10	8.7	10.6	15.4	20.5	25.6	36.6	47.3
Riboflavin (mg)	1.8	0.85	0.9	1.0	1.3	1.7	2.3	2.8	3.0
Thiamin (mg)	1.5~	0.74~	0.5~	0.6~	1.0~	1.4~	2.0~	2.7~	3.2~
Choline (mg)	333	290.5	102	124	185	265	397	553	641
Minerals									
Calcium (mg)	1,111~	492.4~	411~	491~	735~	1,027~	1,354~	1,869~	2,083~
Iron (mg)	14~	7.6~	4~	5~	9~	12~	16~	25~	29~
Magnesium (mg)	278	112.5	133	159	207	262	326	383	457
Phosphorus (mg)	1,447	700.2	698	797	1,050	1,260	1,734	2,230	2,343
Potassium (mg)	2,549	1,032.6	1,065	1,187	1,939	2,362	2,949	3,636	3,955
Sodium (mg)	3,079	1,498.1	1,415	1,588	2,097	2,750	3,775	4,768	4,930
Zinc (mg)	10.3	8.18	2.9	5.1	6.3	8.5	12.4	14.7	17.8
Other dietary components									
Cholesterol (mg)	320	401.1	41	65	143	203	392	633	817
Dietary fiber (g)	16.4	6.59	6.7	7.3	10.9	15.8	21.1	23.9	29.1
Dietary fiber (g/1,000 kcal)	8.4	2.90	4.3	5.5	6.5	7.9	9.8	12.7	14.6
Water (fl oz)	20.0~	14.68~	0.0~	0.0~	8.8~	16.9~	27.9~	38.4~	50.6~
Added sugars (g)	47.4	31.95	15.8	18.0	26.6	40.1	56.0	82.8	114.8

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	34.6	6.01	24.4	26.1	31.4	35.3	37.5	41.7	44.2
Saturated fat	11.5~	3.02~	7.4~	8.0~	9.8~	11.1~	13.2~	15.3~	16.1~
Monounsaturated fat	11.5~	2.92~	7.5~	8.3~	9.3~	11.3~	13.5~	15.0~	16.1~
Polyunsaturated fat	7.9~	2.30~	4.3~	4.9~	6.3~	7.9~	9.3~	10.8~	12.1~
Linoleic acid	7.1	2.19	3.9	4.5	5.5	7.1	8.7	9.9	11.4
Alpha-linolenic acid	0.6~	0.21~	0.3~	0.4~	0.5~	0.6~	0.7~	0.9~	1.0~
Added sugar	9.8~	5.59~	3.7~	4.1~	5.6~	9.0~	12.7~	18.8~	20.9~
Carbohydrate	50.4	9.13	30.9	37.3	45.5	51.9	55.8	61.0	63.4
Protein	15.7~	4.41~	10.2~	11.6~	12.8~	14.3~	18.6~	22.7~	24.9~
Number of children	158								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.20. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in at-risk afterschool centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	2,116	807.0	1,012	1,191	1,585	1,988	2,458	3,404	3,896
Macronutrients									
Total fat (g)	87	37.6	37	45	59	81	111	138	163
Saturated fat (g)	29	12.8	11	15	18	27	37	46	49
Monounsaturated fat (g)	30	14.5	11	14	21	28	37	44	64
Polyunsaturated fat (g)	19	10.4	6	8	10	15	26	32	36
Linoleic acid (g)	17	9.4	6	7	9	13	23	29	32
Alpha-linolenic acid (g)	1.6	0.86	0.5	0.6	0.9	1.4	2.0	2.8	3.5
Carbohydrate (g)	255	100.4	116	145	190	234	299	413	451
Protein (g)	81	41.7	34	40	55	71	94	131	169
Vitamins									
Vitamin A (mcg RAE)	634	426.6	162	209	328	501	849	1,093	1,517
Vitamin C (mg)	113	91.5	10	22	42	94	150	210	317
Vitamin D (mcg)	6.5	4.43	1.0	2.1	3.5	6.0	8.2	11.5	12.6
Vitamin E (mg AT)	9.0	5.97	3.0	3.4	5.2	7.4	10.5	15.6	18.0
Vitamin B ₆ (mg)	1.9	1.06	0.6	0.9	1.1	1.5	2.2	3.0	4.1
Vitamin B ₁₂ (mcg)	4.5	2.58	1.4	1.6	2.8	4.0	5.6	7.3	9.8
Folate (mcg DFE)	347	166.1	148	173	222	315	433	564	710
Niacin (mg)	22.0	11.21	8.1	10.1	14.1	19.0	26.7	41.8	47.3
Riboflavin (mg)	1.8	0.78	0.8	1.1	1.3	1.8	2.1	2.7	3.8
Thiamin (mg)	1.6	0.75	0.7	0.9	1.1	1.5	2.0	2.6	3.4
Choline (mg)	368	229.4	105	151	219	335	441	613	966
Minerals									
Calcium (mg)	1,072	492.9	429	490	701	1,006	1,379	1,821	2,144
Iron (mg)	15	6.9	6	7	10	12	18	26	27
Magnesium (mg)	273	108.0	141	152	190	260	356	403	455
Phosphorus (mg)	1,455	655.5	651	832	1,029	1,301	1,685	2,495	3,027
Potassium (mg)	2,534	1,167.9	1,196	1,412	1,724	2,273	3,017	4,027	5,366
Sodium (mg)	3,342	1,475.4	1,412	1,776	2,415	3,058	4,290	5,406	5,971
Zinc (mg)	10.6	5.75	4.0	5.6	6.5	9.2	12.7	18.4	22.6
Other dietary components									
Cholesterol (mg)	394	300.1	75	92	147	314	537	808	1,179
Dietary fiber (g)	16.3	8.04	6.0	8.0	10.3	14.5	20.3	26.4	32.1
Dietary fiber (g/1,000 kcal)	7.9	3.38	3.8	4.4	5.9	7.5	9.5	11.1	13.0
Water (fl oz)	23.2	17.35	0.0	4.0	15.2	20.3	32.0	48.0	50.6
Added sugars (g)	57.2	36.94	9.7	14.8	31.7	55.0	83.0	111.6	120.4

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	36.5	6.24	27.0	29.1	32.0	36.4	41.3	45.5	46.9
Saturated fat	12.2	3.32	8.0	8.6	9.7	11.7	14.4	16.8	17.6
Monounsaturated fat	12.4	3.05	7.1	8.2	10.3	12.5	14.1	16.0	17.3
Polyunsaturated fat	7.8	2.57	4.4	4.9	5.9	7.5	9.7	10.9	11.9
Linoleic acid	7.0	2.34	3.9	4.1	5.3	6.7	8.8	9.9	10.8
Alpha-linolenic acid	0.7	0.26	0.3	0.4	0.5	0.6	0.8	1.1	1.1
Added sugar	11.1	6.90	2.6	3.9	6.2	9.5	15.6	21.1	24.1
Carbohydrate	48.8	8.83	35.4	36.3	41.7	49.3	55.6	59.5	64.7
Protein	15.2	4.46	7.8	10.0	12.4	14.3	16.9	22.9	23.8
Number of children	196								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.21. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in outside-school-hours care centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,708	731.0	887	934	1,123	1,622	2,068	2,776	3,535
Macronutrients									
Total fat (g)	64	42.2	25	28	37	50	77	114	200
Saturated fat (g)	22	20.3	7	9	12	16	27	34	97
Monounsaturated fat (g)	20	12.1	7	8	12	16	26	39	53
Polyunsaturated fat (g)	14	7.6	5	7	8	13	17	21	27
Linoleic acid (g)	12	7.1	5	6	7	11	15	19	24
Alpha-linolenic acid (g)	1.2	0.64	0.4	0.4	0.8	1.1	1.5	2.1	2.3
Carbohydrate (g)	215	83.6	115	118	153	202	258	332	379
Protein (g)	70	50.2	32	35	39	56	81	105	246
Vitamins									
Vitamin A (mcg RAE)	603	457.1	121	180	242	498	799	1,206	1,744
Vitamin C (mg)	97	83.3	2	12	32	87	123	194	266
Vitamin D (mcg)	6.2	5.43	0.2	0.4	2.7	4.7	8.6	13.3	22.2
Vitamin E (mg AT)	6.5	3.89	2.7	3.3	3.7	5.4	7.9	10.7	13.7
Vitamin B ₆ (mg)	1.6	0.77	0.6	0.7	1.1	1.5	2.2	2.4	2.7
Vitamin B ₁₂ (mcg)	4.2	2.91	0.9	1.3	2.2	3.3	5.9	7.9	11.9
Folate (mcg DFE)	325	172.9	122	155	209	293	390	539	587
Niacin (mg)	20.0	10.03	8.4	9.9	12.4	15.5	26.6	34.0	40.5
Riboflavin (mg)	1.8	0.91	0.8	0.9	1.0	1.5	2.3	2.9	4.0
Thiamin (mg)	1.5	0.63	0.7	0.8	1.1	1.3	1.8	2.4	2.6
Choline (mg)	237	128.2	96	119	140	209	276	469	469
Minerals									
Calcium (mg)	1,121	1,032.9	144	342	543	877	1,317	1,739	4,921
Iron (mg)	13	7.0	6	6	7	11	16	24	31
Magnesium (mg)	239	105.8	125	130	152	215	293	360	438
Phosphorus (mg)	1,321	894.7	456	587	744	1,087	1,513	2,055	4,451
Potassium (mg)	2,113	909.9	1,043	1,081	1,307	2,029	2,637	2,933	3,816
Sodium (mg)	2,866	1,523.1	1,434	1,446	1,892	2,556	3,366	4,245	7,732
Zinc (mg)	9.1	5.69	4.0	4.3	4.7	6.9	11.1	15.9	26.3
Other dietary components									
Cholesterol (mg)	208	210.6	50	56	78	132	263	468	921
Dietary fiber (g)	15.1	8.31	7.0	7.0	9.1	12.7	18.8	24.7	29.4
Dietary fiber (g/1,000 kcal)	9.4	3.78	2.0	4.9	7.4	9.3	11.3	13.3	16.2
Water (fl oz)	17.6	13.45	0.0	0.0	6.0	16.0	27.8	40.9	40.9
Added sugars (g)	37.7	35.78	5.3	9.5	11.6	34.1	50.0	72.4	84.2

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	32.0	7.55	21.0	21.6	27.2	31.4	35.4	40.9	51.0
Saturated fat	10.9	4.39	5.5	6.6	8.2	9.6	12.6	15.2	24.6
Monounsaturated fat	10.2	2.71	6.5	6.8	8.4	10.4	12.3	13.6	14.5
Polyunsaturated fat	7.3	2.40	3.6	4.4	5.7	7.0	8.3	10.3	10.7
Linoleic acid	6.5	2.25	3.3	4.0	5.2	6.2	7.5	9.3	10.0
Alpha-linolenic acid	0.6	0.26	0.3	0.3	0.5	0.6	0.8	1.0	1.0
Added sugar	8.5	5.76	2.2	2.4	5.0	7.5	10.9	15.0	18.2
Carbohydrate	52.6	10.60	21.2	40.5	47.0	55.5	58.6	63.0	63.8
Protein	16.0	5.46	9.5	11.1	13.1	14.8	17.1	21.4	27.8
Number of children	136								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.22. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in outside-school-hours care centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	2,065	800.0	996	1,165	1,472	1,981	2,534	2,869	3,481
Macronutrients									
Total fat (g)	83	38.5	44	45	57	78	102	139	139
Saturated fat (g)	28	14.0	12	13	19	25	34	47	50
Monounsaturated fat (g)	27	12.5	14	15	18	24	33	42	49
Polyunsaturated fat (g)	19	12.0	7	7	11	17	23	33	41
Linoleic acid (g)	17	10.4	6	6	9	16	20	29	34
Alpha-linolenic acid (g)	1.6	1.18	0.3	0.6	0.9	1.5	2.2	3.0	3.8
Carbohydrate (g)	249	100.3	69	133	178	258	285	336	441
Protein (g)	81	38.6	34	40	51	74	98	134	151
Vitamins									
Vitamin A (mcg RAE)	577	338.4	92	179	294	559	798	972	1,124
Vitamin C (mg)	92	73.3	8	15	41	82	105	207	246
Vitamin D (mcg)	7.0	5.59	0.2	0.9	3.0	6.5	9.2	14.2	21.4
Vitamin E (mg AT)	8.7	5.54	2.6	3.5	4.7	6.9	11.1	17.4	17.7
Vitamin B ₆ (mg)	1.8	0.95	0.7	0.8	1.1	1.6	2.2	2.8	3.8
Vitamin B ₁₂ (mcg)	4.4	2.35	1.3	1.9	2.1	3.8	6.7	7.0	8.2
Folate (mcg DFE)	358	169.0	125	141	239	358	443	551	673
Niacin (mg)	22.9	11.51	9.8	10.1	13.3	20.1	30.1	38.5	44.6
Riboflavin (mg)	1.8	0.79	0.6	0.8	1.2	1.8	2.4	2.7	2.9
Thiamin (mg)	1.6	0.72	0.6	0.6	1.1	1.6	2.2	2.6	2.8
Choline (mg)	340	182.9	110	120	179	346	426	604	666
Minerals									
Calcium (mg)	1,036	531.8	271	407	624	974	1,341	1,706	2,120
Iron (mg)	14	7.2	5	7	9	12	16	21	31
Magnesium (mg)	260	114.9	78	120	181	258	326	390	467
Phosphorus (mg)	1,415	648.3	472	701	939	1,436	1,739	2,429	2,505
Potassium (mg)	2,329	1,199.4	859	919	1,210	2,403	2,931	3,390	3,759
Sodium (mg)	3,193	1,359.7	1,517	1,996	2,241	2,888	3,888	5,444	5,444
Zinc (mg)	9.5	4.57	4.5	5.0	6.5	8.9	12.5	14.3	17.0
Other dietary components									
Cholesterol (mg)	347	229.1	75	109	166	346	436	694	822
Dietary fiber (g)	16.2	8.12	3.7	6.9	10.5	14.3	21.4	27.0	27.7
Dietary fiber (g/1,000 kcal)	7.8	2.79	3.7	4.1	5.8	7.5	9.4	12.6	12.6
Water (fl oz)	25.6	20.10	0.0	1.8	9.1	20.1	38.4	59.1	68.4
Added sugars (g)	43.2	37.76	1.5	8.2	20.1	34.4	60.3	87.9	93.0

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	36.1	7.11	26.8	27.5	30.3	36.2	41.5	44.9	51.3
Saturated fat	12.4	3.74	5.8	7.7	10.0	12.4	14.9	18.4	18.7
Monounsaturated fat	11.6	2.79	7.6	8.4	9.9	11.7	12.9	16.1	18.2
Polyunsaturated fat	8.0	2.88	4.4	4.8	5.5	8.0	9.5	11.9	14.8
Linoleic acid	7.0	2.41	3.9	4.3	4.9	7.0	8.5	10.6	12.0
Alpha-linolenic acid	0.7	0.30	0.2	0.4	0.5	0.6	0.9	1.0	1.4
Added sugar	8.7	6.77	0.2	2.2	4.4	5.9	12.2	20.0	23.7
Carbohydrate	48.4	9.19	27.5	35.6	45.1	49.0	55.8	59.4	62.5
Protein	15.7	3.99	10.0	11.1	12.6	14.8	19.8	21.1	21.2
Number of children	124								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.23. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in before and after school programs on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,979	833.6	921	1,133	1,547	1,820	2,269	2,651	3,312
Macronutrients									
Total fat (g)	79	47.9	29	32	58	67	93	114	153
Saturated fat (g)	26	17.0	8	11	17	24	29	38	50
Monounsaturated fat (g)	27	18.2	7	11	17	23	31	44	54
Polyunsaturated fat (g)	18	9.9	6	8	12	15	22	31	34
Linoleic acid (g)	16	9.0	5	7	10	14	20	29	30
Alpha-linolenic acid (g)	1.4	0.76	0.5	0.6	0.9	1.2	1.8	2.3	2.8
Carbohydrate (g)	241	78.7	116	139	187	238	277	346	357
Protein (g)	80	50.8	34	41	52	70	92	115	163
Vitamins									
Vitamin A (mcg RAE)	579	367.9	172	192	276	503	750	1,163	1,216
Vitamin C (mg)	108	69.8	14	18	60	104	149	187	240
Vitamin D (mcg)	6.3	4.45	1.0	1.1	3.1	4.9	8.9	11.8	15.5
Vitamin E (mg AT)	8.4	5.20	3.4	4.1	5.5	6.5	9.9	16.2	22.1
Vitamin B ₆ (mg)	1.8	0.91	0.6	0.9	1.2	1.5	2.2	2.7	3.6
Vitamin B ₁₂ (mcg)	4.2	3.54	1.1	1.5	2.6	3.2	5.0	7.2	7.9
Folate (mcg DFE)	314	163.1	101	107	214	293	382	520	575
Niacin (mg)	22.3	11.95	8.7	10.6	14.9	20.5	25.6	36.6	47.3
Riboflavin (mg)	1.8	0.86	0.9	0.9	1.3	1.7	2.3	2.9	3.0
Thiamin (mg)	1.5	0.73	0.5	0.6	1.0	1.4	2.0	2.6	3.2
Choline (mg)	326	281.6	102	124	185	255	386	553	641
Minerals									
Calcium (mg)	1,112	555.9	397	485	719	1,027	1,354	1,869	2,083
Iron (mg)	13	7.6	4	6	8	11	16	25	29
Magnesium (mg)	275	112.3	133	146	206	262	326	383	457
Phosphorus (mg)	1,437	717.8	670	758	1,046	1,252	1,734	2,230	2,416
Potassium (mg)	2,514	1,028.5	1,065	1,187	1,928	2,362	2,931	3,636	3,955
Sodium (mg)	3,061	1,499.1	1,415	1,582	2,071	2,750	3,737	4,768	4,930
Zinc (mg)	10.2	8.00	3.2	4.7	6.3	8.4	11.7	14.7	18.6
Other dietary components									
Cholesterol (mg)	311	389.7	50	65	132	201	357	633	817
Dietary fiber (g)	16.3	6.74	6.7	7.3	10.9	15.8	21.1	23.9	29.1
Dietary fiber (g/1,000 kcal)	8.5	2.99	4.3	5.4	6.5	8.0	9.8	12.7	14.6
Water (fl oz)	19.8	14.58	0.0	0.0	8.4	16.9	27.9	38.4	49.8
Added sugars (g)	46.6	32.34	14.8	17.0	25.3	39.6	54.7	81.1	111.0

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	34.4	6.18	24.4	25.6	30.7	35.2	37.4	41.6	44.2
Saturated fat	11.4	3.15	7.1	8.0	9.2	11.1	13.2	15.3	16.1
Monounsaturated fat	11.4	2.92	7.1	8.0	9.3	11.2	13.4	15.0	15.9
Polyunsaturated fat	7.8	2.32	4.3	4.9	6.3	7.7	9.3	10.8	12.1
Linoleic acid	7.1	2.20	3.7	4.5	5.5	7.0	8.4	9.8	11.4
Alpha-linolenic acid	0.6	0.21	0.3	0.4	0.5	0.6	0.7	0.9	1.0
Added sugar	9.7	5.61	3.6	4.1	5.6	9.0	12.7	18.7	20.9
Carbohydrate	50.6	9.26	30.9	37.3	45.8	51.9	56.4	61.0	63.4
Protein	15.7	4.50	10.2	11.6	12.8	14.5	18.4	22.7	24.9
Number of children	294								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.24. Mean 24-hour intakes of calories, nutrients and water among 6 to 12 year olds in before and after school programs on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	2,112	805.6	1,012	1,191	1,578	1,988	2,518	3,224	3,896
Macronutrients									
Total fat (g)	87	37.7	38	45	59	81	111	138	163
Saturated fat (g)	29	12.9	11	15	18	27	37	46	49
Monounsaturated fat (g)	29	14.3	11	14	21	27	37	44	64
Polyunsaturated fat (g)	19	10.5	6	8	10	15	26	32	36
Linoleic acid (g)	17	9.5	6	7	9	13	23	29	32
Alpha-linolenic acid (g)	1.6	0.89	0.5	0.6	0.9	1.4	2.1	2.8	3.5
Carbohydrate (g)	255	100.3	116	145	190	234	298	413	442
Protein (g)	81	41.4	34	40	55	71	96	133	162
Vitamins									
Vitamin A (mcg RAE)	629	419.9	162	209	328	502	849	1,078	1,442
Vitamin C (mg)	111	90.2	8	22	42	94	150	210	317
Vitamin D (mcg)	6.5	4.53	0.9	1.7	3.2	6.0	8.2	11.5	14.5
Vitamin E (mg AT)	9.0	5.93	3.0	3.4	5.2	7.4	10.5	15.6	18.0
Vitamin B ₆ (mg)	1.9	1.05	0.6	0.9	1.1	1.5	2.2	3.0	4.1
Vitamin B ₁₂ (mcg)	4.5	2.56	1.4	1.7	2.8	4.0	5.6	7.3	8.6
Folate (mcg DFE)	348	166.2	144	154	226	315	433	564	709
Niacin (mg)	22.1	11.22	8.1	10.1	14.1	19.0	26.7	41.8	47.3
Riboflavin (mg)	1.8	0.78	0.8	1.1	1.3	1.8	2.1	2.7	3.5
Thiamin (mg)	1.6	0.75	0.7	0.9	1.1	1.5	2.0	2.6	3.2
Choline (mg)	366	225.8	105	136	212	335	441	613	966
Minerals									
Calcium (mg)	1,069	495.7	414	490	695	1,006	1,379	1,821	2,125
Iron (mg)	14	6.9	6	7	10	12	18	26	27
Magnesium (mg)	272	108.5	141	152	182	258	356	403	455
Phosphorus (mg)	1,451	654.3	651	782	992	1,304	1,685	2,495	3,027
Potassium (mg)	2,518	1,170.6	1,119	1,279	1,724	2,273	3,006	3,818	5,366
Sodium (mg)	3,330	1,465.2	1,517	1,776	2,415	3,038	4,180	5,406	5,971
Zinc (mg)	10.5	5.67	4.2	5.6	6.5	9.1	12.7	18.2	22.6
Other dietary components									
Cholesterol (mg)	390	294.9	75	93	148	314	535	767	1,146
Dietary fiber (g)	16.3	8.04	6.0	7.9	10.4	14.5	20.3	26.4	31.4
Dietary fiber (g/1,000 kcal)	7.9	3.34	3.8	4.4	5.9	7.5	9.5	11.1	13.0
Water (fl oz)	23.4	17.58	0.0	4.0	15.2	20.3	32.0	48.0	53.9
Added sugars (g)	56.0	37.17	9.2	14.2	29.4	46.0	75.6	111.6	120.4

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	36.5	6.31	27.0	29.1	31.8	36.4	41.3	45.5	46.9
Saturated fat	12.3	3.36	7.9	8.5	9.7	11.7	14.7	16.8	18.1
Monounsaturated fat	12.4	3.04	7.3	8.3	10.3	12.4	13.9	16.0	17.3
Polyunsaturated fat	7.8	2.59	4.4	4.8	5.9	7.5	9.7	10.9	11.9
Linoleic acid	7.0	2.34	3.9	4.3	5.3	6.7	8.8	9.9	10.8
Alpha-linolenic acid	0.7	0.26	0.3	0.4	0.5	0.6	0.8	1.1	1.1
Added sugar	10.9	6.91	2.6	3.9	5.9	9.3	15.4	21.1	24.1
Carbohydrate	48.8	8.85	35.4	36.3	41.7	49.3	55.6	59.5	64.5
Protein	15.2	4.42	7.8	10.0	12.5	14.4	17.3	21.3	23.8
Number of children	320								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table G.25. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in child care centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.9	0.75	0.0	0.0	0.4	0.8	1.4	2.0	2.5
Dark green	0.1^	0.17^	0.0^	0.0^	0.0^	0.0^	0.0^	0.2^	0.3^
Red and orange	0.2	0.30	0.0	0.0	0.0	0.1	0.3	0.8	1.0
Legumes	0.1^	0.28^	0.0^	0.0^	0.0^	0.0^	0.1^	0.4^	0.6^
Starchy	0.4	0.52	0.0	0.0	0.0	0.1	0.5	1.0	1.8
Other	0.2	0.26	0.0	0.0	0.0	0.1	0.3	0.7	0.8
Fruits (cups) ^a	1.9	1.32	0.2	0.4	0.9	1.6	2.8	3.4	3.8
Grains (oz)	4.0	2.25	1.2	1.9	2.6	3.6	5.0	6.3	7.8
Whole grains	0.8	0.89	0.0	0.0	0.2	0.5	1.1	2.0	3.1
Dairy (cups)	2.3	1.41	0.3	0.7	1.1	2.5	3.0	4.0	4.9
Protein foods (oz) ^b	2.5	1.83	0.3	0.4	1.2	2.1	3.5	5.2	5.9
Oils (g)	11.5	8.06	2.1	2.5	5.3	10.6	15.9	23.4	25.4
Calories from saturated fat and added sugars (kcal)	263	149.0	93	134	168	222	312	581	605
Number of children	143								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.26. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in child care centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.8	0.57	0.0	0.0	0.3	0.6	1.2	1.6	1.8
Dark green	0.0	0.14	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Red and orange	0.2	0.28	0.0	0.0	0.0	0.1	0.4	0.6	0.8
Legumes	0.1	0.14	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Starchy	0.2	0.38	0.0	0.0	0.0	0.0	0.3	0.8	1.2
Other	0.2~	0.35~	0.0~	0.0~	0.0~	0.0~	0.2~	0.5~	1.0~
Fruits (cups) ^a	2.0	1.30	0.2	0.4	1.0	1.8	2.7	3.7	4.7
Grains (oz)	5.2	2.77	1.5	2.0	3.4	4.8	6.3	8.5	10.6
Whole grains	1.0	1.02	0.0	0.0	0.4	0.8	1.3	2.7	3.1
Dairy (cups)	2.3	1.20	0.7	0.8	1.4	2.2	3.1	4.0	4.4
Protein foods (oz) ^b	3.0	2.21	0.2	0.6	1.2	2.4	4.2	5.6	7.8
Oils (g)	16.3	13.94	0.6	1.6	7.4	11.8	22.2	35.3	50.1
Calories from saturated fat and added sugars (kcal)	292	151.2	104	116	175	258	370	518	544
Number of children	286								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.27. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in child care centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.0	1.18	0.0	0.0	0.3	0.8	1.5	2.0	2.6
Dark green	0.0^	0.17^	0.0^	0.0^	0.0^	0.0^	0.0^	0.1^	0.3^
Red and orange	0.3	0.40	0.0	0.0	0.0	0.2	0.4	0.8	1.5
Legumes	0.1^	0.22^	0.0^	0.0^	0.0^	0.0^	0.0^	0.1^	0.4^
Starchy	0.4	0.91	0.0	0.0	0.0	0.1	0.5	1.3	1.6
Other	0.2	0.29	0.0	0.0	0.0	0.0	0.2	0.5	0.9
Fruits (cups) ^a	1.7	1.17	0.1	0.4	0.7	1.5	2.5	3.1	3.6
Grains (oz)	5.3	2.54	1.3	2.0	3.7	5.1	6.9	8.1	10.6
Whole grains	0.7	1.07	0.0	0.0	0.0	0.5	1.0	2.2	3.0
Dairy (cups)	2.0	1.21	0.5	0.6	1.0	1.9	2.6	3.4	3.8
Protein foods (oz) ^b	4.0	4.07	0.2	0.3	1.7	2.9	5.1	9.6	11.3
Oils (g)	19.9	12.99	4.7	6.9	10.6	16.8	26.2	37.4	43.9
Calories from saturated fat and added sugars (kcal)	388	218.6	179	215	252	326	472	614	752
Number of children	233								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.28. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in Head Start centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.8	0.78	0.0	0.1	0.2	0.6	0.9	1.7	2.5
Dark green	0.1	0.18	0.0	0.0	0.0	0.0	0.0	0.3	0.4
Red and orange	0.2	0.30	0.0	0.0	0.0	0.1	0.4	0.7	0.8
Legumes	0.1^	0.15^	0.0^	0.0^	0.0^	0.0^	0.0^	0.2^	0.3^
Starchy	0.2^	0.28^	0.0^	0.0^	0.0^	0.1^	0.3^	0.5^	0.8^
Other	0.3	0.47	0.0	0.0	0.0	0.0	0.3	0.9	1.2
Fruits (cups) ^a	1.4	1.01	0.2	0.3	0.6	1.1	1.9	2.8	3.6
Grains (oz)	4.1	2.03	1.3	1.5	2.4	4.0	5.3	6.3	8.8
Whole grains	1.1	0.92	0.0	0.2	0.4	0.8	1.6	2.5	2.8
Dairy (cups)	2.6	1.33	0.6	1.0	1.6	2.5	3.6	4.3	4.5
Protein foods (oz) ^b	2.4	1.93	0.0	0.3	0.9	2.3	3.0	5.2	7.3
Oils (g)	14.9	10.98	1.0	1.3	5.6	13.3	22.6	31.4	38.4
Calories from saturated fat and added sugars (kcal)	245	108.0	82	133	163	230	306	393	459
Number of children	69								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.29. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in Head Start centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.8	0.81	0.0	0.0	0.2	0.5	1.1	1.7	2.6
Dark green	0.1^	0.21^	0.0^	0.0^	0.0^	0.0^	0.0^	0.1^	0.5^
Red and orange	0.2	0.20	0.0	0.0	0.0	0.1	0.3	0.5	0.6
Legumes	0.1^	0.35^	0.0^	0.0^	0.0^	0.0^	0.0^	0.4^	1.0^
Starchy	0.2^	0.34^	0.0^	0.0^	0.0^	0.0^	0.3^	0.8^	1.1^
Other	0.2^	0.41^	0.0^	0.0^	0.0^	0.0^	0.1^	0.5^	0.7^
Fruits (cups) ^a	1.7	1.51	0.0	0.0	0.4	1.5	2.2	4.1	5.5
Grains (oz)	5.2	3.45	0.9	1.0	2.6	4.5	7.1	10.1	12.5
Whole grains	0.5	0.73	0.0	0.0	0.0	0.1	0.8	1.7	2.1
Dairy (cups)	2.6	1.59	0.5	0.6	1.4	2.5	3.5	4.5	6.0
Protein foods (oz) ^b	3.7	3.00	0.0	0.3	1.2	3.2	6.1	7.0	8.7
Oils (g)	18.6	14.66	3.5	5.7	9.4	15.1	22.5	46.0	46.8
Calories from saturated fat and added sugars (kcal)	463	416.0	112	171	243	335	484	943	1,830
Number of children	67								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.30. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in Head Start centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.9	0.88	0.0	0.1	0.4	0.8	1.2	1.9	2.4
Dark green	0.1	0.20	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Red and orange	0.2	0.29	0.0	0.0	0.0	0.1	0.4	0.6	0.8
Legumes	0.1	0.29	0.0	0.0	0.0	0.0	0.0	0.2	0.7
Starchy	0.4	0.60	0.0	0.0	0.0	0.2	0.5	1.0	1.3
Other	0.2	0.37	0.0	0.0	0.0	0.0	0.2	0.5	0.7
Fruits (cups) ^a	2.0	1.46	0.2	0.5	1.0	1.8	2.7	3.7	4.6
Grains (oz)	5.6	2.78	1.9	2.4	3.6	5.2	7.1	8.9	10.6
Whole grains	1.4	1.38	0.0	0.0	0.5	1.1	2.1	3.0	4.1
Dairy (cups)	2.7	1.41	0.8	1.1	1.6	2.5	3.5	4.5	5.3
Protein foods (oz) ^b	3.5	2.86	0.2	0.7	1.6	2.9	4.6	7.3	8.5
Oils (g)	17.8	12.14	3.7	5.3	9.9	14.7	23.9	34.0	39.7
Calories from saturated fat and added sugars (kcal)	331	175.2	114	147	217	305	427	535	602
Number of children	493								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.31. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in Head Start centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.0	0.94	0.0	0.2	0.4	0.8	1.5	2.2	2.6
Dark green	0.1	0.25	0.0	0.0	0.0	0.0	0.0	0.2	0.5
Red and orange	0.2	0.34	0.0	0.0	0.0	0.1	0.4	0.7	0.9
Legumes	0.1	0.27	0.0	0.0	0.0	0.0	0.0	0.3	0.5
Starchy	0.4	0.56	0.0	0.0	0.0	0.3	0.7	1.2	1.6
Other	0.2	0.39	0.0	0.0	0.0	0.0	0.2	0.6	1.0
Fruits (cups) ^a	1.8	1.90	0.0	0.1	0.7	1.3	2.5	3.8	5.2
Grains (oz)	5.2	3.25	1.5	1.8	3.1	4.6	6.5	9.0	10.4
Whole grains	0.7	0.84	0.0	0.0	0.0	0.5	1.1	1.7	2.3
Dairy (cups)	2.0	1.41	0.1	0.5	0.9	1.6	2.8	3.9	4.5
Protein foods (oz) ^b	4.1	3.29	0.6	1.2	2.1	3.3	5.4	7.6	9.7
Oils (g)	20.2	14.73	2.6	4.4	9.4	17.1	26.8	39.3	45.9
Calories from saturated fat and added sugars (kcal)	392	208.7	131	170	243	323	521	713	782
Number of children	413								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.32. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in early child care programs on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.8	0.70	0.0	0.1	0.2	0.7	1.2	2.0	2.4
Dark green	0.1	0.16	0.0	0.0	0.0	0.0	0.0	0.2	0.3
Red and orange	0.2	0.27	0.0	0.0	0.0	0.1	0.3	0.6	0.9
Legumes	0.1^	0.26^	0.0^	0.0^	0.0^	0.0^	0.1^	0.3^	0.5^
Starchy	0.3	0.47	0.0	0.0	0.0	0.1	0.4	0.9	1.1
Other	0.2	0.25	0.0	0.0	0.0	0.1	0.2	0.6	0.7
Fruits (cups) ^a	1.8	1.17	0.2	0.4	0.9	1.6	2.6	3.3	3.7
Grains (oz)	4.0	2.09	1.2	1.9	2.6	3.9	5.2	6.4	7.6
Whole grains	0.8	0.89	0.0	0.0	0.2	0.6	1.1	1.9	2.5
Dairy (cups)	2.5	1.33	0.4	0.7	1.5	2.5	3.2	4.3	5.0
Protein foods (oz) ^b	2.5	1.73	0.3	0.5	1.4	2.1	3.4	5.2	5.9
Oils (g)	12.5	8.39	2.1	3.5	6.2	11.3	17.1	24.1	29.7
Calories from saturated fat and added sugars (kcal)	255	130.8	93	135	171	214	317	418	581
Number of children	276								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.33. Mean 24-hour intakes of USDA Food Pattern Food Groups among 1 to 2 year olds in early child care programs on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.7	0.62	0.0	0.1	0.3	0.5	1.0	1.6	2.1
Dark green	0.0	0.15	0.0	0.0	0.0	0.0	0.0	0.2	0.3
Red and orange	0.2	0.26	0.0	0.0	0.0	0.1	0.3	0.5	0.8
Legumes	0.1^	0.18^	0.0^	0.0^	0.0^	0.0^	0.0^	0.3^	0.5^
Starchy	0.3	0.44	0.0	0.0	0.0	0.1	0.3	0.8	1.3
Other	0.1	0.30	0.0	0.0	0.0	0.0	0.1	0.4	0.9
Fruits (cups) ^a	1.5	1.27	0.0	0.0	0.6	1.2	2.3	3.5	4.0
Grains (oz)	3.9	2.52	0.5	1.2	1.9	3.4	5.6	7.3	9.1
Whole grains	0.6	0.73	0.0	0.0	0.0	0.3	0.8	1.5	1.8
Dairy (cups)	2.3	1.49	0.2	0.4	1.3	2.1	3.2	3.9	4.4
Protein foods (oz) ^b	3.5	3.06	0.0	0.6	1.4	2.6	4.9	8.5	9.9
Oils (g)	14.8	11.02	1.8	3.1	6.3	11.9	21.1	29.5	35.9
Calories from saturated fat and added sugars (kcal)	307	201.8	94	150	168	271	369	517	608
Number of children	229								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.34. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in early child care programs on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.8	0.66	0.0	0.0	0.3	0.7	1.2	1.6	1.8
Dark green	0.1	0.15	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Red and orange	0.2	0.28	0.0	0.0	0.0	0.1	0.4	0.6	0.8
Legumes	0.1	0.19	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Starchy	0.3	0.43	0.0	0.0	0.0	0.0	0.3	0.8	1.2
Other	0.2	0.34	0.0	0.0	0.0	0.0	0.2	0.6	1.0
Fruits (cups) ^a	2.1	1.50	0.3	0.5	1.1	1.8	2.7	3.7	4.8
Grains (oz)	5.3	2.74	1.5	2.4	3.5	4.9	6.4	8.8	10.8
Whole grains	1.2	1.21	0.0	0.0	0.4	0.9	1.7	2.9	4.1
Dairy (cups)	2.4	1.27	0.7	0.9	1.4	2.3	3.2	4.2	4.5
Protein foods (oz) ^b	3.1	2.36	0.3	0.7	1.5	2.5	4.4	6.0	7.8
Oils (g)	16.1	12.88	0.8	3.3	7.6	12.9	22.0	31.1	41.2
Calories from saturated fat and added sugars (kcal)	297	156.6	104	117	190	262	370	518	580
Number of children	851								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.35. Mean 24-hour intakes of USDA Food Pattern Food Groups among 3 to 5 year olds in early child care programs on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.0	1.08	0.0	0.1	0.3	0.7	1.4	2.1	2.6
Dark green	0.0	0.18	0.0	0.0	0.0	0.0	0.0	0.1	0.3
Red and orange	0.3	0.37	0.0	0.0	0.0	0.1	0.3	0.8	1.0
Legumes	0.1	0.22	0.0	0.0	0.0	0.0	0.0	0.2	0.4
Starchy	0.4	0.80	0.0	0.0	0.0	0.2	0.5	1.2	1.6
Other	0.2	0.31	0.0	0.0	0.0	0.0	0.2	0.5	0.9
Fruits (cups) ^a	1.7	1.37	0.0	0.1	0.7	1.3	2.4	3.2	3.8
Grains (oz)	5.2	2.63	1.5	2.2	3.4	4.8	6.7	8.1	10.5
Whole grains	0.7	0.97	0.0	0.0	0.0	0.4	1.0	2.1	2.6
Dairy (cups)	1.9	1.27	0.3	0.5	1.0	1.8	2.6	3.4	4.0
Protein foods (oz) ^b	4.0	3.68	0.2	0.6	1.8	3.1	5.3	8.7	9.9
Oils (g)	20.1	13.02	4.1	6.8	10.8	16.8	26.2	36.8	45.8
Calories from saturated fat and added sugars (kcal)	393	212.9	179	203	250	329	486	678	781
Number of children	711								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.36. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in at-risk afterschool centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.2~	1.12~	0.1~	0.2~	0.5~	0.8~	1.8~	2.6~	3.9~
Dark green	0.1^	0.33^	0.0^	0.0^	0.0^	0.0^	0.0^	0.2^	0.6^
Red and orange	0.3~	0.33~	0.0~	0.0~	0.0~	0.1~	0.4~	0.7~	0.9~
Legumes	0.1~	0.25~	0.0~	0.0~	0.0~	0.0~	0.0~	0.4~	0.5~
Starchy	0.6~	0.81~	0.0~	0.0~	0.0~	0.4~	0.7~	1.2~	2.0~
Other	0.2	0.38	0.0	0.0	0.0	0.1	0.4	0.7	1.0
Fruits (cups) ^a	1.8~	1.15~	0.0~	0.3~	0.9~	1.8~	2.5~	3.2~	3.8~
Grains (oz)	6.5	3.13	2.3	2.6	3.9	6.0	8.8	10.6	12.5
Whole grains	1.1	1.00	0.0	0.0	0.2	0.9	1.7	2.5	3.1
Dairy (cups)	2.1~	1.27~	0.4~	0.8~	1.1~	2.1~	2.5~	4.1~	4.7~
Protein foods (oz) ^b	6.0	6.51	0.6	1.3	2.9	4.8	6.5	10.4	16.3
Oils (g)	26.2	16.81	8.2	8.5	14.4	22.5	32.3	47.2	63.5
Calories from saturated fat and added sugars (kcal)	427	226.6	188	234	308	388	495	617	773
Number of children	158								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.37. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in at-risk afterschool centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.2	1.14	0.0	0.2	0.5	1.0	1.7	2.1	3.4
Dark green	0.2	0.34	0.0	0.0	0.0	0.0	0.2	0.6	0.8
Red and orange	0.3	0.33	0.0	0.0	0.0	0.2	0.5	0.7	0.9
Legumes	0.1 [^] ~	0.25 [^] ~	0.0 [^] ~	0.0 [^] ~	0.0 [^] ~	0.0 [^] ~	0.0 [^] ~	0.5 [^] ~	0.6 [^] ~
Starchy	0.4	0.59	0.0	0.0	0.0	0.4	0.7	1.0	1.5
Other	0.3	0.45	0.0	0.0	0.0	0.1	0.3	0.7	1.3
Fruits (cups) ^a	1.8~	1.93~	0.0~	0.0~	0.3~	1.3~	2.5~	3.8~	5.5~
Grains (oz)	6.7	3.44	2.6	3.4	4.2	5.8	8.0	12.0	13.0
Whole grains	0.8~	1.08~	0.0~	0.0~	0.0~	0.3~	1.4~	2.6~	3.3~
Dairy (cups)	1.7	1.16	0.2	0.3	0.9	1.6	2.3	3.3	3.6
Protein foods (oz) ^b	6.0	4.98	0.0	1.7	2.9	4.4	8.1	12.8	16.9
Oils (g)	26.2	17.83	5.7	7.7	14.2	22.6	33.0	49.0	58.6
Calories from saturated fat and added sugars (kcal)	488	216.4	169	224	336	461	642	779	917
Number of children	196								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.38. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in outside-school-hours care centers on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.1	0.97	0.0	0.0	0.3	0.8	1.6	2.7	3.0
Dark green	0.1^	0.26^	0.0^	0.0^	0.0^	0.0^	0.0^	0.3^	0.5^
Red and orange	0.3	0.37	0.0	0.0	0.0	0.3	0.5	1.0	1.0
Legumes	0.1^	0.32^	0.0^	0.0^	0.0^	0.0^	0.0^	0.4^	0.6^
Starchy	0.3^	0.49^	0.0^	0.0^	0.0^	0.0^	0.4^	0.9^	1.3^
Other	0.3	0.43	0.0	0.0	0.0	0.1	0.3	1.1	1.2
Fruits (cups) ^a	1.2	1.12	0.0	0.0	0.5	1.1	1.8	2.9	3.3
Grains (oz)	6.6	2.88	2.3	3.5	5.0	6.4	7.7	9.4	11.3
Whole grains	1.1	1.24	0.0	0.0	0.2	0.8	1.4	3.0	3.4
Dairy (cups)	2.4	3.04	0.0	0.4	0.9	1.6	2.8	3.9	13.9
Protein foods (oz) ^b	3.8	3.87	0.0	0.3	1.0	2.5	5.2	8.2	14.2
Oils (g)	19.7	13.39	4.4	6.3	11.3	16.8	25.1	34.4	42.4
Calories from saturated fat and added sugars (kcal)	353	254.5	113	125	189	271	439	612	1,071
Number of children	136								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.39. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in outside-school-hours care centers on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.0	0.88	0.1	0.1	0.2	1.0	1.5	1.6	2.1
Dark green	0.1^	0.20^	0.0^	0.0^	0.0^	0.0^	0.0^	0.1^	0.5^
Red and orange	0.3	0.32	0.0	0.0	0.1	0.2	0.4	0.8	0.8
Legumes	0.1^	0.37^	0.0^	0.0^	0.0^	0.0^	0.0^	0.6^	0.7^
Starchy	0.3	0.46	0.0	0.0	0.0	0.1	0.6	0.7	1.0
Other	0.2	0.35	0.0	0.0	0.0	0.0	0.1	0.7	1.0
Fruits (cups) ^a	1.6	1.53	0.0	0.0	0.4	1.1	2.4	3.8	4.9
Grains (oz)	7.5	3.91	2.5	2.7	4.3	7.4	9.2	12.8	15.8
Whole grains	1.0	1.17	0.0	0.0	0.0	0.8	1.5	2.5	3.2
Dairy (cups)	1.9	1.45	0.1	0.3	1.0	1.6	2.8	3.6	4.5
Protein foods (oz) ^b	5.1	3.65	0.6	0.9	2.1	4.3	6.6	10.7	12.7
Oils (g)	24.4	15.97	5.3	5.3	13.3	24.8	33.5	41.5	41.5
Calories from saturated fat and added sugars (kcal)	425	236.1	187	196	258	393	514	668	757
Number of children	124								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.40. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in before and after school programs on a child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.2	1.11	0.0	0.2	0.5	0.8	1.8	2.6	3.7
Dark green	0.1^	0.32^	0.0^	0.0^	0.0^	0.0^	0.0^	0.2^	0.5^
Red and orange	0.3~	0.33~	0.0~	0.0~	0.0~	0.1~	0.4~	0.7~	1.0~
Legumes	0.1	0.25	0.0	0.0	0.0	0.0	0.0	0.4	0.5
Starchy	0.5	0.79	0.0	0.0	0.0	0.4	0.7	1.2	2.0
Other	0.2	0.38	0.0	0.0	0.0	0.1	0.4	0.7	1.0
Fruits (cups) ^a	1.7	1.15	0.0	0.2	0.8	1.7	2.5	3.2	3.7
Grains (oz)	6.5	3.11	2.3	2.6	4.1	6.0	8.6	10.5	12.3
Whole grains	1.1	1.02	0.0	0.0	0.2	0.9	1.7	2.5	3.3
Dairy (cups)	2.2	1.50	0.4	0.7	1.1	2.1	2.5	4.1	4.7
Protein foods (oz) ^b	5.8	6.36	0.6	1.3	2.4	4.5	6.5	10.4	16.3
Oils (g)	25.7	16.63	7.7	8.5	14.4	21.9	31.6	45.3	63.5
Calories from saturated fat and added sugars (kcal)	421	229.6	147	234	287	377	494	617	780
Number of children	294								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.41. Mean 24-hour intakes of USDA Food Pattern Food Groups among 6 to 12 year olds in before and after school programs on a non-child care day

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	1.2	1.12	0.0	0.2	0.5	1.0	1.7	2.1	2.9
Dark green	0.1	0.33	0.0	0.0	0.0	0.0	0.1	0.6	0.8
Red and orange	0.3	0.33	0.0	0.0	0.0	0.2	0.5	0.7	0.8
Legumes	0.1^	0.26^	0.0^	0.0^	0.0^	0.0^	0.0^	0.5^	0.6^
Starchy	0.4	0.59	0.0	0.0	0.0	0.3	0.6	1.0	1.4
Other	0.2	0.44	0.0	0.0	0.0	0.1	0.3	0.7	1.3
Fruits (cups) ^a	1.7	1.90	0.0	0.0	0.3	1.3	2.5	3.8	5.3
Grains (oz)	6.8	3.48	2.6	3.2	4.2	5.8	8.1	12.0	13.5
Whole grains	0.9	1.09	0.0	0.0	0.0	0.3	1.4	2.6	3.3
Dairy (cups)	1.7	1.19	0.2	0.3	0.9	1.6	2.4	3.3	3.6
Protein foods (oz) ^b	5.9	4.88	0.1	1.6	2.9	4.4	7.7	11.9	16.3
Oils (g)	26.0	17.68	5.4	7.7	14.2	22.6	33.0	48.9	58.5
Calories from saturated fat and added sugars (kcal)	483	218.5	169	219	326	456	642	774	917
Number of children	320								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

g = grams, kcal = kilocalorie, oz = ounce, SD = standard deviation, USDA = United States Department of Agriculture.

Table G.42. Percentage of 3 to 5 year olds in early child care programs with acceptable, inadequate, or excessive usual nutrient intakes on a child care day and a non-child care day

	All early child care programs	
	Child care day	Non-child care day
Macronutrients		
Total fat		
% within the Acceptable Macronutrient Distribution Range (AMDR)	70.9	61.4
% > AMDR	8.0**	33.5
% < AMDR	21.1	5.1
Linoleic acid		
% within AMDR	93.7	96.2
% > AMDR	0.0	0.8
% < AMDR	6.3	3.0
Alpha-linolenic acid		
% within AMDR	49.2	70.2
% > AMDR	0.1	0.1
% < AMDR	50.8	29.7
Carbohydrate		
% < the Estimated Average Requirement (EAR)	0.0	0.1
% within AMDR	97.5	85.3
% > AMDR	0.3	0.2
Protein		
% < AMDR	2.2	14.5
% < EAR	100.0	99.9
% within AMDR	98.7	98.5
Vitamins and minerals with EARs (% < EAR)		
% > AMDR	1.3	0.7
% < AMDR	0.0	0.8
Vitamin A	1.8	1.7
Vitamin C	0.1	1.9
Vitamin D	87.4	89.0
Vitamin E	42.9	26.9
Vitamin B ₆	0.0	0.0
Vitamin B ₁₂	0.0	0.0
Folate	0.3	0.1
Niacin	0.0	0.1
Riboflavin	0.0	0.0
Thiamin	0.0	0.0
Calcium	6.1**	19.9
Iron	0.0	0.0

	All early child care programs	
	Child care day	Non-child care day
Magnesium	0.0	0.1
Phosphorus	0.0	0.0
Zinc	0.0	0.2
Vitamins and minerals with Adequate Intake levels (AIs) (mean % of AI)		
Choline	111.7*	124.2
Dietary fiber	67.3	63.1
Dietary fiber density (g/1,000 calories)	67.7***	58.0
Potassium	106.8	103.7
Nutrients with Dietary Guidelines for Americans limits (% > limit)		
Saturated fat (% > DGA)	62.4***	92.4
Added sugars (% > DGA)	19.0**	47.7
Sodium (% > CDRR)	95.2	97.6
Number of early child care programs	234	230
Number of children in the programs	851	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

AI = Adequate Intake, AMDR = Acceptable Macronutrient Distribution Range, CDRR = Chronic Disease Risk Reduction Intake, DGA = 2020–2025 Dietary Guidelines for Americans, EAR = Estimated Average Requirement, g = grams.

Table G.43. Mean usual intakes of calories and nutrients among 3 to 5 year olds in early child care programs on a child care day and non-child care day

	All early child care programs	
	Child care day	Non-child care day
Calories (kcal)	1,570	1,737
Macronutrients		
Total fat (g)	55	70
Saturated fat (g)	19	24
Monounsaturated fat (g)	17	23
Polyunsaturated fat (g)	12	15
Linoleic acid (g)	11	14
Alpha-linolenic acid (g)	1.1	1.3
Carbohydrate (g)	210	218
Protein (g)	62	63
Vitamins		
Vitamin A (mcg RAE)	565	533
Vitamin C (mg)	107	104
Vitamin D (mcg)	6.9	6.1
Vitamin E (mg AT)	6.0	6.9
Vitamin B ₆ (mg)	1.5	1.4
Vitamin B ₁₂ (mcg)	4.4	3.8
Folate (mcg DFE)	352	370
Niacin (mg)	16.9	17.6
Riboflavin (mg)	1.7	1.6
Thiamin (mg)	1.4	1.4
Choline (mg)	252	280
Minerals		
Calcium (mg)	1,060	977
Iron (mg)	11	11
Magnesium (mg)	241	229
Phosphorus (mg)	1,250	1,214
Potassium (mg)	2,302	2,229
Sodium (mg)	2,189	2,549
Zinc (mg)	8.2	8.1
Other dietary components		
Cholesterol (mg)	183	267
Dietary fiber (g)	14.7	13.7
Dietary fiber (g/1,000 kcal)	9.5	8.1
Water (fl oz)	10.5	13.0
Added sugars (g)	30.9	43.9

	All early child care programs	
	Child care day	Non-child care day
Percentage of calories from:		
Total fat	31.0	35.4
Saturated fat	10.7	12.1
Monounsaturated fat	9.8	11.4
Polyunsaturated fat	6.9	7.8
Linoleic acid	6.2	7.0
Alpha-linolenic acid	0.6	0.7
Carbohydrate	53.6	50.8
Protein	16.0	14.4
Added sugars	7.6	10.1
Number of early child care programs	234	230
Number of children in the programs	851	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table G.44. Mean usual intakes of calories (energy) for 3 to 5 year olds in early child care programs on a child care day and non-child care day and estimated energy requirements

	All early child care programs	
	Child care day	Non-child care day
Mean usual calorie intake (kcal)	1,570**	1,737
Mean estimated energy requirement (EER) (kcal)		
Sedentary EER	1,168	1,163
Low active EER	1,260	1,253
Active EER	1,304	1,298
Very active EER	1,375	1,367
Number of early child care programs	195	186
Number of children in the programs	851	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

kcal = kilocalorie, EER = estimated energy requirement.

Table G.45. Means and distributions of usual intakes of calories and nutrients among 3 to 5 year olds in early child care programs on a child care day

			Percentiles						
	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,570	39.1	1,182	1,258	1,395	1,557	1,728	1,898	2,006
Macronutrients									
Total fat (g)	55	1.8	38	41	47	54	62	70	76
Saturated fat (g)	19	0.6	12	13	16	18	22	25	27
Monounsaturated fat (g)	17	0.6	12	13	15	17	20	22	24
Polyunsaturated fat (g)	12	0.5	8	9	10	12	14	16	17
Linoleic acid (g)	11	0.5	7	8	9	11	12	14	16
Alpha-linolenic acid (g)	1.1	0.1	0.6	0.7	0.8	1.0	1.3	1.5	1.7
Carbohydrate (g)	210	6.0	160	170	188	209	230	252	265
Protein (g)	62	1.5	42	45	52	61	70	80	86
Vitamins									
Vitamin A (mcg RAE)	565	25.8	299	341	426	539	673	820	922
Vitamin C (mg)	107	9.0	45	55	74	101	132	166	189
Vitamin D (mcg)	6.9	0.2	3.1	3.7	4.9	6.6	8.5	10.5	11.8
Vitamin E (mg AT)	6.0	0.3	3.8	4.1	4.9	5.8	6.8	8.0	8.7
Vitamin B ₆ (mg)	1.5	0.0	0.9	1.0	1.2	1.5	1.8	2.1	2.3
Vitamin B ₁₂ (mcg)	4.4	0.2	2.6	2.9	3.5	4.3	5.1	6.0	6.6
Folate (mcg DFE)	352	16.0	207	232	280	342	411	484	533
Niacin (mg)	16.9	0.5	11.1	12.2	14.1	16.6	19.2	22.0	23.8
Riboflavin (mg)	1.7	0.0	1.1	1.2	1.4	1.7	1.9	2.2	2.4
Thiamin (mg)	1.4	0.0	1.0	1.1	1.2	1.3	1.5	1.7	1.8
Choline (mg)	252	7.0	175	189	215	247	283	319	343
Minerals									
Calcium (mg)	1,060	36.4	721	786	905	1,047	1,198	1,347	1,443
Iron (mg)	11	0.5	7	8	9	11	13	14	16
Magnesium (mg)	241	5.8	190	200	218	240	262	283	297
Phosphorus (mg)	1,250	37.6	822	903	1,052	1,232	1,424	1,617	1,741
Potassium (mg)	2,302	46.9	1,730	1,843	2,046	2,285	2,534	2,779	2,935
Sodium (mg)	2,189	62.9	1,406	1,544	1,806	2,137	2,508	2,895	3,154
Zinc (mg)	8.2	0.3	5.7	6.2	7.0	8.1	9.2	10.4	11.2
Other dietary components									
Cholesterol (mg)	183	6.4	109	121	146	177	214	253	279
Dietary fiber (g)	14.7	0.4	9.9	10.8	12.4	14.4	16.7	19.0	20.6
Dietary fiber (g/1,000 kcal)	9.5	0.2	7.2	7.7	8.5	9.4	10.4	11.3	12.0
Water (fl oz)	10.5	0.5	2.4	3.4	5.7	9.2	13.7	19.1	23.1
Added sugars (g)	30.9	1.5	12.9	15.7	21.4	29.2	38.4	48.3	55.1

			Percentiles						
	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	31.0	0.4	24.9	26.2	28.5	31.0	33.5	35.8	37.2
Saturated fat	10.7	0.2	7.7	8.3	9.3	10.6	11.9	13.2	14.0
Monounsaturated fat	9.8	0.2	7.5	8.0	8.8	9.8	10.7	11.6	12.2
Polyunsaturated fat	6.9	0.2	5.6	5.9	6.4	6.9	7.5	8.0	8.4
Linoleic acid	6.2	0.1	4.9	5.2	5.6	6.2	6.8	7.3	7.6
Alpha-linolenic acid	0.6	0.0	0.4	0.4	0.5	0.6	0.7	0.8	0.9
Carbohydrate	53.6	0.6	46.5	48.1	50.7	53.6	56.4	59.0	60.5
Protein	16.0	0.3	12.9	13.5	14.6	15.9	17.2	18.6	19.4
Added sugars	7.6	0.3	3.5	4.2	5.6	7.3	9.3	11.4	12.8
Number of early child care programs	234								
Number of children in the programs	851								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SE = standard error.

Table G.46. Means and distributions of usual intakes of calories and nutrients among 3 to 5 year olds in early child care programs on a non-child care day

			Percentiles						
	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	1,737	39.6	1,163	1,260	1,453	1,696	1,974	2,262	2,456
Macronutrients									
Total fat (g)	70	1.8	41	46	55	67	81	97	107
Saturated fat (g)	24	0.6	15	16	19	23	28	33	36
Monounsaturated fat (g)	23	0.7	13	15	18	22	26	32	35
Polyunsaturated fat (g)	15	0.5	8	9	12	15	18	22	24
Linoleic acid (g)	14	0.5	7	8	10	13	16	20	22
Alpha-linolenic acid (g)	1.3	0.0	0.6	0.7	0.9	1.2	1.6	2.0	2.3
Carbohydrate (g)	218	5.7	147	159	184	214	247	281	304
Protein (g)	63	2.1	37	41	49	60	74	88	98
Vitamins									
Vitamin A (mcg RAE)	533	20.3	299	338	417	517	631	747	824
Vitamin C (mg)	104	6.6	27	37	59	92	136	186	222
Vitamin D (mcg)	6.1	0.4	2.0	2.6	3.9	5.7	7.9	10.2	11.9
Vitamin E (mg AT)	6.9	0.3	4.1	4.5	5.4	6.7	8.1	9.7	10.7
Vitamin B ₆ (mg)	1.4	0.1	0.9	1.0	1.2	1.4	1.7	2.0	2.1
Vitamin B ₁₂ (mcg)	3.8	0.2	2.1	2.3	2.9	3.7	4.6	5.5	6.1
Folate (mcg DFE)	370	10.8	225	249	297	359	431	506	557
Niacin (mg)	17.6	0.8	9.5	10.7	13.3	16.7	20.9	25.4	28.5
Riboflavin (mg)	1.6	0.0	1.0	1.1	1.3	1.6	1.9	2.2	2.4
Thiamin (mg)	1.4	0.0	0.8	0.9	1.1	1.3	1.6	1.9	2.0
Choline (mg)	280	12.0	156	175	214	267	331	401	450
Minerals									
Calcium (mg)	977	20.0	480	562	729	942	1,185	1,433	1,597
Iron (mg)	11	0.3	7	8	9	11	13	15	16
Magnesium (mg)	229	7.4	151	164	191	224	261	299	325
Phosphorus (mg)	1,214	34.9	749	827	986	1,184	1,408	1,636	1,788
Potassium (mg)	2,229	80.2	1,446	1,579	1,845	2,177	2,554	2,938	3,195
Sodium (mg)	2,549	74.7	1,533	1,693	2,024	2,455	2,968	3,517	3,897
Zinc (mg)	8.1	0.3	5.1	5.6	6.6	7.9	9.4	10.9	12.0
Other dietary components									
Cholesterol (mg)	267	14.6	138	157	197	252	320	394	447
Dietary fiber (g)	13.7	0.5	8.5	9.4	11.1	13.3	15.9	18.6	20.4
Dietary fiber (g/1,000 kcal)	8.1	0.2	5.1	5.6	6.6	7.9	9.4	10.9	11.9
Water (fl oz)	13.0	0.9	3.9	5.2	7.9	11.8	16.8	22.5	26.4
Added sugars (g)	43.9	3.3	21.1	24.7	32.2	42.0	53.4	65.3	73.4

			Percentiles						
	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Percentage of calories from:									
Total fat	35.4	0.4	28.7	30.1	32.5	35.3	38.1	40.7	42.3
Saturated fat	12.1	0.2	9.7	10.2	11.0	12.0	13.1	14.1	14.7
Monounsaturated fat	11.4	0.2	9.2	9.6	10.5	11.4	12.4	13.3	13.8
Polyunsaturated fat	7.8	0.2	5.9	6.3	7.0	7.8	8.6	9.4	10.0
Linoleic acid	7.0	0.2	5.2	5.6	6.2	6.9	7.7	8.5	9.0
Alpha-linolenic acid	0.7	0.0	0.5	0.5	0.6	0.7	0.8	0.9	0.9
Carbohydrate	50.8	0.5	41.6	43.6	47.2	51.0	54.6	57.7	59.5
Protein	14.4	0.3	10.9	11.5	12.8	14.3	15.9	17.5	18.5
Added sugars	10.1	0.7	4.8	5.7	7.5	9.8	12.3	14.9	16.5
Number of early child care programs	230								
Number of children in the programs	711								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

AT = alpha-tocopherol, DFE = dietary folate equivalents, fl oz = fluid ounce, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SE = standard error.

Table G.47. Mean usual intakes of USDA Food Pattern food groups among 3 to 5 year olds in early child care programs on a child care day and non-child care day

	All early child care programs	
	Child care day	Non-child care day
Vegetables (cups)	0.8	0.9
Dark green	-	-
Red and orange	0.2	0.3
Legumes	-	-
Starchy	0.2	0.4
Other	0.2	-
Fruits (cups) ^a	2.0**	1.7
Grains (oz)	5.3	5.3
Whole grains	1.2**	0.7
Refined grains	4.1	4.6
Dairy (cups)	2.4***	1.9
Protein foods (oz) ^b	3.1**	4.0
Oils (g)	16.2**	20.0
Calories from saturated fat and added sugars (kcal)	294***	391
Number of early child care programs	234	230
Number of children in the programs	851	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

- Usual intake distributions could not be reliably estimated because so few children consumed these foods.

g = grams, kcal = kilocalorie, oz = ounce, USDA = United States Department of Agriculture.

Table G.48. Means and distributions of usual intakes of USDA Food Pattern food groups among 3 to 5 year olds in early child care programs on a child care day

			Percentiles						
	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.8	0.0	0.2	0.3	0.5	0.7	1.0	1.4	1.7
Dark green	-	-	-	-	-	-	-	-	-
Red and orange	0.2	0.0	0.0	0.1	0.1	0.2	0.3	0.4	0.5
Legumes	-	-	-	-	-	-	-	-	-
Starchy	0.2	0.0	0.1	0.2	0.2	0.2	0.3	0.4	0.4
Other	0.2	0.0	0.0	0.1	0.1	0.1	0.2	0.3	0.4
Fruits (cups) ^a	2.0	0.1	0.8	1.0	1.4	1.9	2.5	3.1	3.5
Grains (oz)	5.3	0.1	3.8	4.1	4.6	5.2	5.9	6.5	6.9
Whole grains	1.2	0.1	0.8	0.8	1.0	1.2	1.4	1.5	1.6
Refined grains	4.1	0.2	2.3	2.6	3.2	4.0	4.8	5.6	6.1
Dairy (cups)	2.4	0.1	1.4	1.6	1.9	2.4	2.8	3.3	3.6
Protein foods (oz) ^b	3.1	0.2	1.6	1.9	2.4	3.0	3.7	4.5	5.0
Oils (g)	16.2	1.0	9.2	10.5	12.8	15.8	19.2	22.5	24.7
Calories from saturated fat and added sugars (kcal)	294	8.8	163	184	227	282	347	417	465
Number of early child care programs	234								
Number of children in the programs	851								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

- Usual intake distributions could not be reliably estimated because so few children consumed these foods.

g = grams, kcal = kilocalorie, oz = ounce, SE = standard error, USDA = United States Department of Agriculture.

Table G.49. Means and distributions of usual intakes of USDA Food Pattern food groups among 3 to 5 year olds in early child care programs on a non-child care day

			Percentiles						
	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Vegetables (cups)	0.9	0.1	0.3	0.4	0.6	0.8	1.1	1.3	1.5
Dark green	-	-	-	-	-	-	-	-	-
Red and orange	0.3	0.0	0.0	0.0	0.1	0.2	0.4	0.5	0.6
Legumes	-	-	-	-	-	-	-	-	-
Starchy	0.4	0.1	0.1	0.1	0.2	0.3	0.5	0.7	0.9
Other	-	-	-	-	-	-	-	-	-
Fruits (cups) ^a	1.7	0.1	0.4	0.6	1.0	1.5	2.2	2.9	3.4
Grains (oz)	5.3	0.2	3.4	3.8	4.4	5.2	6.1	6.9	7.5
Whole grains	0.7	0.1	0.2	0.2	0.4	0.6	1.0	1.4	1.8
Refined grains	4.6	0.2	2.6	2.9	3.6	4.5	5.4	6.3	6.9
Dairy (cups)	1.9	0.1	0.6	0.8	1.3	1.8	2.5	3.2	3.6
Protein foods (oz) ^b	4.0	0.3	1.2	1.6	2.5	3.7	5.2	6.8	7.9
Oils (g)	20.0	0.9	10.4	11.9	15.1	19.2	24.0	29.0	32.5
Calories from saturated fat and added sugars (kcal)	391	16.1	264	286	329	383	444	507	549
Number of early child care programs	230								
Number of children in the programs	711								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

^a Includes all fresh, frozen, canned, and dried fruits and fruit juices.

^b Protein foods exclude legumes because legumes are counted as vegetables in this table.

- Usual intake distributions could not be reliably estimated because so few children consumed these foods.

g = grams, kcal = kilocalorie, oz = ounce, SE = standard error, USDA = United States Department of Agriculture.

Table G.50. Mean amount of each CACFP meal component consumed at breakfast and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Milk (cups)									
Ages 1 to 2	0.5	0.54~	108.4~	0.51	103.0	0.47~	94.5~	0.52	103.3
Ages 3 to 5	0.75	0.52	69.8	0.56	75.1	0.62~	83.0~	0.55	73.0
Fruits and vegetables (cups)									
Ages 1 to 2	0.25	0.46~	182.2*~	0.30	121.9††	0.41~	164.0~	0.44	174.1
Ages 3 to 5	0.5	0.55~	109.4**~	0.41	82.3	0.44~	88.7~	0.49	98.4
Grains (oz)									
Ages 1 to 2	0.5	0.85~	169.8~	0.62	123.6††	0.88	176.2	0.85	169.4
Ages 3 to 5	0.5	0.86~	171.4~	0.93	185.7	0.99~	197.8~	0.90	180.4
Meat/meat alternates (oz)									
Ages 1 to 2	-	1.01~	n.a.	1.63^~	n.a.	0.71~	n.a.	0.95~	n.a.
Ages 3 to 5	-	1.32^~	n.a.	1.00	n.a.	0.78^~	n.a.	1.11~	n.a.
Number of early child care programs									
Ages 1 to 2		44		21		42		107	
Ages 3 to 5		78		105		50		233	
Number of children in the programs									
Ages 1 to 2		142		68		64		274	
Ages 3 to 5		284		488		71		843	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Under CACFP meal pattern requirements meat/meat alternates can replace grains at breakfast up to three times per week.

The analysis is based on foods actually consumed by children. It does not include foods served to children that were not consumed

- Indicates a minimum amount is not required for the meal or snack.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, oz = ounce.

Table G.51. Mean amount of each CACFP meal component consumed at morning snack and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Milk (cups)									
Ages 1 to 2	0.5	0.44~	88.8~	n.a.	n.a.	0.56~	112.8~	0.54~	108.2~
Ages 3 to 5	0.5	-	-	-	-	0.80~	160.9###~	0.79~	157.3~
Fruits and vegetables (cups)									
Ages 1 to 2	-	0.18~	n.a.	n.a.	n.a.	0.30~	n.a.	0.26~	n.a.
Ages 3 to 5	-	0.55~	n.a.	-	n.a.	0.32~	n.a.	0.47~	n.a.
Fruits (cups)									
Ages 1 to 2	0.5	0.17~	33.2~	n.a.	n.a.	0.32~	64.6###~	0.27~	54.8~
Ages 3 to 5	0.5	0.55~	110.7~	n.a.	n.a.	0.36~	72.5~	0.49~	97.8~
Vegetables (cups)									
Ages 1 to 2	0.5	0.27~	54.3~	n.a.	n.a.	-	-	0.18~	36.6~
Ages 3 to 5	0.5	n.a.	n.a.	-	-	-	-	-	-
Grains (oz)									
Ages 1 to 2	0.5	0.64~	127.3~	n.a.	n.a.	0.76~	153.0~	0.73~	145.0~
Ages 3 to 5	0.5	0.69~	138.6***~	1.24~	248.1+++~	0.77~	154.2~	0.73~	145.8~
Meat/meat alternates (oz)									
Ages 1 to 2	0.5	0.28^~	55.4^~	n.a.	n.a.	0.47~	93.6~	0.43~	85.8~
Ages 3 to 5	0.5	0.84^~	168.9^~	0.50~	99.9~	0.90~	180.8~	0.89~	178.3~
Number of early child care programs									
Ages 1 to 2		44		21		42		107	
Ages 3 to 5		78		105		50		233	

Appendix G. Children's dietary intakes and plate waste supplementary tables

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Number of children in the programs									
Ages 1 to 2		142		68		64		274	
Ages 3 to 5		284		488		71		843	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

The analysis is based on foods actually consumed by children. It does not include foods served to children that were not consumed

- Indicates a minimum amount is not required for the meal or snack.

In Head Start centers, children ages 1 to 2 did not consume morning snacks.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the ++0.001 level, +0.01 level, or +0.05 level.

- ^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.
- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.
- ~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, n.a. = not applicable, oz = ounce.

Table G.52. Mean amount of each CACFP meal component consumed at lunch and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Milk (cups)									
Ages 1 to 2	0.5	0.46~	92.6~	0.54	108.7	0.51~	102.6~	0.48	96.9
Ages 3 to 5	0.75	0.60~	79.4~	0.67	88.8	0.64~	85.3~	0.62	82.3
Fruits (cups)									
Ages 1 to 2	0.125	0.326	261.2	0.258	206.8	0.420~	335.7~	0.360	288.3
Ages 3 to 5	0.25	0.45	178.8	0.49	196.8†	0.78~	313.5##~	0.51	205.2
Vegetables (cups)									
Ages 1 to 2	0.125	0.473	378.7**	0.341	273.0	0.304~	242.9#~	0.397	317.8
Ages 3 to 5	0.25	0.35~	141.3~	0.34	134.4	0.40~	159.1~	0.36	142.5
Grains (oz)									
Ages 1 to 2	0.5	0.94	187.7	0.98^	196.7^	0.98~	195.4~	0.96	191.4
Ages 3 to 5	0.5	1.15	230.3**	1.43	285.3	1.47~	294.6~	1.28	255.2
Meat/meat alternates (oz)									
Ages 1 to 2	1.0	1.21~	120.8~	0.70	70.4††	1.12~	112.1~	1.15	114.8
Ages 3 to 5	1.5	1.64~	109.4~	1.65	109.8	1.45~	96.5~	1.61	107.4
Number of early child care programs									
Ages 1 to 2		44		21		42		107	
Ages 3 to 5		78		105		50		233	
Number of children in the programs									
Ages 1 to 2		142		68		64		274	
Ages 3 to 5		284		488		71		843	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

The analysis is based on foods actually consumed by children. It does not include foods served to children that were not consumed

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, oz = ounce.

Table G.53. Mean amount of each CACFP meal component consumed at afternoon snack and the percentage of the minimum requirement consumed for children ages 1 to 2 and 3 to 5 years in early child care programs

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Milk (cups)									
Ages 1 to 2	0.5	0.81^~	161.9^~	0.58~	115.1~	0.52~	104.5~	0.65~	130.8~
Ages 3 to 5	0.5	0.52~	103.2~	0.57	114.4	0.68~	136.6~	0.57	114.6
Fruits and vegetables (cups)									
Ages 1 to 2	-	0.51~	n.a.	0.28~	n.a.	0.46	n.a.	0.49	n.a.
Ages 3 to 5	-	0.60	n.a.	0.51	n.a.	0.60~	n.a.	0.58	n.a.
Fruits (cups)									
Ages 1 to 2	0.5	0.51~	101.7~	0.36~	72.2~	0.43	86.5	0.48	95.5
Ages 3 to 5	0.5	0.65~	130.1~	0.52	104.0	0.57~	114.4~	0.61	121.9
Vegetables (cups)									
Ages 1 to 2	0.5	-	-	-	-	0.24~	48.0##~	0.24~	47.3~
Ages 3 to 5	0.5	0.21~	42.4~	0.23^~	46.0^~	0.27~	54.7~	0.23~	45.1~
Grains (oz)									
Ages 1 to 2	0.5	0.91~	181.0~	0.75~	150.7~	0.66~	132.1~	0.80	159.3
Ages 3 to 5	0.5	1.02~	204.7~	0.86	171.3	1.07~	214.1~	1.00	199.9
Meat/meat alternates (oz)									
Ages 1 to 2	0.5	1.53	306.7	1.77~	355.0~	1.52~	304.3~	1.54	307.3
Ages 3 to 5	0.5	2.09~	418.5~	1.92	384.1	1.48~	296.4~	1.87~	373.9~
Number of early child care programs									
Ages 1 to 2		44		21		42		107	
Ages 3 to 5		78		105		50		233	

Appendix G. Children's dietary intakes and plate waste supplementary tables

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Number of children in the programs									
Ages 1 to 2		142		68		64		274	
Ages 3 to 5		284		488		71		843	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

The analysis is based on foods actually consumed by children. It does not include foods served to children that were not consumed

- Indicates a minimum amount is not required for the meal or snack.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, n.a. = not applicable, oz = ounce.

Table G.54. Mean amount of each CACFP meal component consumed by 6 to 12 year old children at afternoon snack and the percentage of the minimum requirement consumed in before and after school programs

		At-risk afterschool centers		Outside-school-hours care centers		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Milk (cups)	1.0	0.97~	96.9~	0.87~	86.7~	0.94	93.8
Fruits and vegetables (cups)	-	0.94~	n.a.	0.70	n.a.	0.92~	n.a.
Fruits (cups)	0.75	0.92~	122.3~	0.72	95.3	0.90~	119.9~
Vegetables (cups)	0.75	-	-	0.50~	66.0~	0.46~	61.5~
Grains (oz)	1.0	1.17~	117.0~	1.48	148.3	1.24	123.8
Meat/meat alternates (oz)	1.0	2.84^~	284.1^~	1.64~	163.5~	2.75^~	274.9^~
Number of before and after school programs		60		30		90	
Number of children in the programs		196		135		331	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

The analysis is based on foods actually consumed by children. It does not include foods served to children that were not consumed

- Indicates a minimum amount is not required for the meal or snack.

Difference between children in at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, n.a. = not applicable, oz = ounce.

Table G.55. Mean amount of each CACFP meal component consumed by 6 to 12 year old children at supper and the percentage of the minimum requirement consumed in before and after school programs

		At-risk afterschool centers		Outside-school-hours care centers		All	
	Minimum portion required to be served	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed	Mean amount consumed	Mean percentage of minimum requirement consumed
Milk (cups)	1.0	1.02~	102.4*~	0.69~	69.0~	1.02~	102.0~
Fruits (cups)	0.25	0.72~	288.7~	0.55	219.8	0.72~	287.0~
Vegetables (cups)	0.5	0.54~	107.9***~	1.48~	295.8~	0.57~	114.0~
Grains (oz)	1.0	1.60~	159.7~	1.88~	187.8~	1.60~	160.2~
Meat/meat alternates (oz)	2.0	2.13~	106.7~	1.80~	89.9~	2.13~	106.3~
Number of before and after school programs		60		30		90	
Number of children in the programs		196		135		331	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

The analysis is based on foods actually consumed by children. It does not include foods served to children that were not consumed

Difference between children in at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, oz = ounce.

Table G.56. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 2 year old children in early child care programs – child care days versus non-child care days

		Mean score (percentage of maximum score)	
	Maximum score	Child care day	Non-child care day
Adequacy components (higher scores reflect higher concentrations)			
Total fruits	5	5.0 (100.0)	5.0 (100.0)
Whole fruits	5	5.0 (100.0)	5.0 (100.0)
Total vegetables	5	2.6 (51.4)	2.3 (45.9)
Greens and beans	5	2.7 (53.4)	2.1^ (42.4)
Whole grains	10	4.3* (43.0)	2.5 (24.7)
Dairy	10	10.0 (99.9)	9.4 (94.3)
Total protein foods	5	4.3 (86.2)	4.8 (96.4)
Seafood and plant proteins	5	3.9 (77.7)	4.5 (90.6)
Fatty acids	10	2.0 (20.4)	2.2^ (22.5)
Moderation components (higher scores reflect lower concentrations)			
Refined grains	10	7.2 (71.7)	8.2 (82.2)
Sodium	10	6.8 (67.9)	7.4 (74.1)
Added sugars	10	9.6 (95.7)	8.6 (86.0)
Saturated fats	10	6.7** (67.5)	4.1 (40.9)
Total score	100	70.0	66.2
Number of early child care programs		88	76
Number of children in the programs		171	143

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table G.57. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 3 to 5 year old children in early child care programs – child care days versus non-child care days

		Mean score (percentage of maximum score)							
		Child care centers	Head Start programs	Family day care homes	All	Child care centers	Head Start programs	Family day care homes	All
	Maximum score	Child care day				Non-child care day			
Adequacy components (higher scores reflect higher concentrations)									
Total fruits	5	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (99.9)	5.0 (100.0)	4.8 (96.6)	5.0 (100.0)
Whole fruits	5	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (99.8)	5.0 (100.0)
Total vegetables	5	2.2 (44.6)	2.5 (49.6)	2.2 (43.4)	2.3 (45.6)	2.6 (52.3)	2.6 (52.4)	2.1 (41.5)	2.5 (50.7)
Greens and beans	5	1.6 (32.7)	2.2 (43.8)	1.7^ (34.6)	1.8 (35.6)	1.4 (28.7)	2.1 (42.9)	1.8^ (36.5)	1.7 (33.0)
Whole grains	10	4.5** (44.7)	5.5*** (54.7)	7.3*** (73.3)	5.2*** (52.0)	2.8 (28.2)	2.7 (26.9)	2.2 (22.1)	2.7 (27.0)
Dairy	10	10.0*** (100.0)	10.0*** (100.0)	10.0 (100.0)	10.0*** (100.0)	8.6 (86.0)	8.5 (85.3)	8.5 (85.4)	8.6 (85.8)
Total protein foods	5	4.2 (83.1)	4.4 (87.7)	4.4 (88.8)	4.3 (85.6)	4.8 (95.3)	4.9 (97.4)	4.8 (96.2)	4.8 (96.9)
Seafood and plant proteins	5	2.4 (47.6)	2.5 (49.8)	2.8 (56.4)	2.5 (49.6)	3.0 (60.6)	2.6 (51.7)	3.4^ (68.5)	3.0 (60.1)
Fatty acids	10	2.7 (27.4)	3.0 (30.1)	1.8^ (17.8)	2.6 (26.3)	2.7 (27.4)	3.5 (35.1)	2.7 (26.9)	2.9 (28.9)
Moderation components (higher scores reflect lower concentrations)									
Refined grains	10	6.3 (63.4)	7.6 (76.0)	7.7 (76.9)	6.9 (68.7)	6.7 (66.9)	7.0 (70.4)	6.8 (68.1)	6.8 (67.9)
Sodium	10	6.8* (67.9)	6.7 (66.9)	7.0 (70.4)	6.8** (68.1)	5.9 (58.6)	6.3 (62.8)	5.8 (57.8)	5.9 (59.4)

Appendix G. Children's dietary intakes and plate waste supplementary tables

		Mean score (percentage of maximum score)							
		Child care centers	Head Start programs	Family day care homes	All	Child care centers	Head Start programs	Family day care homes	All
	Maximum score	Child care day				Non-child care day			
Added sugars	10	9.4 (94.3)	9.2*** (92.2)	9.8* (98.5)	9.5** (94.7)	8.6 (86.3)	8.2 (81.6)	7.8 (78.2)	8.4 (84.0)
Saturated fats	10	6.1** (61.0)	6.7* (67.1)	6.7*** (67.2)	6.4*** (63.5)	4.2 (42.3)	5.5 (54.9)	3.3 (32.7)	4.4 (43.6)
Total score	100	66.3	70.3***	71.6**	68.1**	61.4	63.9	59.1	61.7
Number of early child care programs		78	105	51	234	79	106	45	230
Number of children in the programs		286	493	72	851	233	413	65	711

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table G.58. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 2 to 5 year old children in early child care programs – child care days versus non-child care days

		Mean score (percentage of maximum score)							
		Child care centers	Head Start programs	Family day care homes	All	Child care centers	Head Start programs	Family day care homes	All
	Maximum score	Child care day				Non-child care day			
Adequacy components (higher scores reflect higher concentrations)									
Total fruits	5	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (99.9)	5.0 (100.0)	5.0 (99.2)	5.0 (100.0)
Whole fruits	5	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)
Total vegetables	5	2.3 (45.7)	2.5 (49.7)	2.2 (44.8)	2.3 (46.3)	2.6 (51.3)	2.6 (51.8)	2.2 (43.3)	2.5 (50.0)
Greens and beans	5	1.7 (33.9)	2.2 (44.0)	2.2^ (43.3)	1.9 (37.9)	1.4 (27.9)	2.2 (43.8)	2.3^ (45.6)	1.7 (34.2)
Whole grains	10	4.4** (44.2)	5.5*** (54.9)	6.6*** (65.6)	5.1*** (50.8)	2.8 (27.8)	2.7 (26.6)	2.3 (22.8)	2.7 (26.7)
Dairy	10	10.0*** (100.0)	10.0** (100.0)	10.0 (100.0)	10.0*** (100.0)	8.6 (86.3)	8.6 (85.7)	9.2 (91.9)	8.7 (87.4)
Total protein foods	5	4.1 (82.8)	4.4 (87.6)	4.5 (90.1)	4.3* (85.7)	4.7 (94.2)	4.9 (97.4)	4.9 (99.0)	4.9 (97.5)
Seafood and plant proteins	5	2.5 (49.3)	2.5 (49.3)	3.5 (69.7)	2.7 (53.5)	3.0 (60.6)	2.6 (52.2)	4.5 (90.0)	3.4 (68.0)
Fatty acids	10	2.7 (26.8)	3.0 (30.1)	1.8^ (17.5)	2.6 (25.6)	2.6 (26.2)	3.5 (34.7)	2.7 (27.5)	2.8 (28.0)
Moderation components (higher scores reflect lower concentrations)									
Refined grains	10	6.5 (64.9)	7.6 (76.1)	7.4 (74.1)	6.9 (69.1)	6.8 (68.1)	7.0 (70.3)	7.5 (74.9)	7.0 (69.7)
Sodium	10	6.8 (68.1)	6.7 (66.6)	6.9 (69.5)	6.8* (68.0)	6.0 (60.2)	6.3 (63.1)	6.3 (63.2)	6.1 (61.3)

Appendix G. Children's dietary intakes and plate waste supplementary tables

		Mean score (percentage of maximum score)							
		Child care centers	Head Start programs	Family day care homes	All	Child care centers	Head Start programs	Family day care homes	All
	Maximum score	Child care day				Non-child care day			
Added sugars	10	9.4* (93.9)	9.2*** (92.4)	9.9 (98.7)	9.5*** (94.9)	8.5 (85.3)	8.1 (80.9)	8.4 (84.3)	8.4 (84.2)
Saturated fats	10	6.2*** (62.0)	6.7* (67.0)	6.7*** (66.8)	6.4*** (64.0)	4.2 (41.6)	5.4 (54.4)	3.6 (36.1)	4.3 (43.2)
Total score	100	66.6*	70.2***	71.6	68.4**	61.2	63.8	63.9	62.5
Number of early child care programs		88	110	64	262	89	112	54	255
Number of children in the programs		366	540	116	1,022	292	464	98	854

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table G.59. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for 24-hour intakes for 6 to 12 year old children in before and after school programs – child care days versus non-child care days

		Mean score (percentage of maximum score)					
		Outside-of- school hours programs	At-risk afterschool programs	All	Outside-of- school hours programs	At-risk afterschool programs	All
	Maximum score	Child care day			Non-child care day		
Adequacy components (higher scores reflect higher concentrations)							
Total fruits	5	-	5.0 (99.6)	5.0 (99.5)	-	4.8 (96.0)	4.8 (96.2)
Whole fruits	5	-	5.0 (100.0)	5.0 (100.0)	-	5.0 (99.4)	5.0 (99.6)
Total vegetables	5	-	2.8 (56.0)	2.8 (56.0)	-	2.7 (53.0)	2.6 (52.2)
Greens and beans	5	-	2.3 (45.7)	2.3 (46.2)	-	2.9 (57.7)	2.8 (56.4)
Whole grains	10	-	3.6 (35.5)	3.6 (36.0)	-	2.7 (26.6)	2.7 (27.1)
Dairy	10	-	8.2** (81.7)	8.4** (83.6)	-	6.2 (62.3)	6.3 (63.1)
Total protein foods	5	-	5.0 (100.0)	5.0 (100.0)	-	5.0 (100.0)	5.0 (100.0)
Seafood and plant proteins	5	-	4.3* (85.3)	4.2* (83.4)	-	2.7 (53.4)	2.7 (54.3)
Fatty acids	10	-	4.0 (39.5)	3.8 (38.3)	-	3.7 (37.3)	3.7 (36.9)
Moderation components (higher scores reflect lower concentrations)							
Refined grains	10	-	6.5 (64.5)	6.3 (63.0)	-	6.1 (61.3)	6.0 (60.1)

Appendix G. Children's dietary intakes and plate waste supplementary tables

		Mean score (percentage of maximum score)					
		Outside-of- school hours programs	At-risk afterschool programs	All	Outside-of- school hours programs	At-risk afterschool programs	All
	Maximum score	Child care day			Non-child care day		
Sodium	10	-	5.2 (51.5)	5.0 (50.4)	-	4.7 (46.7)	4.7 (47.0)
Added sugars	10	-	8.7 (87.1)	8.7 (87.3)	-	8.1 (80.6)	8.2 (81.5)
Saturated fats	10	-	5.2 (52.1)	5.2 (52.1)	-	4.7 (46.8)	4.7 (46.8)
Total score	100	-	65.5***	65.3**	-	59.1	59.2
Number of before and after school programs		30	57	87	28	60	88
Number of children in the programs		136	158	294	124	196	320

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between child care day and non-child care day is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

- Mean scores could not be reliably estimated.

Table G.60. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP breakfasts consumed by children in early child care programs on a child care day

		Mean score (percentage of maximum score)				
		Child care centers	Head Start centers	Family day care homes	All	
	Maximum score	3 to 5 year olds year olds	3 to 5 year olds year olds	3 to 5 year olds year olds	2 year olds year olds	3 to 5 year olds year olds
Adequacy components (higher scores reflect higher concentrations)						
Total fruits	5	5.0 (100.0)	5.0 (100.0)	-	5.0 (100.0)	5.0 (100.0)
Whole fruits	5	2.4 (47.3)	1.7 (34.0)	-	3.1 (62.4)	2.2 (43.4)
Total vegetables	5	0.0^ (0.2)	0.0^ (0.1)	-	0.0^ (0.0)	0.0^ (0.3)
Greens and beans	5	0.0 (0.0)	0.0 (0.0)	-	0.0 (0.0)	0.0^ (0.7)
Whole grains	10	5.0 (49.5)	5.4 (54.1)	-	4.6 (46.5)	5.6 (55.6)
Dairy	10	10.0 (100.0)	10.0 (100.0)	-	9.9 (99.1)	10.0 (100.0)
Total protein foods	5	0.2^ (3.6)	0.1 (2.1)	-	0.5 (9.5)	0.2 (3.9)
Seafood and plant proteins	5	0.1^ (2.3)	0.0^ (0.6)	-	0.4^ (7.6)	0.1^ (2.9)
Fatty acids	10	0.0 (0.0)	0.0 (0.0)	-	0.0 (0.0)	0.0 (0.0)
Moderation components (higher scores reflect lower concentrations)						
Refined grains	10	6.7 (67.4)	7.4 (74.2)	-	6.2 (61.7)	7.1 (71.0)
Sodium	10	6.7 (67.2)	6.6 (66.3)	-	7.0 (70.5)	6.9 (68.7)
Added sugars	10	9.6 (96.0)	9.3 (93.1)	-	9.3 (92.7)	9.6 (96.3)
Saturated fats	10	5.6 (56.2)	6.7 (67.1)	-	7.2 (72.3)	6.1 (60.6)
Total score	100	51.3	52.3	-	53.2	52.8
Number of early child care programs		66	96	38	71	200
Number of children in the programs		201	405	54	132	660

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean scores could not be reliably estimated for 2 year olds by provider type.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Mean scores could not be reliably estimated.

CACFP = Child and Adult Care Food Program.

Table G.61. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP lunches consumed by children in early child care programs on a child care day

		Mean score (percentage of maximum score)				
		Child care centers	Head Start centers	Family day care homes	All	
	Maximum score	3 to 5 year olds year olds	3 to 5 year olds year olds	3 to 5 year olds year olds	2 year olds year olds	3 to 5 year olds year olds
Adequacy components (higher scores reflect higher concentrations)						
Total fruits	5	5.0 (100.0)	5.0 (100.0)	-	5.0 (100.0)	5.0 (100.0)
Whole fruits	5	2.6 (51.9)	2.0 (40.6)	-	2.1 (42.3)	2.7 (54.1)
Total vegetables	5	0.7 (14.0)	0.7 (13.3)	-	0.8 (15.0)	0.8 (15.5)
Greens and beans	5	0.5^ (10.0)	0.7 (14.0)	-	0.5^ (10.8)	0.6 (11.9)
Whole grains	10	4.6 (45.8)	5.5 (54.6)	-	4.3 (43.1)	5.3 (52.8)
Dairy	10	10.0 (100.0)	10.0 (100.0)	-	10.0 (99.9)	10.0 (100.0)
Total protein foods	5	1.1 (22.1)	1.4 (27.3)	-	1.2 (24.2)	1.2 (24.0)
Seafood and plant proteins	5	0.5^ (10.4)	0.7 (14.1)	-	0.5^ (9.7)	0.5 (10.9)
Fatty acids	10	0.0 (0.0)	0.0 (0.0)	-	0.0 (0.0)	0.0 (0.0)
Moderation components (higher scores reflect lower concentrations)						
Refined grains	10	6.5 (65.3)	7.6 (75.9)	-	7.3 (72.5)	7.0 (69.6)
Sodium	10	6.8 (68.2)	6.7 (66.7)	-	6.8 (68.3)	6.8 (67.7)
Added sugars	10	9.4 (94.5)	9.2 (92.2)	-	9.6 (95.7)	9.6 (95.5)
Saturated fats	10	6.1 (61.1)	6.7 (67.0)	-	6.7 (67.5)	6.4 (63.8)
Total score	100	53.9	56.1	-	54.8	55.8
Number of early child care programs		74	101	45	84	220
Number of children in the programs		266	464	63	162	793

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean scores could not be reliably estimated for 2 year olds by provider type.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Mean scores could not be reliably estimated.

CACFP = Child and Adult Care Food Program.

Table G.62. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP snacks consumed by children in early child care programs on a child care day

		Mean score (percentage of maximum score)				
		Child care centers	Head Start centers	Family day care homes	All	
	Maximum score	3 to 5 year olds year olds	3 to 5 year olds year olds	3 to 5 year olds year olds	2 year olds year olds	3 to 5 year olds year olds
Adequacy components (higher scores reflect higher concentrations)						
Total fruits	5	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)
Whole fruits	5	1.9* (38.9)	1.0†† (19.6)	2.1 (42.6)	2.0 (40.3)	1.8 (35.6)
Total vegetables	5	0.0^ (0.8)	0.0^ (0.5)	0.1^ (1.4)	0.1^ (2.2)	0.0^ (0.9)
Greens and beans	5	0.0 (0.0)	0.1^ (1.0)	0.1^ (2.7)	0.2^ (4.1)	0.0^ (0.7)
Whole grains	10	4.5 (45.2)	5.7 (56.8)	7.5# (74.8)	4.3 (43.4)	5.3 (53.1)
Dairy	10	10.0 (100.0)	10.0 (100.0)	10.0 (100.0)	10.0 (99.9)	10.0 (100.0)
Total protein foods	5	0.1^ (1.1)	0.1^ (1.0)	0.6^ (12.9)	0.3^ (5.5)	0.2^ (3.3)
Seafood and plant proteins	5	0.1^ (1.6)	0.1^ (2.3)	1.2^ (23.1)	0.4^ (8.6)	0.3^ (5.7)
Fatty acids	10	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
Moderation components (higher scores reflect lower concentrations)						
Refined grains	10	6.2 (62.3)	7.5 (74.8)	7.8 (77.7)	7.4 (73.6)	6.8 (67.7)
Sodium	10	6.8 (67.6)	6.7 (66.9)	7.1 (71.0)	6.9 (68.6)	6.8 (68.1)
Added sugars	10	9.3 (92.9)	9.2† (91.7)	9.8 (98.1)	9.5 (95.5)	9.4 (93.7)
Saturated fats	10	6.1 (60.6)	6.8 (68.4)	6.7 (66.7)	6.8 (67.7)	6.3 (63.3)
Total score	100	50.0	52.1†	58.0###	52.9	51.9
Number of early child care programs		74	90	47	82	211
Number of children in the programs		245	339	66	145	650

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean scores could not be reliably estimated for 2 year olds by provider type.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table G.63. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for all CACFP meals and snacks consumed by children in early child care programs on a child care day

		Mean score (percentage of maximum score)				
		Child care centers	Head Start centers	Family day care homes	All	
	Maximum score	3 to 5 year olds year olds	3 to 5 year olds year olds	3 to 5 year olds year olds	2 year olds year olds	3 to 5 year olds year olds
Adequacy components (higher scores reflect higher concentrations)						
Total fruits	5	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)	5.0 (100.0)
Whole fruits	5	5.0* (99.3)	4.1† (81.8)	5.0 (99.7)	4.9 (98.9)	5.0 (99.4)
Total vegetables	5	0.7 (14.2)	0.7† (13.4)	1.3# (25.9)	0.9 (18.6)	0.8 (16.1)
Greens and beans	5	0.5^ (9.9)	0.7 (14.5)	1.0^ (19.4)	0.9^ (17.6)	0.6 (12.6)
Whole grains	10	4.4 (44.5)	5.5 (55.0)	7.4# (73.6)	4.3 (42.8)	5.2 (52.0)
Dairy	10	10.0 (100.0)	10.0 (100.0)	10.0 (100.0)	10.0 (99.9)	10.0 (100.0)
Total protein foods	5	1.2 (24.3)	1.5 (29.1)	2.2 (44.5)	1.9 (38.7)	1.4 (29.0)
Seafood and plant proteins	5	0.7^ (13.0)	0.8 (16.0)	1.7^ (34.4)	1.3 (25.8)	0.9 (17.4)
Fatty acids	10	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
Moderation components (higher scores reflect lower concentrations)						
Refined grains	10	6.3 (63.5)	7.6 (76.1)	7.7 (77.0)	7.3 (72.7)	6.9 (68.7)
Sodium	10	6.8 (67.8)	6.7 (66.7)	7.0 (70.4)	6.8 (68.3)	6.8 (68.0)
Added sugars	10	9.4 (94.4)	9.2† (92.2)	9.8 (98.5)	9.6 (95.6)	9.5 (94.7)
Saturated fats	10	6.1 (61.3)	6.7 (66.9)	6.7 (67.4)	6.7 (67.4)	6.4 (63.6)
Total score	100	56.2	58.4†	64.9##	59.7	58.4
Number of early child care programs		78	105	50	88	233
Number of children in the programs		284	488	71	170	843

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean scores could not be reliably estimated for 2 year olds by provider type.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table G.64. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for CACFP snacks consumed by children in before and after school programs on a child care day

		Mean score (percentage of maximum score)
	Maximum score	6 to 12 year olds year olds
Adequacy components (higher scores reflect higher concentrations)		
Total fruits	5	5.0 (100.0)
Whole fruits	5	1.9^ (38.1)
Total vegetables	5	0.1^ (1.7)
Greens and beans	5	0.0^ (0.1)
Whole grains	10	4.9 (48.6)
Dairy	10	8.8 (87.9)
Total protein foods	5	0.0^ (0.5)
Seafood and plant proteins	5	0.0^ (0.4)
Fatty acids	10	0.0 (0.0)
Moderation components (higher scores reflect lower concentrations)		
Refined grains	10	6.1 (60.8)
Sodium	10	4.4 (44.4)
Added sugars	10	8.9 (88.7)
Saturated fats	10	5.7 (56.7)
Total score	100	45.7
Number of before and after school programs		57
Number of children in the programs		199

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table G.65. Mean Healthy Eating Index-2015 scores and percentage of maximum scores for all CACFP meals and snacks consumed by children in before and after school programs on a child care day

		Mean score (percentage of maximum score)
	Maximum score	6 to 12 year olds year olds
Adequacy components (higher scores reflect higher concentrations)		
Total fruits	5	5.0 (100.0)
Whole fruits	5	2.9 (57.5)
Total vegetables	5	0.4 (8.4)
Greens and beans	5	0.3^ (5.9)
Whole grains	10	4.0 (40.1)
Dairy	10	8.1 (80.9)
Total protein foods	5	0.8 (15.8)
Seafood and plant proteins	5	0.9^ (17.9)
Fatty acids	10	0.0 (0.0)
Moderation components (higher scores reflect lower concentrations)		
Refined grains	10	6.6 (65.7)
Sodium	10	5.4 (53.8)
Added sugars	10	8.6 (85.8)
Saturated fats	10	5.8 (57.6)
Total score	100	48.7
Number of before and after school programs		90
Number of children in the programs		331

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table G.66. Mean percentage contribution of CACFP breakfasts to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Calories	13.7	11.4	13.0 ^{††}	10.9	16.4~	13.4~	14.4	11.6
Macronutrients								
Total fat	10.0	8.6~	11.4 ^{††}	7.8	16.7###~	9.8~	11.9	8.6
Saturated fat	10.3	9.1	13.1	9.2	16.3##~	10.3~	12.2	9.4
Monounsaturated fat	9.9	8.5~	10.0 ^{††}	6.9	16.6##~	9.6~	11.7	8.3
Polyunsaturated fat	9.9	7.9~	10.6^	7.2	18.6###~	10.0~	12.3	8.1
Linoleic acid	9.9	7.9~	10.6^	7.2	18.7###~	9.9~	12.4	8.1
Alpha-linolenic acid	9.6	8.1~	11.3^	8.5	14.8##~	10.2~	11.1	8.6
Carbohydrate	15.5~	13.5	14.6	12.9	16.4~	15.7~	15.7	13.7
Protein	12.8	12.1	13.3 ^{††}	11.1	17.5##~	12.9~	14.1	12.0
Vitamins								
Vitamin A	13.5	21.8	16.0	18.5	21.9##~	14.7##~	16.0	19.7
Vitamin C	20.0	16.7*	13.3 [†]	10.7	22.0	18.4~	20.2	15.6
Vitamin D	22.7	26.8	25.0	23.8	30.6#~	21.5~	25.0	25.1
Vitamin E	9.5	8.6~	10.1 [†]	7.4	18.9###~	9.1~	12.1	8.4
Vitamin B ₆	17.9	15.6~	16.7	13.9 ^{††}	18.2	19.9~	17.9	16.0
Vitamin B ₁₂	18.5	22.0	23.9	19.3	22.8	18.4~	20.0	20.7
Folate	18.4	13.3	16.2	12.1 ^{†††}	19.8~	23.7###	18.7	14.9
Niacin	13.9	10.0~	13.6^	9.9 ^{†††}	14.5	17.1###	14.0	11.3
Riboflavin	17.1~	18.5	20.5	16.6	20.1	20.3~	18.1	18.4
Thiamin	18.3	16.0~	18.7	14.7 ^{†††}	18.5	22.1##	18.4	16.8
Choline	16.4	16.4	16.2 ^{††}	14.1	27.9##~	16.9~	19.6	15.9
Minerals								
Calcium	15.9~	20.9	20.2	18.3	21.8#~	15.8##~	17.7	19.3
Iron	19.7~	15.6~	18.8	14.2 ^{†††}	19.5	24.0##	19.6	16.8

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Magnesium	15.7~	14.7	14.8 ^{††}	12.9	20.2 ^{###~}	15.3~	16.9	14.4
Phosphorus	14.4	16.9 ^{**}	16.9 [†]	14.2	19.9 ^{###~}	15.0~	16.0	15.9
Potassium	16.9~	15.8	15.0 [†]	14.0	17.8~	15.0~	17.0	15.2
Sodium	10.3	8.5	9.9 [†]	8.3	12.6~	11.0~	10.9	8.9
Zinc	12.6	12.8	14.7	11.8	17.8 ^{###}	13.0~	14.2	12.6
Other dietary components								
Cholesterol	13.3	10.9	12.5 ^{††}	10.8	32.1 ^{###~}	15.5 ^{^~}	18.5	11.7
Dietary fiber	15.8	13.6	15.0	12.2 [†]	17.1~	15.3~	16.1	13.6
Added sugars	14.4	9.2 ^{**}	19.2 [^]	15.1	24.2 ^{#~}	17.9 ^{^~}	17.4	12.2
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, #0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the ^{††}0.001 level, [†]0.01 level, or [†]0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.67. Mean percentage contribution of CACFP morning snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Calories	9.4~	9.3***	n.a.	18.9†~	10.3~	11.5~	10.1~	10.5~
Macronutrients								
Total fat	8.8~	10.8***	n.a.	22.2†~	11.0~	14.6~	10.3	12.9~
Saturated fat	6.4~	9.7***	n.a.	19.6††~	13.3###~	15.3##~	11.3	12.7
Monounsaturated fat	11.8~	10.5**	n.a.	22.6~	9.9~	14.4~	10.5~	12.6~
Polyunsaturated fat	11.1~	12.8**	n.a.	31.9†~	7.1~	13.9^~	8.2	13.5~
Linoleic acid	11.5~	12.7**	n.a.	31.1†~	7.3~	14.7^~	8.5	13.9~
Alpha-linolenic acid	6.6^~	12.1***~	n.a.	41.8††~	6.5~	9.9^~	6.5~	11.1~
Carbohydrate	10.4~	9.9**~	n.a.	18.6††~	10.1~	9.2~	10.2~	9.6~
Protein	7.7~	4.6***	n.a.	16.3~	10.7~	12.6###~	9.9~	8.9~
Minerals								
Vitamin A	8.9~	6.1^~	n.a.	11.9~	12.7~	18.5##~	11.6~	12.7~
Vitamin C	12.5^~	18.0***~	n.a.	0.5^~	5.5^~	1.9###^~	7.5^~	9.4~
Vitamin D	7.4~	2.1***^	n.a.	18.6~	14.5###~	16.2###~	12.5	9.6^~
Vitamin E	8.5~	12.0**	n.a.	34.4†~	8.0~	12.7^~	8.2~	12.5~
Vitamin B ₆	5.7~	4.3***	n.a.	14.7†~	9.1#~	9.1#~	8.2~	6.9~
Vitamin B ₁₂	6.9~	1.7***^	n.a.	16.3~	13.8###~	18.0###~	11.9	10.4~
Folate	9.1~	9.3***	n.a.	38.9††~	6.7~	8.5^~	7.3	9.1~
Niacin	8.3~	6.5~	n.a.	8.7~	8.1^~	8.6^~	8.1~	7.6~
Riboflavin	8.7~	6.7***	n.a.	14.9~	12.6##~	13.9###~	11.5	10.5~
Thiamin	9.6~	6.5***	n.a.	30.4††~	11.3~	10.8~	10.8~	8.9~
Choline	6.9~	4.9***	n.a.	15.3~	10.3~	11.7#~	9.4~	8.6~
Minerals								
Calcium	8.2~	5.1***	n.a.	22.4~	15.3###~	20.7###~	13.3	13.4~
Iron	10.1~	9.7***~	n.a.	29.7††~	11.3^~	7.5^~	10.9~	8.7~

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Magnesium	8.1~	9.3***	n.a.	22.7†~	11.1~	12.0~	10.2~	10.8~
Phosphorus	9.0~	5.6***	n.a.	21.3†~	12.3#~	15.4###~	11.4	10.8~
Potassium	7.2~	7.4**	n.a.	16.7~	9.9~	11.9~	9.1~	9.8~
Sodium	10.2~	6.6***~	n.a.	21.5††~	9.3~	10.4~	9.6	8.7~
Zinc	7.3~	5.1***	n.a.	19.2†~	11.7##~	13.3###~	10.5~	9.5~
Other dietary components								
Cholesterol	4.1~	4.8^	n.a.	5.9~	10.5##~	10.9#~	8.6~	8.0
Dietary fiber	8.2~	13.2**~	n.a.	45.8††~	11.0~	7.9^~	10.2~	10.6~
Added sugars	12.0^~	6.5	n.a.	8.5~	6.8^~	9.5^~	8.3^~	8.1~
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In Head Start centers, children ages 1 to 2 did not consume morning snacks.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the ††0.001 level, †0.01 level, or †0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, n.a. = not applicable.

Table G.68. Mean percentage contribution of CACFP lunches to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Calories	17.1*	19.8~	21.1	20.5++	20.6~	23.8##~	18.6	20.6
Macronutrients								
Total fat	16.6**	18.9~	22.7	21.3	21.2~	22.4	18.6	20.0
Saturated fat	16.6	21.1	21.2	21.8	20.4~	20.6~	18.2	21.2
Monounsaturated fat	17.3	18.6	22.2	21.3	22.7~	23.5#	19.5	20.0
Polyunsaturated fat	15.8***	15.7~	26.8	20.3	20.7~	24.3###~	18.1	18.2
Linoleic acid	15.7***	15.6~	26.8	20.5	20.5~	24.1###~	18.0	18.1
Alpha-linolenic acid	18.0**	17.8~	27.0	19.1++	24.2~	28.5##~	20.7	19.9
Carbohydrate	16.2	18.6	19.7	18.1++	18.8~	24.3###~	17.3	19.4
Protein	22.7	26.5~	23.1	28.0	24.3~	26.0~	23.3	26.7
Vitamins								
Vitamin A	21.9	28.7	27.0	29.7	23.2~	28.3~	22.6	28.9
Vitamin C	11.1	16.0	15.3^	15.8++	18.6~	22.9#~	14.1	17.1
Vitamin D	18.3	29.5~	22.8	27.3++	19.9~	19.9##~	19.1	27.5
Vitamin E	18.1**	16.2**	26.5	21.3+	22.4~	27.7###~	20.1	19.2
Vitamin B ₆	18.7	23.4	22.6	23.5	22.2~	25.3	20.2	23.7
Vitamin B ₁₂	21.8~	31.4~	22.6	29.8+++	20.7~	22.6##~	21.4	29.6
Folate	18.6	17.5~	18.8	18.0	25.9~	21.0~	21.4	18.2
Niacin	19.7	22.1~	25.1	25.1	25.3~	28.5##~	22.0	23.8
Riboflavin	16.8~	24.2~	20.7	23.6	19.9~	21.6~	18.1	23.6
Thiamin	17.7~	22.7~	21.2	22.2	22.4~	25.5	19.6	23.0
Choline	21.9	25.2	22.9	26.7	22.7~	27.1~	22.2	25.9
Minerals								
Calcium	16.6*	27.0	21.3	26.2++	18.4~	21.5~	17.4	25.9
Iron	17.1	19.0	21.4	18.3	23.4~	21.7~	19.7	19.3

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Magnesium	19.7	23.5~	23.9	24.6	21.8~	26.6~	20.7	24.3
Phosphorus	20.1	25.5~	23.4	27.0	21.2~	24.9~	20.7	25.7
Potassium	19.5~	24.8	22.8	24.1†	23.0~	26.9~	20.9	25.0
Sodium	20.9	22.6~	25.4	25.3††	27.9~	31.4###~	23.7	24.7
Zinc	22.6	27.3~	22.9	27.5	25.1~	28.4~	23.6	27.5
Other dietary components								
Cholesterol	21.9	23.9	24.7	26.6	25.5~	27.5~	23.4	25.1
Dietary fiber	24.9	21.7	27.2	23.5††	27.3~	29.6###~	25.9	23.4
Added sugars	6.9^	8.6	10.6	7.7	10.3~	8.7^~	8.3	8.4
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the ††0.001 level, †0.01 level, or †0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.69. Mean percentage contribution of CACFP afternoon snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Calories	10.0***	9.1	6.6+++	8.5+	12.0~	11.9~	10.6	9.4
Macronutrients								
Total fat	9.4*	6.8	6.0++	7.3+	10.1~	11.1#~	9.5	7.6
Saturated fat	9.9	5.2	5.7	6.1	8.8~	8.6#~	9.3	6.0
Monounsaturated fat	8.3	6.5	5.9+	6.9++	9.5~	13.1##~	8.6	7.7
Polyunsaturated fat	10.9	10.5	7.7++	10.7	14.3	13.9~	12.0	11.1
Linoleic acid	11.1*	10.5	7.7++	10.7	14.4	14.2~	12.2	11.2
Alpha-linolenic acid	12.0*	11.5	7.9++	11.8	13.2	10.4~	12.3	11.4
Carbohydrate	11.1***	11.6*	7.5+++	10.1	15.1#~	12.9~	12.5	11.5
Protein	8.2	5.9	7.1	6.3+	8.5~	10.5##~	8.3	6.7
Vitamins								
Vitamin A	11.4***	5.4	4.0^	5.8	6.5~	6.9~	9.3	5.8
Vitamin C	14.6*~	10.7	5.8^	11.9	15.2~	11.4^~	14.5	11.0
Vitamin D	9.6	6.3	5.1^	7.6	7.0~	9.4~	8.5	7.1
Vitamin E	7.9	8.2	5.8++	8.9	10.5~	13.6~	8.8	9.3
Vitamin B ₆	6.3	6.8~	6.6	7.3	8.4~	11.7~	7.1	7.8
Vitamin B ₁₂	8.0	5.2	5.3^	7.4	7.5~	10.0#~	7.7	6.4
Folate	10.6**	10.3	6.6++	10.5	11.9~	12.3~	10.9	10.7
Niacin	7.3	7.6	7.8	7.1+	9.9~	13.6#~	8.3	8.6
Riboflavin	9.5**	8.4	6.0++	9.1	10.6~	11.6~	9.8	9.1
Thiamin	7.8	9.1	7.5	8.8	9.9~	11.3~	8.6	9.4
Choline	5.8~	5.7	5.7	6.0	7.1~	8.0~	6.3	6.2
Minerals								
Calcium	11.4*	7.3	6.4	8.9	9.2~	11.5~	10.4	8.3
Iron	10.1	10.2	8.8	8.4	12.9~	13.1~	11.1	10.3

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Magnesium	8.5	8.7	8.9	8.3 [†]	10.7~	12.9~	9.4	9.4
Phosphorus	9.4	7.4	7.6	7.9	9.2~	10.8~	9.3	8.1
Potassium	8.3 [*]	7.9	6.0 ^{†††}	8.1	10.5~	10.5~	9.0	8.4
Sodium	9.4	7.7	7.8	7.1	10.3~	9.7~	9.7	7.9
Zinc	9.6	6.3	8.7	6.9 [†]	8.7~	10.9 ^{#~}	9.3	7.2
Other dietary components								
Cholesterol	6.2 ^{^~}	2.3 ^{**}	4.9	4.0	4.5~	4.4 ^{^~}	5.5	3.0
Dietary fiber	9.5	11.6 [*]	11.2	8.9	13.0~	13.4~	10.9	11.4
Added sugars	12.8 ^{^*}	12.7	4.5 ^{^*}	11.8	15.3 ^{^~}	14.8~	13.4	12.9
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.70. Mean percentage contribution of all CACFP snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Calories	11.3***	9.8*	6.6+++	8.5+++	16.8##~	16.1###~	13.2	10.7
Macronutrients								
Total fat	10.5**	7.9	6.0+++	7.4+++	15.3#~	16.9###~	12.2	9.5
Saturated fat	10.7*	6.2	5.7+++	6.2+++	15.3~	15.1###~	12.3	7.9
Monounsaturated fat	9.8**	7.5	5.9+++	7.0+++	14.2#~	18.5###~	11.4	9.5
Polyunsaturated fat	12.3*	11.6	7.7+++	10.8+	17.3~	18.9##~	14.1	12.8
Linoleic acid	12.6**	11.6	7.7+++	10.8+	17.5~	19.6##~	14.3	13.0
Alpha-linolenic acid	12.9**	12.4	7.9+++	12.0	16.0~	13.9~	13.9	12.6
Carbohydrate	12.5***	12.3**	7.5+++	10.1++	19.6###~	15.7~	15.0	12.5
Protein	9.2	6.2	7.1++	6.3+++	13.6~	15.4###~	10.8	7.9
Vitamins								
Vitamin A	12.6***	5.9	4.0++^	5.9++	12.7~	15.2##~	12.3	7.7
Vitamin C	16.2**	12.5	5.8++^	11.9	17.3~	10.8^~	16.3	12.0
Vitamin D	10.5*	6.2	5.1++^	7.7++	14.2~	16.3###~	11.7	8.4
Vitamin E	9.0**	9.3	5.8+++	9.1++	14.1#~	18.1##~	10.9	10.9
Vitamin B ₆	7.0	7.0	6.6++	7.3+++	12.8##~	14.7###~	9.2	8.5
Vitamin B ₁₂	8.9	5.1	5.3++^	7.4+++	14.3~	17.7###~	10.8	7.9
Folate	11.7***	11.0	6.6+++	10.7	14.8~	14.9~	12.7	11.7
Niacin	8.4	8.1	7.8+	7.1++	13.6#~	16.1##~	10.4	9.4
Riboflavin	10.6***	8.9	6.0+++	9.1+++	16.6#~	17.0###~	12.7	10.4
Thiamin	9.1	9.5	7.5+++	8.9++	15.3##~	15.2##~	11.4	10.4
Choline	6.7	6.1	5.7++	6.0+++	12.1#~	12.7###~	8.7	7.3
Minerals								
Calcium	12.5**	7.6	6.4+++	8.9+++	16.7~	20.3###~	13.9	10.2
Iron	11.4	10.9*	8.8++	8.5	18.1~	15.1~	13.9	11.2

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Magnesium	9.6	9.5	8.9 ^{††}	8.4 ^{†††}	15.9 ^{###~}	17.2 ^{####~}	12.0	10.7
Phosphorus	10.5 [*]	7.7	7.6 ^{††}	8.0 ^{†††}	15.2 [~]	17.0 ^{####~}	12.2	9.5
Potassium	9.2 ^{***}	8.5	6.0 ^{†††}	8.2 ^{†††}	15.1 ^{##~}	15.0 ^{####~}	11.4	9.6
Sodium	10.7	8.1	7.8 ^{††}	7.1 ^{†††}	14.7 [~]	13.6 ^{####~}	12.1	9.0
Zinc	10.6	6.6	8.7 ^{††}	6.9 ^{†††}	14.4 [~]	16.1 ^{####~}	12.0	8.4
Other dietary components								
Cholesterol	6.7 [~]	2.9	4.9	4.0 [†]	9.7 ^{^~}	9.3 ^{##~}	7.8	4.3
Dietary fiber	10.5	12.7 ^{***}	11.2 [†]	9.1 [†]	18.1 ^{##~}	15.5 [~]	13.5	12.6
Added sugars	14.3 ^{**}	12.9	4.5 ^{††^}	11.8	18.1 [~]	17.5 [~]	15.4	13.6
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the ††0.001 level, †0.01 level, or †0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.71. Mean percentage contribution of all CACFP meals and snacks to 24-hour intakes of calories and nutrients on a child care day for children ages 1 to 2 and 3 to 5 years in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Calories	38.9~	35.1~	37.8†	34.8+++	48.5~	47.5###~	42.4	37.2
Macronutrients								
Total fat	34.7	30.6~	37.4	32.3+++	47.7#~	44.4###~	39.6	33.4
Saturated fat	35.2	31.7	37.2	33.0++	46.9~	42.1##~	39.6	33.8
Monounsaturated fat	34.6	29.9~	35.6†	31.3+++	47.9#~	46.8###~	39.6	33.2
Polyunsaturated fat	35.5~	30.4~	42.1	33.3++	49.6#~	47.1###~	41.0	33.9
Linoleic acid	35.8~	30.2~	42.2	33.6++	49.5#~	47.4###~	41.2	34.0
Alpha-linolenic acid	38.1	33.2~	43.1	34.1++	49.8~	46.8##~	42.7	35.8
Carbohydrate	40.6~	37.3	38.6†	35.3+++	49.5~	49.1###~	43.8	39.0
Protein	41.7	38.7	40.5†	40.7++	49.9~	48.9###~	44.7	40.9
Vitamins								
Vitamin A	44.9	47.1~	44.0	48.0	49.6~	52.8~	46.6	48.3
Vitamin C	42.7**	36.9	31.6+++	32.5++	48.9	46.6~	44.5	37.7
Vitamin D	46.5~	51.6~	48.9	51.1	52.5~	49.9~	48.8	51.2
Vitamin E	34.5~	29.2	39.7	33.2+++	48.0#~	48.9###~	39.8	33.5
Vitamin B ₆	39.8~	38.7	42.4	39.2+++	47.4~	52.7###~	42.7	41.2
Vitamin B ₁₂	45.1~	49.0	47.9	49.8	50.8~	52.9~	47.3	49.8
Folate	44.6~	35.0~	38.3++	34.9+++	53.0~	50.6###~	47.4	37.7
Niacin	39.0~	34.7	43.2	37.4+++	48.7~	54.3###~	42.8	38.7
Riboflavin	40.7~	43.0~	43.6	42.9++	49.2~	50.9#~	44.0	44.4
Thiamin	41.1~	40.4~	43.7	39.8+++	49.5~	53.8###	44.3	42.6
Choline	41.5~	40.3	41.5	41.6++	52.5~	50.7##~	45.6	42.4
Minerals								
Calcium	41.2	46.4	44.2	46.7	48.9~	50.8	44.2	47.2
Iron	43.9~	37.8~	45.1	35.3+++	53.3~	51.4##~	47.4	39.7

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers		Head Start centers		Family day care homes		All	
	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5	1 to 2	3 to 5
Magnesium	41.6~	40.5	44.0	40.3+++	51.2~	52.4###~	45.3	42.5
Phosphorus	41.8~	42.4	44.3	43.4++	49.7~	50.6##~	44.8	44.0
Potassium	41.9~	41.6	40.8†	40.6+++	50.3~	50.9##~	45.0	43.0
Sodium	39.7	34.5	40.1†	36.4+++	50.9~	49.7###~	43.9	37.6
Zinc	42.9	40.4	42.9	41.2+++	52.2~	52.6###~	46.3	42.7
Other dietary components								
Cholesterol	39.1	32.5	39.3++	37.4†	54.8#~	47.5##~	44.9	36.2
Dietary fiber	47.7	40.7	49.4	39.1+++	57.0~	53.3###	51.3	42.6
Added sugars	32.3	25.5	31.3	28.1	40.9~	36.6~	35.4	28.0
Number of early child care programs	44	78	21	105	42	51	107	234
Number of children in the programs	143	286	69	493	64	72	276	851

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between children in child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between children in child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between children in Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.72. Mean percentage contribution of CACFP afternoon snacks to 24-hour intakes of calories and nutrients on a child care day for 6 to 12 year olds in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Calories	11.1~	14.9	11.7~
Macronutrients			
Total fat	6.4***~	15.9	7.9~
Saturated fat	5.3***~	12.7	6.5~
Monounsaturated fat	5.4***~	14.2	6.8~
Polyunsaturated fat	9.9**~	26.4	12.5~
Linoleic acid	10.1**~	26.5	12.6~
Alpha-linolenic acid	9.3^~	27.1^~	12.1~
Carbohydrate	15.1~	16.9~	15.4~
Protein	7.7~	11.1	8.2~
Vitamins			
Vitamin A	8.8^~	12.4^	9.4^~
Vitamin C	25.9~	18.2^	24.7
Vitamin D	19.6^~	15.1^	18.9~
Vitamin E	8.9**~	14.5	9.8~
Vitamin B ₆	9.0~	11.2	9.4~
Vitamin B ₁₂	11.3^~	13.5	11.6~
Folate	11.6~	12.2~	11.7~
Niacin	7.2~	9.5	7.5
Riboflavin	13.5~	12.6	13.4~
Thiamin	10.5~	13.7^~	11.0~
Choline	8.7~	12.5	9.3~
Minerals			
Calcium	13.1^~	14.8	13.3~
Iron	11.1~	10.1	10.9~
Magnesium	10.3*~	14.9	11.0~
Phosphorus	9.7~	15.7	10.7~
Potassium	12.9~	15.6~	13.4~
Sodium	7.8**~	13.3	8.7~
Zinc	8.8~	12.7	9.4~
Other dietary components			
Cholesterol	3.1**^~	7.0	3.7^~
Dietary fiber	11.6~	18.7	12.7~
Added sugars	9.9^~	15.4^~	10.8~
Number of before and after school programs	57	30	87
Number of children in the programs	158	136	294

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

Difference between children in at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.73. Mean percentage contribution of CACFP suppers to 24-hour intakes of calories and nutrients on a child care day for 6 to 12 year olds in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Calories	15.7~	19.8^~	15.7~
Macronutrients			
Total fat	12.2~	17.1^~	12.3~
Saturated fat	12.3~	13.2^	12.3~
Monounsaturated fat	11.0~	18.1^~	11.1~
Polyunsaturated fat	13.4~	21.7^~	13.6~
Linoleic acid	13.5~	21.3^~	13.6~
Alpha-linolenic acid	12.9	25.1^~	13.1
Carbohydrate	17.3~	20.1^~	17.3~
Protein	17.7~	25.1^~	17.8~
Vitamins			
Vitamin A	29.7*~	16.3	29.5~
Vitamin C	16.3~	24.8	16.4~
Vitamin D	29.2~	16.1^	29.0~
Vitamin E	15.8~	24.3^~	15.9~
Vitamin B ₆	16.2~	26.3~	16.4~
Vitamin B ₁₂	27.2~	14.7^	27.0~
Folate	13.1~	28.0^~	13.4~
Niacin	13.2~	21.6	13.3~
Riboflavin	22.1~	16.9	22.0~
Thiamin	15.4~	21.4^~	15.5~
Choline	17.6~	24.5~	17.7~
Minerals			
Calcium	26.4~	18.4	26.2~
Iron	14.7~	21.1^~	14.8~
Magnesium	18.1~	26.8^~	18.2~
Phosphorus	21.8~	24.3^~	21.8~
Potassium	20.0~	27.7~	20.1~
Sodium	15.8~	25.2^~	16.0~
Zinc	20.9~	25.6^~	20.9~
Other dietary components			
Cholesterol	13.0~	10.9^	12.9~
Dietary fiber	18.6~	31.9^~	18.8~
Added sugars	19.1***~	3.7~	18.8~
Number of before and after school programs	57	30	87
Number of children in the programs	158	136	294

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

Difference between children in at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.74. Mean percentage contribution of all CACFP meals and snacks to 24-hour intakes of calories and nutrients on a child care day for 6 to 12 year olds in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Calories	16.1*~	23.4	16.7
Macronutrients			
Total fat	11.7**~	22.8	12.6
Saturated fat	11.4**~	20.2	12.1
Monounsaturated fat	10.5***~	21.8	11.4
Polyunsaturated fat	13.9**~	31.7	15.3
Linoleic acid	14.0**~	31.7	15.4
Alpha-linolenic acid	13.2**~	33.3	14.8
Carbohydrate	18.8~	25.8	19.4
Protein	16.4~	21.7	16.9~
Vitamins			
Vitamin A	25.8~	23.9	25.7
Vitamin C	22.3~	27.7	22.7
Vitamin D	29.5~	23.9	29.1~
Vitamin E	15.3~	22.0	15.8~
Vitamin B ₆	15.8~	20.9	16.2~
Vitamin B ₁₂	25.3~	25.0	25.3~
Folate	14.4~	22.8	15.0~
Niacin	12.8~	18.5	13.2~
Riboflavin	21.9~	22.3	21.9
Thiamin	15.7~	23.8	16.3~
Choline	16.7~	22.3	17.2~
Minerals			
Calcium	25.0~	24.4	24.9
Iron	15.4~	20.8	15.9
Magnesium	17.7*~	24.2	18.2
Phosphorus	20.3~	25.1	20.6
Potassium	20.2~	24.6	20.5~
Sodium	15.0~	22.4	15.5~
Zinc	19.3~	22.7	19.6~
Other dietary components			
Cholesterol	11.1~	16.9	11.5~
Dietary fiber	18.5*~	28.2	19.3
Added sugars	18.1~	23.4	18.5~
Number of before and after school programs	57	30	87
Number of children in the programs	158	136	294

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

In before and after school programs, some children ages 6 to 12 had incomplete 24-hour in-care-day dietary recalls because no foods were reported during the school day. These students were excluded from analyses based on intakes over 24 hours.

Difference between children in at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table G.75. Mean percentage contribution of all CACFP meals and snacks to 24-hour intakes of calories and nutrients on a child care day in early child care programs, by part- or full-time attendance

	Full-time attendance	Part-time attendance	All
Calories	38.6***	26.5	37.9
Macronutrients			
Total fat	34.9***	20.4	34.1
Saturated fat	35.2***	18.8	34.3
Monounsaturated fat	34.4**	21.9	33.7
Polyunsaturated fat	36.1***	23.1	35.3
Linoleic acid	36.2**	23.1	35.4
Alpha-linolenic acid	37.8***	25.3	37.1
Carbohydrate	40.4***	29.3	39.8
Protein	41.8***	31.0	41.2
Vitamins			
Vitamin A	47.9***	33.6	47.0
Vitamin C	39.3	32.0	38.8
Vitamin D	51.5**	37.5	50.6
Vitamin E	34.7	27.2	34.3
Vitamin B ₆	41.5	32.9	41.0
Vitamin B ₁₂	49.4***	35.1	48.6
Folate	40.0**	29.8	39.4
Niacin	39.4**	28.8	38.8
Riboflavin	44.5***	33.0	43.8
Thiamin	43.3***	30.8	42.5
Choline	43.1**	32.6	42.5
Minerals			
Calcium	46.8**	35.8	46.2
Iron	41.4**	28.4	40.6
Magnesium	43.5**	33.2	42.9
Phosphorus	44.4***	32.3	43.7
Potassium	43.4*	35.3	42.9
Sodium	39.3***	24.6	38.4
Zinc	43.3*	33.7	42.7
Other dietary components			
Cholesterol	38.3***	23.9	37.5
Dietary fiber	44.1**	35.2	43.6
Added sugars	31.4**	18.0^	30.7
Number of early child care programs	245	40	260
Number of children in the programs	903	88	991

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Form, ASA24 Recall, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between children with full-time attendance and part-time attendance is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table G.76. Multivariate analysis of total HEI scores on child and provider characteristics, across all CACFP meals and snacks

	Estimate (SE)
Teachers sat with children meal time	4.4 (3.75)
Teachers drank the same drinks as children at meal time	-3.7 (2.76)
Teachers ate the same food as the children at meal time	2.59 (3.98)
Meal service type - preplated foods	-0.59 (2.57)
Meal service type - cafeteria style	-2.74 (2.47)
Meal service type - family style	-3.49 (2.68)
Meals: Breakfast, lunch, dinner and possibly snacks	-0.41 (4)
Meals: Other	-0.01 (3.12)
Meal duration in minutes	0.01 (0.15)
Early child care indicator	13.12 *** (3.67)
Number of children	1033

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, Parent Child Interview and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

HEI = Health Eating Index. HEI 2015 Index scores used as model dependent variable.

Omitted categories Meals: Breakfast, lunch & snacks

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

Table G.77. Multivariate analysis of total HEI scores on household participation in food assistance programs

	Estimate (SE)
Participation in food assistance programs: SNAP, WIC, free or reduced lunch	4.23 (9.42)
Participation in food assistance programs: SNAP, WIC , food pantry or FDPIR	13.89 *** (4.26)
Participation in food assistance programs: SNAP, WIC	2.39 (1.81)
Participation in food assistance programs: SNAP	1.83 (1.63)
Participation in food assistance programs: WIC, free or reduced price lunch, food pantry or FDPIR	-12.29 (8.9)
Participation in food assistance programs: WIC, free or reduced price lunch	-11.25 *** (3.88)
Participation in food assistance programs: WIC	4.99 ** (1.86)
Participation in food assistance programs: free or reduced price lunch, food pantry or FDPIR	4.52 (3.57)
Participation in food assistance programs: free or reduced price lunch	0.67 (1.95)
Participation in food assistance programs: food pantry or FDPIR	5.89 (6.14)
Number of children	1157

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, Parent Child Interview, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

HEI = Health Eating Index. HEI 2015 Index scores used as model dependent variable.

Omitted category for food assistance participation: No programs

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

Table G.78. Mean total Healthy Eating Index-2015 scores for 24-hour intakes among 3 to 5 year-olds in child care centers and Head Start centers in SNACS-I and SNACS-II on a child care day

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total score (out of 100)	65.0	67.4	2.4
Number of children	1,597	779	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Meal Observation Booklet, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, ASA24 Recall, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Early child care programs include child care centers and Head Start centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Table G.79. Mean total Healthy Eating Index-2015 scores for 24-hour intakes among 6 to 12 year-olds in before and after school programs in SNACS-I and SNACS-II on a child care day

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total score (out of 100)	64.7	65.3	0.6
Number of children	356	294	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Meal Observation Booklet, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, ASA24 Recall, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Table G.80. Meal service type and staff meal time practices in early child care programs, at breakfast

	Child care centers	Head Start centers	Family day care homes	All
Meal service types observed at breakfast				
Family style	21.4 [^]	48.1	-	13.9
Cafeteria style	58.7	48.7	57.0~	56.7
Pre-plated meal service	30.8	22.4	42.9~	37.3
Staff meal time practices				
Staff sit with children	42.2	77.2	25.4 [^] ~	35.3
Staff eat or drink same foods as children	22.8	54.8	9.2 [^] ~	17.5
Staff eat the same foods as children	22.3	54.3	9.2 [^] ~	17.4
Staff drink the same beverages as children	7.7 [^]	40.9	-	11.6 [^]
Number of early child care programs	84	104	68	256

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

More than one meal service type could be selected per meal.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.81. Meal service type and staff meal time practices in early child care programs, at morning snack

	Child care centers	Head Start centers	Family day care homes	All
Meal service types observed at morning snack				
Family style	18.9 ^{^~}	-	11.7 ^{^~}	12.5 ^{^~}
Cafeteria style	63.5 ^{^~}	-	62.0 [~]	62.3 [~]
Pre-plated meal service	24.1 ^{^~}	0.0 [~]	30.7 ^{^~}	29.7 ^{^~}
Staff meal time practices				
Staff sit with children	53.3 ^{^~}	-	20.5 ^{^~}	24.1 ^{^~}
Staff eat or drink same foods as children	30.1 ^{^~}	-	-	8.0 ^{^~}
Staff eat the same foods as children	30.1 ^{^~}	-	-	8.0 ^{^~}
Staff drink the same beverages as children	-	0.0 [~]	0.0	-
Number of early child care programs	16	3	36	55

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

More than one meal service type could be selected per meal.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.82. Meal service type and staff meal time practices in early child care programs, at lunch

	Child care centers	Head Start centers	Family day care homes	All
Meal service types observed at lunch				
Family style	22.9^	54.9	6.2^~	14.5
Cafeteria style	46.9	51.5	51.4~	50.3
Pre-plated meal service	40.4	18.1	45.6~	42.0
Staff meal time practices				
Staff sit with children	51.4	94.8	24.7~	37.2
Staff eat or drink same foods as children	36.2~	85.8	9.7^~	22.6
Staff eat the same foods as children	34.1	85.3	9.7^~	22.0
Staff drink the same beverages as children	22.8	64.6	-	12.8
Number of early child care programs	87	109	80	276

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

More than one meal service type could be selected per meal.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.83. Meal service type and staff meal time practices in early child care programs, at afternoon snack

	Child care centers	Head Start centers	Family day care homes	All
Meal service types observed at afternoon snack				
Family style	14.4 [^]	39.1	4.5 ^{^~}	10.2 [^]
Cafeteria style	61.6	51.2	55.8 [~]	57.0
Pre-plated meal service	28.3	34.0	44.5 [~]	39.2
Staff meal time practices				
Staff sit with children	31.1	75.1	30.0 [~]	34.3
Staff eat or drink same foods as children	11.1 [^]	55.7	5.1 ^{^~}	11.3
Staff eat the same foods as children	11.1 [^]	55.4	5.1 ^{^~}	11.3
Staff drink the same beverages as children	4.8 [^]	41.9	0.0	5.2
Number of early child care programs	84	97	70	251

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

More than one meal service type could be selected per meal.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.84. Meal service type and staff meal time practices in before and after school programs, at afternoon snack

	At-risk afterschool centers	Outside-school-hours care centers	All
Meal service types observed at afternoon snack			
Family style	-	49.4 ^{^~}	9.6 [^]
Cafeteria style	38.2 ^{^~}	20.5 ^{^~}	35.8
Pre-plated meal service	59.4 [~]	35.6 ^{^~}	56.2
Staff meal time practices			
Staff sit with children	22.9 ^{^~}	10.3 ^{^~}	21.2 [^]
Staff eat or drink same foods as children	7.9 ^{^~}	-	7.1 [^]
Staff eat the same foods as children	7.9 ^{^~}	-	7.1 [^]
Staff drink the same beverages as children	-	0.0 [~]	-
Number of before and after school programs	41	29	70

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

More than one meal service type could be selected per meal.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.85. Meal service type and staff meal time practices in before and after school programs, at supper

	At-risk afterschool centers	Outside-school-hours care centers	All
Meal service types observed at supper			
Family style	-	0.0~	-
Cafeteria style	24.5^~	53.4~	25.1^
Pre-plated meal service	79.1~	46.6~	78.5
Staff meal time practices			
Staff sit with children	13.8^~	16.8^~	13.9^~
Staff eat or drink same foods as children	9.7^~	-	9.7^~
Staff eat the same foods as children	9.7^~	-	9.7^~
Staff drink the same beverages as children	-	-	5.4^~
Number of before and after school programs	53	11	64

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

More than one meal service type could be selected per meal.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.86. Mean and distribution of breakfast start and end times in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Mean meal length (min.)	25	25	27~	27
Start time				
Mean	8:20 am	8:38 am	8:21 am~	8:22 am
5th percentile	7:30 am	8:05 am	7:30 am	7:30 am
50th percentile	8:20 am	8:30 am	8:30 am	8:30 am
95th percentile	9:15 am	9:38 am	9:05 am	9:10 am
Missing (percent)	5.3^	0.0	-	4.7^
End time				
Mean	8:46 am	9:03 am	8:48 am~	8:49 am
5th percentile	8:03 am	8:30 am	8:00 am	8:00 am
50th percentile	8:45 am	8:55 am	8:51 am	8:50 am
95th percentile	9:40 am	10:00 am	9:31 am	9:39 am
Missing (percent)	5.3^	0.0	-	4.7^
Number of early child care programs	84	104	68	256

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Meals that exceeded 90 minutes are excluded from this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

min = minutes.

Table G.87. Mean and distribution of morning snack start and end times in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Mean meal length (min.)	22~	16~	22~	22~
Start time				
Mean	9:45 am~	9:31 am~	9:50 am~	9:50 am~
5th percentile	8:30 am	8:10 am	9:00 am	8:30 am
50th percentile	9:50 am	8:10 am	10:00 am	10:00 am
95th percentile	10:30 am	11:33 am	10:30 am	10:30 am
Missing (percent)	-	0.0~	0.0	-
End time				
Mean	10:08 am~	9:46 am~	10:12 am~	10:12 am~
5th percentile	9:00 am	8:25 am	9:23 am	8:59 am
50th percentile	10:25 am	8:25 am	10:23 am	10:24 am
95th percentile	10:40 am	11:51 am	10:46 am	10:46 am
Missing (percent)	-	0.0~	0.0	-
Number of early child care programs	16	3	36	55

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Meals that exceeded 90 minutes are excluded from this analysis.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

min = minutes.

Table G.88. Mean and distribution of lunch start and end times in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Mean meal length (min.)	28	27	29~	29
Start time				
Mean	11:27 am	11:31 am	11:56 am~	11:47 am
5th percentile	10:31 am	10:30 am	11:15 am	11:00 am
50th percentile	11:30 am	11:30 am	11:55 am	11:40 am
95th percentile	12:18 pm	12:18 pm	1:00 pm	12:55 pm
Missing (percent)	-	0.0	3.5^~	2.4^
End time				
Mean	11:55 am	11:58 am	12:25 pm~	12:15 pm
5th percentile	10:55 am	11:00 am	11:40 am	11:25 am
50th percentile	12:00 pm	11:55 am	12:28 pm	12:10 pm
95th percentile	12:43 pm	12:51 pm	1:30 pm	1:25 pm
Missing (percent)	-	0.0	3.5^~	2.4^
Number of early child care programs	87	109	80	276

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Meals that exceeded 90 minutes are excluded from this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

min = minutes.

Table G.89. Mean and distribution of afternoon snack start and end times in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Mean meal length (min.)	20	18	21~	21
Start time				
Mean	2:38 pm	2:09 pm	3:08 pm~	2:54 pm
5th percentile	2:03 pm	1:15 pm	2:30 pm	2:01 pm
50th percentile	2:35 pm	2:10 pm	3:10 pm	3:00 pm
95th percentile	3:15 pm	3:05 pm	4:03 pm	4:03 pm
Missing (percent)	0.5^	-	7.9^~	5.7^~
End time				
Mean	2:58 pm	2:28 pm	3:29 pm~	3:15 pm
5th percentile	2:20 pm	1:40 pm	2:41 pm	2:15 pm
50th percentile	3:00 pm	2:30 pm	3:30 pm	3:15 pm
95th percentile	3:36 pm	3:28 pm	4:30 pm	4:25 pm
Missing (percent)	0.5^	-	7.9^~	5.7^~
Number of early child care programs	84	98	71	253

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Meals that exceeded 90 minutes are excluded from this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

min = minutes.

Table G.90. Mean and distribution of afternoon snack start and end times in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Mean meal length (min.)	17~	21~	17
Start time			
Mean	4:14 pm~	3:22 pm~	4:09 pm
5th percentile	3:08 pm	2:36 pm	3:08 pm
50th percentile	4:00 pm	3:20 pm	3:45 pm
95th percentile	5:30 pm	4:15 pm	5:30 pm
Missing (percent)	23.2^~	49.5^~	26.8^
End time			
Mean	4:31 pm~	3:44 pm~	4:27 pm
5th percentile	3:16 pm	2:50 pm	3:17 pm
50th percentile	4:16 pm	3:45 pm	4:10 pm
95th percentile	5:45 pm	4:23 pm	5:45 pm
Missing (percent)	23.2^~	49.5^~	26.8^
Number of before and after school programs	41	29	70

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Meals that exceeded 90 minutes are excluded from this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

min = minutes.

Table G.91. Mean and distribution of supper start and end times in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Mean meal length (min.)	25~	27~	25~
Start time			
Mean	3:31 pm~	4:07 pm~	3:32 pm
5th percentile	2:31 pm	2:40 pm	2:32 pm
50th percentile	3:30 pm	4:10 pm	3:30 pm
95th percentile	5:06 pm	5:00 pm	5:07 pm
Missing (percent)	-	0.0~	-
End time			
Mean	3:56 pm~	4:35 pm~	3:57 pm
5th percentile	2:46 pm	3:05 pm	2:47 pm
50th percentile	3:55 pm	4:45 pm	3:55 pm
95th percentile	5:33 pm	5:30 pm	5:34 pm
Missing (percent)	-	0.0~	-
Number of before and after school programs	53	11	64

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Meals that exceeded 90 minutes are excluded from this analysis.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

min = minutes.

Table G.92. Foods wasted at breakfast in early child care programs

	1 to 2 year olds		3 to 5 year olds		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Milk	96.1	22.3*	98.6	29.1	98.1	27.8
1% milk, unflavored	55.5***	17.7***	84.6	30.0	78.9	28.3
Whole milk, unflavored	39.6***	24.4***	12.9^	3.1^	18.2	12.3
2% milk, unflavored	10.1^	0.6^~	7.9^	9.8^~	8.4^	7.6^~
Skim milk, unflavored	6.1^	24.4^~	7.6^	23.0^~	7.3^	23.3^~
Fruit	98.4	30.0**	96.6	37.2	96.9	35.7
Banana, fresh	29.8*	27.6~	15.5	30.0	18.4	29.2
Orange, fresh	9.3^	3.8**^	9.3	20.4^~	9.3	17.1^
Juice	8.4^	18.8^~	8.2	23.7	8.2	22.7
Pear, canned	8.1^~	52.6***~	6.2^	27.5~	6.5^	33.6~
Mandarin oranges, canned	7.8	47.7~	4.8^	46.6^~	5.4^	46.9^~
Pineapple, canned	6.1^	22.6^~	1.4^	47.7~	2.4^	34.8^~
Apple, fresh	5.8^	42.6^~	7.5^	40.3^~	7.2^	40.7^~
Combination entrees	13.0^~	31.7^~	9.7^	43.1~	10.4^	40.3~
Peanut butter sandwich	8.9^~	19.0~	0.8^	13.8^~	2.4^	17.6~
Meats/meat alternate	30.1**	37.8*	15.7	24.5^~	18.6	28.8
Sausage, frankfurters, and cold cuts	12.3*^	43.1**~	3.1^	13.0^~	4.9^	28.0
Eggs	10.9^	32.9	4.9^	29.7^~	6.1^	30.8^~
Yogurt	7.8^	37.1~	4.0^	28.5	4.8^	31.3
Breads and grains	86.4	33.3	86.0	34.7	86.1	34.4
Pancakes, waffles, French toast	31.2	35.3~	21.2	31.9	23.2	32.8
Cold cereal, unsweetened	21.9^	26.7^~	28.2	32.8	27.0	31.9
Breads, rolls, bagels, and other plain breads	16.4^	34.1	14.1	41.9	14.6	40.2
Hot cereal	8.3^	40.8	10.1^	28.4^~	9.8^	30.5^~
Cold cereal, sweetened	7.0^	33.3~	2.8^	25.6^~	3.6^	28.6
Accompaniments	10.3**^	16.8^~	18.3	28.6	16.7	27.2
Condiments and toppings	10.3**^	16.8^~	18.3	28.6	16.7	27.2
Number of children	432	416	1,500	1,484	1,932	1,900

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Indented rows show minor food groups served in at least 5 percent of plates for program types included in this table. Minor food groups are listed in descending order based on the frequency served to children.

Estimates for the percent of plates include all observed children. Estimates for the percent wasted include only children who were served the food.

Difference between 1 to 2 year olds and 3 to 5 year olds is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.93. Foods wasted at morning and afternoon snack in early child care programs

	1 to 2 year olds		3 to 5 year olds		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Milk	40.3	20.0*	30.8	25.8	33.1	24.1
1% milk, unflavored	21.7	16.0**^	26.2	28.1	25.1	25.6
Whole milk, unflavored	17.4**^	17.9^~	5.8^	6.2^~	8.5^	11.8^~
Skim milk, unflavored	6.7^~	4.2^~	1.3^	10.1^~	2.6^	6.5^~
Fruit	72.4**	17.1***	58.6	29.3	61.9	25.9
Juice	24.6^	12.2	15.1	9.5^	17.4	10.4
Apple, fresh	14.5^~	19.8^~	14.6	35.7	14.6	32.0
Applesauce, canned	6.6^	7.1***^	9.4	38.5~	8.7	32.9
Banana, fresh	5.6^	38.2^~	7.0^	34.8~	6.7^	35.4
Orange, fresh	5.3^	20.4**	6.2^	37.0~	6.0^	33.6
Vegetables	5.8^	23.7***~	9.2^	49.3~	8.4	45.1~
Meats/meat alternate	40.8	23.6	36.7	32.4	37.7	30.2
Cheese	25.7	25.7	18.6	34.5~	20.3	31.9
Yogurt	9.2^	13.4^~	9.9	26.8^~	9.8	23.8^~
Nuts, nut butters, seeds, nut mixtures	5.5^	38.8~	5.8^	19.0^~	5.7^	23.5~
Breads and grains	82.5~	26.5	80.1	25.4	80.7	25.7
Crackers, croutons, and pretzels	60.4	22.7	60.8	23.6	60.7	23.4
Breads, rolls, bagels, and other plain breads	10.4*^	28.7*	5.0^	22.9	6.3	25.2
Cold cereal, unsweetened	6.7^	44.1^~	3.2^	26.5	4.0^	33.4^~
Hot cereal	5.7*^	21.1^~	0.7^	35.1~	1.9^	25.0^~
Other menu items or dessert	38.2	26.4	42.7	23.7	41.7	24.3
Water	32.2	28.3	38.7	23.2	37.2	24.2
Number of children	482	375	1,449	1,159	1,931	1,534

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Indented rows show minor food groups served in at least 5 percent of plates for program types included in this table. Minor food groups are listed in descending order based on the frequency served to children.

Estimates for the percent of plates include all observed children. Estimates for the percent wasted include only children who were served the food.

Difference between 1 to 2 year olds and 3 to 5 year olds is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.94. Foods wasted at lunch in early child care programs

	1 to 2 year olds		3 to 5 year olds		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Milk	91.8	26.8	93.7	22.4	93.2	23.4
1% milk, unflavored	60.9***	25.2	80.6	23.7	76.1	23.9
Whole milk, unflavored	34.4***	21.2***	11.6^	4.8^~	16.7	12.5^
Skim milk, unflavored	8.6^	8.5^~	8.4^	14.0^~	8.5^	12.7^~
2% milk, unflavored	7.8^	13.3^~	6.8^	1.5^	7.0^	4.4^~
Other milk beverage, unflavored	5.9^	3.9^	4.1^	2.0^~	4.5^	2.6^~
Fruit	86.6*	23.5	94.0	28.2	92.3	27.2
Apple, fresh	12.9	37.2~	10.3	27.2	10.9	29.9~
Peaches, canned	9.8^~	28.2	8.7	39.5~	9.0	36.8^~
Fruit cocktail, canned	9.0^~	38.1	10.4^	29.1	10.1^	30.9
Banana, fresh	8.5*^	14.7^~	3.0^	22.7^~	4.3	19.1
Orange, fresh	6.9^	13.5**^~	8.8	34.9	8.4	30.9
Pear, canned	5.1^	11.1**^	11.7^	43.6~	10.2^	39.9~
Vegetables	88.9	42.5*	86.7	55.4	87.2	52.5
Corn, cooked	13.0^	32.7	7.8^	38.5~	8.9	36.6
Vegetable mixture, cooked	13.0^	65.0~	10.1^	67.8~	10.7	67.0~
Other beans, cooked	10.2^	29.1**	7.6^	54.5~	8.2	47.3
String beans, cooked	8.9^	32.7^~	9.2^	44.9^~	9.1	42.2~
Side salads, raw	8.6^	62.0	10.2	57.2~	9.8	58.1~
Carrots, raw	7.8^	60.5~	3.5^	54.4	4.5^	56.8
French fries/similar products, cooked	5.9^	28.2~	3.6^	34.2^~	4.1^	32.2
Green peas, cooked	5.9^	48.7^~	4.7	62.3~	4.9	58.7~
White potatoes, cooked	5.3^	30.0*	9.6^	46.6~	8.6^	44.2~
Combination entrees	41.2	38.7	46.9	35.7	45.7	36.3
Other mixtures with meat/meat alternate and/or vegetables	7.9^	56.0~	8.2^	33.1~	8.2^	38.2~
Chicken/turkey, beef or pork with noodles	6.1^~	30.3*~	4.6^	48.3	5.0^	43.3
Meats/meat alternate	49.5	29.1	47.3	35.1	47.8	33.7
Breaded or fried beef and pork	13.1^	15.4^~	13.3	23.3~	13.3	21.5
Cheese	10.5^	19.4	10.1	14.2	10.2	15.4
Chicken and turkey with sauce, gravy, or mayonnaise	10.3^	39.6**~	4.0^	25.3	5.4^	31.5~
Plain (not breaded or fried) chicken and turkey	7.1^	33.7~	4.6^	50.5~	5.2^	45.3~
Breaded or fried chicken and turkey	6.2^	44.9~	11.5^	47.8^~	10.3^	47.4~
Breads and grains	64.4	34.8	72.6	33.9	70.7	34.1
Breads, rolls, bagels, and other plain breads	29.9	33.7~	37.6	40.4	35.8	39.2
Rice	24.8	37.2~	14.7	32.6	17.0	34.1

	1 to 2 year olds		3 to 5 year olds		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Crackers, croutons, and pretzels	5.7^	38.6***	10.6^	15.3^~	9.5^	18.5^~
Accompaniments	16.6^	26.7^~	28.5	27.1	25.8	27.1
Condiments and toppings	13.3^	18.8^~	21.0	28.0	19.2	26.5
Salad dressings	9.2^	26.0^~	10.3^	24.7^~	10.1^	25.0^
Other menu items or dessert	12.2	16.8^~	10.5^	10.8^~	10.9	12.3^~
Water	11.9^	17.3^~	10.2^	10.8^~	10.5	12.4^~
Number of children	507	488	1,669	1,630	2,176	2,118

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Indented rows show minor food groups served in at least 5 percent of plates for program types included in this table. Minor food groups are listed in descending order based on the frequency served to children.

Estimates for the percent of plates include all observed children. Estimates for the percent wasted include only children who were served the food.

Difference between 1 to 2 year olds and 3 to 5 year olds is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.95. Foods wasted at afternoon snack in before and after school programs

	At-risk afterschool centers		Outside-school-hours care centers		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Milk	21.7***^~	26.4^~	58.9	7.9^	27.8^~	20.0^~
1% milk, unflavored	19.6***^~	20.3^~	58.0	7.8^	25.9^~	15.7^
Skim milk, flavored	7.9^~	22.5^~	0.0	.	6.6^~	22.5^~
Fruit	57.8~	18.7^~	68.2	9.2^	59.5~	16.9^
Juice	43.8*~	19.3**^~	13.4^	0.1^	38.8~	18.2^~
Apple, fresh	11.4^~	13.8**~	31.6^~	5.3^~	14.7^~	10.8
Orange, fresh	5.4^~	0.4^~	34.1^~	0.0~	10.1^~	0.2^
Vegetables	4.5^	66.9***~	15.7^	10.1	6.3^	43.8^~
Meats/meat alternate	35.4^~	17.3^~	17.7^	7.2^	32.5^~	16.4^~
Yogurt	20.0^~	30.4***~	-	-	16.8^~	30.4~
Cheese	17.1^~	6.4^~	11.0^	9.4^	16.1^~	6.7^~
Breads and grains	77.5~	15.1^	78.0	6.6^	77.6	13.7^
Crackers, croutons, and pretzels	45.9~	20.0**	62.0	5.4^	48.6~	17.0
Corn/tortilla chips	16.4^~	0.0~	11.8^	4.9^~	15.7^~	0.6^
Breads, rolls, bagels, and other plain breads	8.3^~	12.5^~	5.2^	16.1~	7.8^	12.9^~
Accompaniments	8.9^~	14.9^~	10.2^	12.6^	9.1^	14.5^~
Condiments and toppings	6.8^~	0.0*~	10.2^	12.6^	7.3^	2.9^
Other menu items or dessert	28.6^~	38.8***^~	44.4	2.4^	31.2^~	30.3^~
Snacks	24.5^~	47.2***^~	10.5^	6.3^~	22.2^~	44.0^~
Grain-based desserts	9.6^~	0.4^~	23.9^	2.0^~	11.9^~	0.9^
Water	3.0***^	32.9***^~	26.1^	0.5^	6.8^	12.5^~
Number of children	285	218	254	178	539	396

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Indented rows show minor food groups served in at least 5 percent of plates for program types included in this table. Minor food groups are listed in descending order based on the frequency served to children.

Estimates for the percent of plates include all observed children. Estimates for the percent wasted include only children who were served the food.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.96. Foods wasted at supper in before and after school programs

	At-risk afterschool centers		Outside-school-hours care centers		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Milk	98.6	46.0~	78.1	53.2^	98.2	46.1~
1% milk, unflavored	71.9~	35.1^~	78.1	53.2^	72.0~	35.4~
Skim milk, flavored	42.6***^~	43.1^~	0.0	.	41.9^~	43.1^~
Skim milk, unflavored	14.6^~	1.2^	0.0	.	14.3^~	1.2^
1% milk, flavored	6.5^~	27.9^~	0.0	.	6.3^~	27.9^~
Fruit	99.7	39.5	96.3	26.3^	99.6	39.3
Apple, fresh	32.9**^~	48.1**	1.9^	33.3~	32.3^~	48.1
Orange, fresh	15.4^~	18.3^~	11.8^	14.3~	15.4^~	18.2^
Cranberries, dried	13.1**^	58.0~	0.0	.	12.8^	58.0~
Applesauce, canned	10.4^~	24.7^~	0.0	.	10.2^~	24.7^~
Juice	7.1	8.2^~	21.9^	7.7~	7.3	8.2^~
Banana, fresh	5.8^~	70.3^~	9.4^	37.3^~	5.9^~	69.3^~
Peaches, canned	5.7^~	37.1~	6.1^	21.3^~	5.7^	36.8
Vegetables	80.8~	57.8~	81.4	44.9	80.9~	57.6~
Carrots, raw	40.2~	49.3^~	18.3^	72.7~	39.9~	49.5^~
Jicama, raw	9.8^~	86.4~	0.0	.	9.6^~	86.4~
Corn, cooked	4.7^~	37.2^~	29.3^~	25.0~	5.1^~	36.0^~
Celery, raw	5.1^~	78.3***	1.4^	0.0~	5.0^~	77.9
Combination entrees	57.4***~	42.8~	9.6^	27.7~	56.5~	42.7~
Sandwich with plain (not breaded or fried) meat, poultry, or fish	11.4**^	37.2^~	0.0	.	11.2^	37.2^~
Frankfurter, corn dog, similar sausage sandwiches	9.3^~	21.1^~	0.0	.	9.1^~	21.1^~
Cheeseburger, similar beef/pork sandwiches with cheese	8.3^~	34.1	0.0	.	8.1^~	34.1
Quesadillas, fajitas, enchiladas	5.3^~	60.5~	0.0	.	5.2^~	60.5~
Meats/meat alternate	44.0***~	49.8*~	84.2	24.2	44.7~	48.9~
Cheese	18.8^	55.4**~	41.1^	29.2~	19.2^	54.4~
Nuts, nut butters, seeds, nut mixtures	18.6^~	66.3~	0.0	.	18.3^~	66.3~
Yogurt	9.6**^	24.7^~	0.0	.	9.5^	24.7^~
Sausage, frankfurters, and cold cuts	5.5^~	59.1^~	6.9^	24.1^~	5.6^~	58.3^~
Breaded or fried beef and pork	5.0^~	28.7^~	13.5^	10.6~	5.2^~	27.9^~
Breads and grains	53.1*~	40.5~	82.6	44.3^	53.6~	40.6~
Crackers, croutons, and pretzels	18.5**^~	23.3	0.0	.	18.2^~	23.3
Breads, rolls, bagels, and other plain breads	10.7*^~	45.7	47.3^	64.3	11.3^~	47.1
Muffins, sweet/quick breads	11.5^~	76.2~	0.0	.	11.3^~	76.2~

	At-risk afterschool centers		Outside-school-hours care centers		All	
	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted	Percent of Plates	Percent Wasted
Corn/tortilla chips	7.0 ^{^~}	7.3 ^{***^~}	2.2 [^]	75.0 [~]	6.9 ^{^~}	7.7 ^{^~}
Accompaniments	39.8^{^~}	43.6^{^~}	14.9[^]	46.9	39.3^{^~}	43.6^{^~}
Condiments and toppings	26.1 ^{^~}	45.7 ^{^~}	14.9 [^]	47.3	25.9 ^{^~}	45.7 ^{^~}
Salad dressings	24.6 ^{^~}	43.2 ^{^~}	4.4 [^]	0.0 [~]	24.3 ^{^~}	43.0 ^{^~}
Other menu items or dessert	6.8^{^~}	35.8^{**~}	5.1[^]	0.0[~]	6.7[^]	35.4[~]
Number of children	396	390	87	81	483	471

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Indented rows show minor food groups served in at least 5 percent of plates for program types included in this table. Minor food groups are listed in descending order based on the frequency served to children.

Estimates for the percent of plates include all observed children. Estimates for the percent wasted include only children who were served the food.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.97. Calories and nutrients served and wasted at breakfast in early child care programs among 1 to 2 year olds

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	252.7~	82.1	33.8	262.4	79.2	31.4	256.3~	71.6~	30.5~	254.4	78.5	32.6
Macronutrients												
Total fat (g)	7.4	2.8	37.4	7.9	2.3	30.4	8.3~	2.1~	27.7~	7.7	2.6	33.8
Saturated fat (g)	2.8~	1.0	36.7	3.1	0.9	29.4	3.2~	0.9^~	27.5~	3.0	0.9	33.3
Monounsaturated fat (g)	2.2	0.9	38.0	2.3	0.7	30.1	2.5~	0.6	27.7~	2.3	0.8	34.2
Polyunsaturated fat (g)	1.4	0.6	37.7	1.6^	0.5^	32.7	1.5~	0.3#	27.9~	1.4	0.5	34.2
Linoleic acid (g)	1.2	0.6	37.9	1.4^	0.4^	32.6	1.3~	0.3#	27.7~	1.3	0.5	34.3
Alpha-linolenic acid (g)	0.1	0.1	35.9	0.2^	0.1^	33.6	0.1~	0.0~	31.1~	0.1	0.0	34.2
Carbohydrate (g)	36.9~	11.0	32.0	38.5	12.1	32.8	35.8~	10.6~	31.6~	36.7	10.9	31.9
Protein (g)	10.0	3.2	34.9	9.8	2.7	28.6	10.0~	2.6~	29.2~	10.0	3.0	32.7
Vitamins												
Vitamin A (mcg RAE)	108.6	35.1	33.9	129.6	31.3	28.8	150.0~	59.8^~	27.4~	123.4	43.1	31.5
Vitamin C (mg)	16.9	3.7	25.1***	15.3^	5.8^	40.6	16.1~	5.6~	39.6~	16.6	4.5	30.7
Vitamin D (mcg)	2.3~	0.7	34.1	2.3	0.6	27.1	2.0~	0.5^~	23.0^~	2.2	0.6	30.1
Vitamin E (mg AT)	0.6	0.2	36.0	0.8	0.2	34.6	0.8~	0.2~	29.1~	0.7	0.2	33.7
Vitamin B6 (mg)	0.3~	0.1	30.2	0.3	0.1	29.9	0.4~	0.1^~	31.1~	0.4	0.1	30.5
Vitamin B12 (µg)	1.2~	0.3	32.4	1.3	0.3	27.2	1.2~	0.3^~	23.3^~	1.2	0.3	29.1
Folate (mcg DFE)	69.4~	16.8	32.4	68.0^	19.8^	32.3	84.9	23.5^~	29.1~	74.4	19.2	31.3
Niacin (mg)	2.6~	0.7	33.4	2.6^	0.7^	31.9	3.6	1.0^~	29.9~	2.9	0.8	32.2
Riboflavin (mg)	0.4~	0.1	34.1	0.5	0.1	28.8	0.4~	0.1^~	27.0~	0.4	0.1	31.5
Thiamin (mg)	0.3~	0.1	33.4	0.3	0.1	30.7	0.4~	0.1^~	29.2~	0.3	0.1	31.9
Choline (mg)	61.2	21.4	34.5	53.5	15.6	29.8	65.1~	14.3#	28.2~	62.1	18.7	32.1
Minerals												
Calcium (mg)	255.0~	72.9	34.1	295.6	75.3	27.6	250.5~	69.6^~	26.8~	255.6	72.0	31.4
Iron (mg)	3.0~	0.8	37.2	2.6^	0.7^	32.9	3.5^~	0.9^~	27.5~	3.2	0.8	33.8
Magnesium (mg)	46.7~	13.9	32.5	45.8	13.8	30.6	50.1~	15.1~	30.6~	47.8	14.3	31.8

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	259.8	84.3	34.9	300.9	81.7	29.1	247.1~	65.0^~	27.9~	257.8	77.8	32.3
Potassium (mg)	475.8~	129.8	29.9	478.5	140.7	30.1	439.2~	142.7~	31.4~	463.9	134.7	30.4
Sodium (mg)	282.3	105.0	36.9	278.0	80.2	30.5	259.3~	74.7^~	28.6~	274.5	93.7	33.8
Zinc (mg)	1.4~	0.5	34.8	1.4	0.4	28.6	1.4~	0.4~	30.0~	1.4	0.4	32.9
Other dietary components												
Cholesterol (mg)	51.1*	21.3**	38.4*	25.3†	7.7^	29.0	59.5^~	10.5#	23.0#~	52.4	17.0	32.8
Dietary fiber (g)	2.5~	0.8	32.9	2.7	0.9	36.1	3.1~	1.0^~	31.0~	2.7	0.9	32.4
Added sugars (g)	3.7	1.2	37.6	6.8^	2.0^	26.8	6.6#~	1.2	28.5~	4.7	1.2	34.3
Number of children	204	204	204	127	127	127	91	91	91	422	422	422

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.98. Calories and nutrients served and wasted at breakfast in early child care programs among 3 to 5 year olds

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	262.3*~	104.8	40.5	302.4	124.3+++	39.7+++	273.6~	68.3#~	26.0###~	273.7	103.6	38.0
Macronutrients												
Total fat (g)	6.2~	2.4	40.1	7.5	3.2++	38.6+++	6.8~	1.7~	25.2###~	6.6	2.5	37.3
Saturated fat (g)	2.3**	0.9	39.3	2.9	1.2++	37.0+++	2.7~	0.6~	24.2###~	2.5	0.9	36.3
Monounsaturated fat (g)	1.8~	0.7	40.0	2.1	0.9++	38.7+++	2.0~	0.5~	25.0###~	1.9	0.7	37.3
Polyunsaturated fat (g)	1.4~	0.5	43.1	1.6	0.7+	41.1+++	1.2~	0.4~	27.1##~	1.4	0.5	40.1
Linoleic acid (g)	1.2~	0.4	42.9	1.4	0.6+	41.1+++	1.0~	0.3~	26.8###~	1.2	0.5	39.8
Alpha-linolenic acid (g)	0.1^~	0.1	43.4	0.2	0.1	41.0++	0.1~	0.0~	28.0##~	0.1	0.1	40.3
Carbohydrate (g)	42.3~	17.3	40.8	47.2	19.4+++	40.5+++	42.6~	10.7##~	27.0##~	43.5	16.8	38.5
Protein (g)	10.0***~	3.9*	39.1	12.2	4.9+++	38.4+++	11.0~	2.7~	25.4###~	10.7	3.9	36.7
Vitamins												
Vitamin A (mcg RAE)	146.8	54.9	37.8	163.6	64.7	37.7	194.7~	80.6^~	31.6~	158.6	61.4	36.8
Vitamin C (mg)	22.7**~	8.7**	43.5	14.3	4.8	41.2	17.5~	5.3^~	33.2~	19.8	7.2	41.3
Vitamin D (mcg)	2.4~	0.9~	36.4	2.7	1.0+++	37.5++	2.4~	0.6#	23.8#	2.5	0.9	34.7
Vitamin E (mg AT)	0.7~	0.3~	42.0	0.7	0.3+++	40.9+++	0.6~	0.2~	25.3###~	0.7	0.3	39.1
Vitamin B6 (mg)	0.4~	0.2~	40.3	0.4	0.2++	39.5+++	0.4~	0.1#	26.0###~	0.4	0.1	37.8
Vitamin B12 (µg)	1.4~	0.5~	37.1	1.5	0.6+++	37.5++	1.4~	0.3##	23.7##	1.4	0.5	35.1
Folate (mcg DFE)	80.5~	37.0	44.0	80.4	32.2++	41.2++	102.1~	18.1##	28.6##~	84.0	32.8	40.9
Niacin (mg)	2.9~	1.3~	42.9	3.0	1.3++	40.7++	3.6~	0.8~	28.7##~	3.1	1.2	40.1
Riboflavin (mg)	0.5~	0.2~	38.3	0.5	0.2+++	39.1+++	0.5	0.1#	26.0##	0.5	0.2	36.5
Thiamin (mg)	0.3~	0.1~	41.0	0.4	0.1+++	40.6+++	0.4~	0.1#~	25.9###~	0.4	0.1	38.5
Choline (mg)	56.4~	21.7	38.1	61.8	24.9+	38.2++	65.7~	16.9~	27.2##~	59.2	21.7	36.4
Minerals												
Calcium (mg)	295.2*~	110.8~	38.6	337.5+	132.3+++	38.0+++	290.9~	70.6#	24.8##	304.6	109.4	36.2
Iron (mg)	3.9~	1.7	43.1	3.3	1.4	42.0++	3.8~	0.8##	27.9##~	3.7	1.5	40.3
Magnesium (mg)	49.7~	20.0	39.8	55.6	22.2++	39.2+++	54.7~	13.9~	25.8##~	51.9	19.6	37.4

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	295.3~	114.5	39.0	318.8	125.9+++	38.1+++	281.3~	70.1#~	25.4###	298.7	110.1	36.6
Potassium (mg)	507.9~	199.8	38.8	561.3	220.6+	38.2++	523.4~	136.3~	26.0##~	523.2	194.5	36.6
Sodium (mg)	275.5**	112.4	41.1	332.8	138.8+++	40.2+++	300.9~	70.4#~	25.9##~	293.4	111.9	38.4
Zinc (mg)	1.4**~	0.6~	40.2	1.7	0.7++	38.6++	1.6~	0.4~	26.4##~	1.5	0.6	37.6
Other dietary components												
Cholesterol (mg)	29.4	12.7	38.7	35.2	15.4	37.1++	50.5#~	11.7^~	25.8##	34.1	13.2	36.3
Dietary fiber (g)	3.3~	1.6~	43.1	3.2	1.3++	42.3+++	3.4~	0.8~	25.2###~	3.3	1.4	40.0
Added sugars (g)	6.1~	2.4	43.5	7.0	3.0	42.1+	7.4~	2.3^~	29.6~	6.5	2.6	41.2
Number of children	444	444	444	853	853	853	116	116	116	1,413	1,413	1,413

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.99. Calories and nutrients wasted at morning and afternoon snack in early child care programs among 1 to 2 year olds

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	246.4***~	67.1	28.1***	151.5+++	67.3	42.7+++	268.2~	55.8~	21.2~	251.3	62.6	25.9
Macronutrients												
Total fat (g)	9.0*~	2.7	30.5**	5.2++	2.5	42.3+++	9.4~	2.5~	22.9~	9.0	2.6	27.9
Saturated fat (g)	3.4*~	0.9	29.6*	1.7+++	0.9	42.2+++	3.4~	0.8~	21.9~	3.4	0.9	27.0
Monounsaturated fat (g)	2.5*~	0.8	31.0*	1.5+	0.8	42.0+++	2.8~	0.8^~	23.6~	2.6	0.8	28.5
Polyunsaturated fat (g)	1.9~	0.7^	31.0**	1.3	0.6^	43.0+++	2.0~	0.6~	24.6~	1.9	0.7	28.9
Linoleic acid (g)	1.7~	0.6^	31.1**	1.2	0.6^	43.3+++	1.8~	0.6~	24.7~	1.7	0.6	29.0
Alpha-linolenic acid (g)	0.2^~	0.1^	30.4*	0.1	0.1^	41.0+++	0.2	0.0^	21.1~	0.2	0.1^	27.1
Carbohydrate (g)	34.3***~	8.8	25.7***	21.2+++	9.2	42.4+++	37.3	6.5	18.7~	35.0	7.9	23.6
Protein (g)	7.5~	2.0	28.3***	5.6+++	2.2	39.9+++	9.2~	1.9~	22.1~	8.1	2.0	26.3
Vitamins												
Vitamin A (mcg RAE)	87.2	24.6	25.2***	59.7	29.5^	43.7+++	81.1~	13.7#~	21.7~	83.7	20.1	24.4
Vitamin C (mg)	31.4^~	5.1^	22.3***	13.3	4.8	39.5+++	22.8~	2.3	15.2	27.6~	4.0	20.1
Vitamin D (mcg)	1.3~	0.3^~	30.7	0.9++^	0.2^	35.6+++	1.8~	0.3^~	19.6^~	1.5	0.3	26.3
Vitamin E (mg AT)	0.8	0.3^	29.4***	0.4++	0.2	44.9+++	0.9~	0.3^~	22.9	0.8	0.3	27.4
Vitamin B6 (mg)	0.1~	0.0^~	27.3***	0.1+++	0.0	39.7+++	0.2#~	0.0	22.1~	0.2	0.0	25.7
Vitamin B12 (µg)	0.7~	0.2	30.4	0.5++	0.2^	36.3+++	0.9#~	0.2^~	20.4^~	0.8	0.2	26.6
Folate (mcg DFE)	48.0***~	14.5~	29.9***	26.3+++	12.1	45.5+++	62.0~	13.0~	21.0#~	52.6	13.8	27.0
Niacin (mg)	1.6~	0.5	28.2**	1.3++	0.4	39.5+++	2.4~	0.5~	23.4~	1.9	0.5	26.8
Riboflavin (mg)	0.2*~	0.1	27.8***	0.2+++	0.1	41.9+++	0.3~	0.1~	20.2~	0.3	0.1	25.4
Thiamin (mg)	0.2~	0.0	27.1***	0.1+++	0.0	41.9+++	0.2#~	0.0~	21.1~	0.2	0.0	25.3
Choline (mg)	22.3~	5.0*	24.7***	20.3+++	7.8	40.2+++	35.0#	7.6	21.3~	27.3	6.1	24.0
Minerals												
Calcium (mg)	197.9**	52.3	28.2**	115.6+++	46.6	43.0+++	232.0~	42.9^~	20.5~	208.2	48.3	25.7
Iron (mg)	1.7^~	0.8^~	28.0***	0.9+++	0.4	45.7+++	2.2~	0.4	20.4~	1.9	0.6^	25.7
Magnesium (mg)	32.0~	8.8	27.1***	29.2++	12.6	41.3+++	42.2	9.1	22.0~	35.9	9.0	25.6

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	187.5~	47.9	28.2***	138.1+++	53.2	40.6+++	221.1~	43.8~	21.1~	198.9	46.5	25.9
Potassium (mg)	276.7~	57.8	22.8***	228.9+++	87.0	39.8+++	375.8#	70.2	20.0~	314.2	63.9	22.4
Sodium (mg)	315.0	101.6	30.5**	230.6	91.8	40.8+++	319.6~	69.0~	22.9~	313.4	88.3	27.9
Zinc (mg)	1.1	0.3	27.0***	0.9++	0.4	41.0+++	1.3~	0.2~	22.0~	1.2	0.3	25.6
Other dietary components												
Cholesterol (mg)	24.0~	6.4~	27.7*	14.7	5.4	36.1++	22.8~	5.6^	23.0~	23.1	6.0	25.8
Dietary fiber (g)	2.1~	0.7	26.6***	2.1	1.0+++	46.0+++	2.3~	0.4	20.1~	2.2	0.6	24.8
Added sugars (g)	5.2*	1.2	30.6	2.4^	0.8^	42.6+++	4.9	0.6^	17.4##	5.0	1.0	25.7
Number of children	238	238	238	123	123	123	116	116	116	477	477	477

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.100. Calories and nutrients wasted at morning and afternoon snack in early child care programs among 3 to 5 year olds

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	214.7	80.5~	36.6~	205.6+++	65.0++	31.8+++	288.5##~	38.5##~	13.8###~	226.5	69.7	31.4
Macronutrients												
Total fat (g)	6.9	2.7~	36.9~	6.2++	2.1++	34.3+++	10.1#~	1.0#~	11.6###~	7.3	2.3	31.8
Saturated fat (g)	2.2	1.0^~	37.8~	1.9++	0.7+	35.0+++	3.0~	0.4#~	13.3###~	2.3	0.8	32.8
Monounsaturated fat (g)	2.1	0.8	37.4~	1.9++	0.7+++	34.8+++	3.5#~	0.3##^~	10.4###~	2.3	0.7	31.9
Polyunsaturated fat (g)	1.8	0.6	36.1~	1.8	0.6++	33.1+++	2.4~	0.3#^	11.4###~	1.9	0.5	31.0
Linoleic acid (g)	1.6	0.5	36.1~	1.6	0.5++	33.2+++	2.2~	0.3#^	11.3###~	1.7	0.5	31.0
Alpha-linolenic acid (g)	0.2~	0.1	35.9~	0.2	0.1++	32.2+++	0.2~	0.0#	15.3###	0.2	0.1	31.4
Carbohydrate (g)	32.6	11.6	34.6	31.4+	9.4++	29.6+++	38.5~	6.1##~	15.2###~	33.4	10.2	30.1
Protein (g)	6.3	2.7~	37.7~	6.5++	2.2	34.4+++	11.6##~	1.3#~	14.3###~	7.3	2.3	32.8
Vitamins												
Vitamin A (mcg RAE)	65.5~	30.9^~	40.5	69.2	28.5	37.7++	93.2##~	14.2^~	19.8###~	71.6	27.2	35.9
Vitamin C (mg)	17.4^~	4.4^	38.0	21.5	4.4	33.8+++	25.2~	4.1^~	19.1###~	19.6	4.4	33.6
Vitamin D (mcg)	1.3~	0.5~	37.9	1.4	0.5+	39.7+++	1.6~	0.2^~	14.7###^~	1.4	0.4	32.7
Vitamin E (mg AT)	0.7	0.3	35.4	0.7++	0.2+++	34.0+++	1.2##~	0.1###~	12.3###~	0.8	0.2	30.9
Vitamin B6 (mg)	0.1~	0.1~	36.9	0.2	0.1	34.1+++	0.2##~	0.0~	15.4###~	0.2	0.0	32.4
Vitamin B12 (µg)	0.6	0.2	38.8~	0.7	0.2	33.4++	0.8##~	0.1#^~	16.2##^~	0.7	0.2	32.7
Folate (mcg DFE)	48.2~	17.3~	37.2~	56.2	14.3+	30.1+++	61.8~	7.8^~	11.8###~	52.2	15.0	31.1
Niacin (mg)	1.6	0.6~	35.0~	2.0	0.6	31.9+++	3.4##~	0.3^~	10.9###~	2.0	0.5	29.9
Riboflavin (mg)	0.2~	0.1~	36.2	0.3	0.1	33.3+++	0.3###	0.0#~	16.0###~	0.3	0.1	31.9
Thiamin (mg)	0.2	0.1~	35.0	0.2	0.0	31.2+++	0.2#~	0.0#~	15.9###~	0.2	0.1	30.7
Choline (mg)	23.2~	9.5	36.4	25.2	8.6	34.9+++	38.9#~	5.4^~	16.2###~	26.5	8.6	32.4
Minerals												
Calcium (mg)	147.0~	62.4~	36.9	163.7++	51.6	33.4++	223.3###~	32.9^~	17.5##~	164.3	54.9	32.7
Iron (mg)	1.5	0.6~	36.6~	1.7	0.4++	31.9+++	1.7	0.2##^~	14.0###^~	1.6	0.5	31.5
Magnesium (mg)	30.4	11.4~	36.5	31.3+++	10.2++	33.0+++	49.0###~	6.2#~	15.0###~	34.0	10.2	31.9

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	160.0	63.3~	37.3~	167.8 ⁺	56.8 ⁺	34.5 ⁺⁺⁺	247.9 ^{###~}	32.3 ^{#~}	15.3 ^{###~}	177.7	56.3	32.7
Potassium (mg)	257.4~	97.3~	36.6	293.6 ⁺	96.8	33.9 ⁺⁺⁺	408.7 ^{##~}	66.5~	16.1 ^{###~}	292.4	91.5	32.3
Sodium (mg)	276.7	109.3~	37.1~	251.2	93.9 ⁺	33.9 ⁺⁺⁺	339.7~	44.1 ^{##~}	13.3 ^{###~}	283.3	94.3	32.1
Zinc (mg)	0.9	0.4~	38.2~	0.9 ⁺⁺⁺	0.3 ⁺⁺	34.7 ⁺⁺⁺	1.4 ^{##~}	0.2 ^{##~}	14.9 ^{###~}	1.0	0.3	33.2
Other dietary components												
Cholesterol (mg)	21.8~	12.0 [^]	41.7~	18.2	8.3 [^]	36.2 ⁺⁺	23.8 ^{^~}	2.4 ^{##^}	16.5 ^{##^~}	21.6	9.0	34.7
Dietary fiber (g)	2.3	0.9~	36.4	1.9 ⁺⁺	0.6	32.4 ⁺⁺⁺	2.5~	0.4 ^{##~}	15.6 ^{###~}	2.3	0.8	31.8
Added sugars (g)	5.0 ^{**}	1.5~	32.9~	7.5	2.2 ⁺⁺	31.0 ⁺⁺⁺	7.9	0.8 [^]	10.7 ^{###^~}	5.9	1.6	28.9
Number of children	521	521	521	722	722	722	136	136	136	1,379	1,379	1,379

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.101. Calories and nutrients wasted at lunch in early child care programs among 1 to 2 year olds

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	357.7~	124.0	38.2	423.5	134.7	30.7	350.9~	79.7##~	21.7###	357.8	107.4	31.6
Macronutrients												
Total fat (g)	12.2***~	4.6	41.3	17.3++	5.6+	31.9	11.9~	2.8##~	21.6###~	12.3	3.9	33.3
Saturated fat (g)	4.2**~	1.5	39.6	5.6++	1.8+	30.7	4.2~	0.9##~	21.0###~	4.3	1.3	32.1
Monounsaturated fat (g)	3.8**~	1.4	41.4	5.4++	2.0+	33.0	3.8~	0.9#~	20.9###~	3.9	1.3	33.2
Polyunsaturated fat (g)	2.6**	1.1	44.1*	4.2++	1.2+	33.1	2.3~	0.6##~	25.2###	2.5	0.9	36.4
Linoleic acid (g)	2.3**	1.0	44.2*	3.8++	1.1+	32.5	2.1~	0.6##~	24.6###	2.3	0.8	36.2
Alpha-linolenic acid (g)	0.2*	0.1	43.7	0.4+	0.1++	35.4	0.2	0.1##~	26.0###	0.2	0.1	36.6
Carbohydrate (g)	42.5~	13.9	36.6*	48.8	15.3	30.0	45.9~	10.4~	21.9###	44.1	12.6	30.7
Protein (g)	20.2~	6.9	39.0	19.7	6.3	30.7	16.2	3.5###	22.4##~	18.7	5.6	32.3
Vitamins												
Vitamin A (mcg RAE)	183.1*	73.8	42.4**	253.7+++	90.2+++	32.0	151.1	37.7###	23.6###	173.7	60.6	34.7
Vitamin C (mg)	12.8~	5.6	42.0~	16.8	5.8	38.9++	21.0~	4.1^~	23.7##~	16.1	5.0	34.9
Vitamin D (mcg)	1.9	0.6~	35.2~	2.0	0.5	23.7	1.8~	0.3#~	18.4#~	1.9	0.5	28.5
Vitamin E (mg AT)	1.4	0.6	41.1*	1.8+	0.6+	33.7	1.3~	0.3#~	25.0###	1.4	0.5	34.6
Vitamin B6 (mg)	0.4~	0.2	39.4	0.4	0.2	31.8	0.4~	0.1##~	22.5###~	0.4	0.1	32.6
Vitamin B12 (µg)	1.4	0.5~	36.9~	1.3	0.4^	26.9	1.1#~	0.2##	20.4#~	1.2	0.4	30.1
Folate (mcg DFE)	69.8~	22.7	40.2	70.4	27.8	37.4+	77.6~	18.8	26.9##	72.8	21.4	35.0
Niacin (mg)	4.7~	1.7	40.8*	5.0	1.7	31.9	4.1~	1.0##~	25.3##	4.5	1.4	34.5
Riboflavin (mg)	0.4~	0.1	38.2	0.5	0.1	29.8	0.4~	0.1##~	21.7##~	0.4	0.1	31.5
Thiamin (mg)	0.4~	0.1	39.7*	0.4	0.1	30.0	0.3~	0.1#~	24.2##~	0.3	0.1	33.3
Choline (mg)	79.1~	27.3	38.9	78.0	24.9	30.6	74.6~	19.2^~	23.7##~	77.3	24.1	32.7
Minerals												
Calcium (mg)	278.0	92.2~	36.6~	299.8	84.3	28.8	252.6~	48.5##	20.9##~	269.1	75.1	30.3
Iron (mg)	2.3~	0.7	39.7	2.4	0.9	34.5	2.1~	0.5~	26.0##	2.2	0.7	34.2
Magnesium (mg)	69.8~	25.1	38.9	77.5	24.9	31.1	63.5~	15.5##~	24.0###	67.7	21.4	32.8

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	370.6~	128.4	38.1	410.3++	124.0+	29.9	316.6	67.8###	22.1##~	351.5	104.9	31.6
Potassium (mg)	682.2~	234.1	38.0	744.4	246.4+	31.4+	642.6~	138.6##~	21.4###	669.5	197.9	31.4
Sodium (mg)	637.3~	222.5	40.4	789.0+	277.9++	34.4	592.6	140.9##~	25.4##	626.3	193.4	34.4
Zinc (mg)	2.5~	0.9	38.7	2.5	0.8	31.1	2.2~	0.5##	23.1##~	2.4	0.7	32.4
Other dietary components												
Cholesterol (mg)	50.4~	17.1	40.1	49.9	16.2	30.3	56.3~	15.2^~	18.5###~	52.7	16.3	31.3
Dietary fiber (g)	5.2~	1.8	41.8	5.5	2.1	35.8	4.3~	1.1#~	26.0##~	4.9	1.5	35.5
Added sugars (g)	2.4	0.7	34.1	2.4	0.9	37.2	3.7^~	1.2^~	29.8~	2.8	0.9	32.8
Number of children	253	253	253	132	132	132	120	120	120	505	505	505

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.102. Calories and nutrients wasted at lunch in early child care programs among 3 to 5 year olds

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	459.3~	164.9	35.8	509.0++	178.3+++	36.3+++	418.3~	68.2####~	16.6###	463.2	152.0	32.8
Macronutrients												
Total fat (g)	16.7~	6.0~	34.9	18.2+++	6.5+++	37.5+++	12.1	1.9###	14.5###	16.3	5.4	32.1
Saturated fat (g)	5.8~	2.0~	33.4	6.2+++	2.2+++	35.7+++	3.8#	0.6###	13.8###	5.6	1.8	30.7
Monounsaturated fat (g)	5.1~	1.8~	35.3	5.8+++	2.1+++	38.3+++	4.0	0.6###	14.3###	5.1	1.7	32.5
Polyunsaturated fat (g)	3.7^~	1.5^	37.4~	3.8++	1.3+++	39.1+++	2.7~	0.5##	16.4###	3.6	1.3	34.3
Linoleic acid (g)	3.3^~	1.3^	37.2~	3.4++	1.2+++	38.7+++	2.4~	0.4##	16.2###	3.2	1.1	34.1
Alpha-linolenic acid (g)	0.4^~	0.1^	38.4~	0.3	0.1+++	41.9+++	0.3~	0.1#	17.8###	0.4	0.1	35.7
Carbohydrate (g)	54.8*	20.0	36.8~	59.6	20.5+++	35.2+++	60.5~	9.9###~	17.5###~	56.8	18.5	33.3
Protein (g)	23.7**~	8.2	35.5	27.9+++	9.8+++	36.5+++	18.7###	3.0###~	16.4###~	23.8	7.7	32.6
Vitamins												
Vitamin A (mcg RAE)	256.9~	120.6~	38.0	252.6+	94.9+++	34.0+++	209.5	34.1###	17.5###~	248.2	101.0	33.8
Vitamin C (mg)	17.0**~	6.4**	43.9~	27.2	9.9+++	44.6+++	28.8~	3.6#^~	23.8###~	21.1	6.7	40.7
Vitamin D (mcg)	2.2*~	0.6~	27.2	2.6+++	0.7+++	26.7+++	1.9#~	0.3##	14.0###	2.2	0.6	25.2
Vitamin E (mg AT)	1.6~	0.7~	41.9~	1.9	0.7+++	40.6+++	1.7~	0.3###~	19.0###~	1.7	0.6	37.9
Vitamin B6 (mg)	0.5~	0.2~	37.3	0.5+++	0.2+++	37.5+++	0.4~	0.1###	17.4###~	0.5	0.2	34.1
Vitamin B12 (µg)	1.8~	0.5	29.2	2.0+++	0.6+++	30.3+++	1.2###~	0.2###~	13.7###	1.8	0.5	27.0
Folate (mcg DFE)	81.5*	32.8	41.2~	95.5	38.6+++	40.9+++	84.7~	17.6###	19.4###~	85.0	31.5	37.6
Niacin (mg)	5.5***~	2.2~	38.5	6.7+	2.5+++	40.2+++	5.4~	0.9###	19.3###~	5.8	2.1	35.7
Riboflavin (mg)	0.5**~	0.2	33.6	0.6+++	0.2+++	33.3+++	0.4##~	0.1###	17.1###	0.5	0.2	30.8
Thiamin (mg)	0.4**	0.2	36.8~	0.5+++	0.2+++	35.5+++	0.4~	0.1###~	18.0###	0.4	0.1	33.4
Choline (mg)	84.8***	28.8*	35.2	104.1+++	36.1+++	36.1+++	81.4	13.9###~	18.4###~	88.4	27.9	32.6
Minerals												
Calcium (mg)	378.4~	121.0~	31.6	413.9+++	123.3+++	29.6+++	263.5##~	42.5###	14.5###	367.2	108.7	28.4
Iron (mg)	2.9	1.1	40.6	3.2++	1.2+++	41.6+++	2.6~	0.5###~	19.5###~	2.9	1.0	37.3
Magnesium (mg)	81.5***	30.2	37.6	94.6++	33.7+++	36.1+++	79.2~	13.1###~	18.5###	83.9	28.2	34.1

Appendix G. Children's dietary intakes and plate waste supplementary tables

	Child care centers			Head Start centers			Family day care homes			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	458.8~	156.5	34.5	519.4+++	170.3+++	33.4+++	357.8##~	57.8###	16.4###	455.2	143.3	31.3
Potassium (mg)	817.8***	295.7~	36.7~	907.3+++	317.5+++	35.5+++	748.0~	117.1###~	17.0###~	825.5	271.2	33.2
Sodium (mg)	828.4~	317.4~	38.9	934.1++	357.4+++	39.8+++	755.2~	139.2###	18.5###~	839.0	296.9	35.8
Zinc (mg)	3.4~	1.1	35.6	3.8+++	1.4+++	36.6+++	2.7#	0.5###	17.1###	3.4	1.0	32.8
Other dietary components												
Cholesterol (mg)	50.6**~	17.0*	33.4	69.6++	24.6+++	37.9+++	51.7~	7.0##	13.1###	54.8	17.0	31.1
Dietary fiber (g)	5.4	2.3	43.0	5.8	2.4+++	42.1+++	5.8~	1.2###~	23.3###~	5.5	2.1	39.6
Added sugars (g)	4.6~	1.6	35.6~	4.4	1.5+	38.3+++	3.4	1.0~	23.1	4.4	1.5	34.3
Number of children	566	566	566	951	951	951	137	137	137	1,654	1,654	1,654

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.103. Calories and nutrients served and wasted at breakfast in early child care programs

	1 to 2 year olds			3 to 5 year olds			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	254.4	78.5***	32.6*	273.7	103.6	38.0	269.6	98.2	36.8
Macronutrients									
Total fat (g)	7.7	2.6	33.8	6.6	2.5	37.3	6.9	2.5	36.6
Saturated fat (g)	3.0	0.9	33.3	2.5	0.9	36.3	2.6	0.9	35.7
Monounsaturated fat (g)	2.3	0.8	34.2	1.9	0.7	37.3	2.0	0.7	36.6
Polyunsaturated fat (g)	1.4	0.5	34.2	1.4	0.5	40.1	1.4	0.5	38.8
Linoleic acid (g)	1.3	0.5	34.3	1.2	0.5	39.8	1.2	0.5	38.7
Alpha-linolenic acid (g)	0.1	0.0	34.2	0.1	0.1	40.3	0.1	0.1	39.0
Carbohydrate (g)	36.7***	10.9***	31.9**	43.5	16.8	38.5	42.1	15.5	37.1
Protein (g)	10.0	3.0***	32.7	10.7	3.9	36.7	10.5	3.7	35.8
Vitamins									
Vitamin A (mcg RAE)	123.4**	43.1*	31.5	158.6	61.4	36.8	151.1	57.5	35.6
Vitamin C (mg)	16.6	4.5**	30.7***	19.8	7.2	41.3	19.1	6.6	39.0
Vitamin D (mcg)	2.2	0.6**	30.1	2.5	0.9	34.7	2.4	0.8	33.7
Vitamin E (mg AT)	0.7	0.2	33.7	0.7	0.3	39.1	0.7	0.3	37.9
Vitamin B6 (mg)	0.4	0.1*	30.5**	0.4	0.1	37.8	0.4	0.1	36.3
Vitamin B12 (µg)	1.2**	0.3**	29.1*	1.4	0.5	35.1	1.4	0.5	33.8
Folate (mcg DFE)	74.4	19.2**	31.3***	84.0	32.8	40.9	82.0	29.9	38.8
Niacin (mg)	2.9	0.8	32.2**	3.1	1.2	40.1	3.0	1.1	38.4
Riboflavin (mg)	0.4	0.1**	31.5	0.5	0.2	36.5	0.5	0.2	35.4
Thiamin (mg)	0.3	0.1**	31.9**	0.4	0.1	38.5	0.4	0.1	37.1
Choline (mg)	62.1	18.7	32.1	59.2	21.7	36.4	59.8	21.1	35.5
Minerals									
Calcium (mg)	255.6**	72.0***	31.4	304.6	109.4	36.2	294.2	101.5	35.2
Iron (mg)	3.2	0.8**	33.8*	3.7	1.5	40.3	3.6	1.3	38.9
Magnesium (mg)	47.8	14.3***	31.8*	51.9	19.6	37.4	51.0	18.5	36.2

Appendix G. Children's dietary intakes and plate waste supplementary tables

	1 to 2 year olds			3 to 5 year olds			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	257.8**	77.8***	32.3	298.7	110.1	36.6	290.0	103.2	35.7
Potassium (mg)	463.9*	134.7***	30.4**	523.2	194.5	36.6	510.5	181.8	35.3
Sodium (mg)	274.5	93.7	33.8	293.4	111.9	38.4	289.3	108.0	37.4
Zinc (mg)	1.4*	0.4***	32.9	1.5	0.6	37.6	1.5	0.5	36.6
Other dietary components									
Cholesterol (mg)	52.4*	17.0	32.8	34.1	13.2	36.3	38.0	14.0	35.5
Dietary fiber (g)	2.7**	0.9**	32.4**	3.3	1.4	40.0	3.2	1.3	38.4
Added sugars (g)	4.7*	1.2***	34.3	6.5	2.6	41.2	6.2	2.3	39.7
Number of children	422	422	422	1,413	1,413	1,413	1,835	1,835	1,835

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between 1 to 2 year olds and 3 to 5 year olds is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.104. Calories and nutrients wasted at morning and afternoon snack in early child care programs

	1 to 2 year olds			3 to 5 year olds			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	251.3	62.6	25.9	226.5	69.7	31.4	232.6	68.0	30.1
Macronutrients									
Total fat (g)	9.0	2.6	27.9	7.3	2.3	31.8	7.7	2.4	30.8
Saturated fat (g)	3.4*	0.9	27.0	2.3	0.8	32.8	2.6	0.8	31.4
Monounsaturated fat (g)	2.6	0.8	28.5	2.3	0.7	31.9	2.4	0.7	31.1
Polyunsaturated fat (g)	1.9	0.7	28.9	1.9	0.5	31.0	1.9	0.6	30.5
Linoleic acid (g)	1.7	0.6	29.0	1.7	0.5	31.0	1.7	0.5	30.5
Alpha-linolenic acid (g)	0.2	0.1^	27.1	0.2	0.1	31.4	0.2	0.1	30.3
Carbohydrate (g)	35.0	7.9	23.6*	33.4	10.2	30.1	33.8	9.6	28.5
Protein (g)	8.1	2.0	26.3*	7.3	2.3	32.8	7.5	2.3	31.2
Vitamins									
Vitamin A (mcg RAE)	83.7	20.1	24.4***	71.6	27.2	35.9	74.6	25.4	33.1
Vitamin C (mg)	27.6~	4.0	20.1***	19.6	4.4	33.6	21.6	4.3	30.2
Vitamin D (mcg)	1.5	0.3	26.3	1.4	0.4	32.7	1.4	0.4	31.0
Vitamin E (mg AT)	0.8	0.3	27.4	0.8	0.2	30.9	0.8	0.2	30.0
Vitamin B6 (mg)	0.2	0.0	25.7*	0.2	0.0	32.4	0.2	0.0	30.8
Vitamin B12 (µg)	0.8	0.2**	26.6	0.7	0.2	32.7	0.7	0.2	31.2
Folate (mcg DFE)	52.6	13.8	27.0	52.2	15.0	31.1	52.3	14.7	30.1
Niacin (mg)	1.9	0.5	26.8	2.0	0.5	29.9	2.0	0.5	29.2
Riboflavin (mg)	0.3	0.1*	25.4**	0.3	0.1	31.9	0.3	0.1	30.3
Thiamin (mg)	0.2	0.0	25.3*	0.2	0.1	30.7	0.2	0.0	29.4
Choline (mg)	27.3	6.1	24.0***	26.5	8.6	32.4	26.7	8.0	30.3
Minerals									
Calcium (mg)	208.2*	48.3	25.7*	164.3	54.9	32.7	175.0	53.3	31.0
Iron (mg)	1.9	0.6^	25.7	1.6	0.5	31.5	1.7	0.5	30.1
Magnesium (mg)	35.9	9.0	25.6*	34.0	10.2	31.9	34.5	9.9	30.3

Appendix G. Children's dietary intakes and plate waste supplementary tables

	1 to 2 year olds			3 to 5 year olds			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	198.9	46.5	25.9*	177.7	56.3	32.7	182.9	53.9	31.0
Potassium (mg)	314.2	63.9**	22.4***	292.4	91.5	32.3	297.7	84.8	29.9
Sodium (mg)	313.4	88.3	27.9	283.3	94.3	32.1	290.7	92.8	31.1
Zinc (mg)	1.2	0.3	25.6**	1.0	0.3	33.2	1.1	0.3	31.3
Other dietary components									
Cholesterol (mg)	23.1	6.0	25.8*	21.6	9.0	34.7	22.0	8.2	32.4
Dietary fiber (g)	2.2	0.6	24.8	2.3	0.8	31.8	2.2	0.7	30.1
Added sugars (g)	5.0	1.0**	25.7	5.9	1.6	28.9	5.7	1.4	28.1
Number of children	477	477	477	1,379	1,379	1,379	1,856	1,856	1,856

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between 1 to 2 year olds and 3 to 5 year olds is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.105. Calories and nutrients wasted at lunch in early child care programs

	1 to 2 year olds			3 to 5 year olds			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Calories (kcal)	357.8**	107.4**	31.6	463.2	152.0	32.8	439.3	141.8	32.5
Macronutrients									
Total fat (g)	12.3	3.9	33.3	16.3	5.4	32.1	15.4	5.1	32.4
Saturated fat (g)	4.3	1.3	32.1	5.6	1.8	30.7	5.3	1.7	31.0
Monounsaturated fat (g)	3.9*	1.3	33.2	5.1	1.7	32.5	4.8	1.6	32.7
Polyunsaturated fat (g)	2.5	0.9	36.4	3.6	1.3	34.3	3.3	1.2	34.8
Linoleic acid (g)	2.3	0.8	36.2	3.2	1.1	34.1	3.0	1.1	34.6
Alpha-linolenic acid (g)	0.2	0.1	36.6	0.4	0.1	35.7	0.3	0.1	35.9
Carbohydrate (g)	44.1***	12.6***	30.7	56.8	18.5	33.3	53.9	17.2	32.7
Protein (g)	18.7**	5.6**	32.3	23.8	7.7	32.6	22.6	7.2	32.5
Vitamins									
Vitamin A (mcg RAE)	173.7**	60.6**	34.7	248.2	101.0	33.8	231.3	91.8	34.0
Vitamin C (mg)	16.1*	5.0	34.9	21.1	6.7	40.7	20.0	6.3	39.4
Vitamin D (mcg)	1.9**	0.5	28.5	2.2	0.6	25.2	2.1	0.5	25.9
Vitamin E (mg AT)	1.4	0.5	34.6	1.7	0.6	37.9	1.6	0.6	37.1
Vitamin B6 (mg)	0.4**	0.1*	32.6	0.5	0.2	34.1	0.5	0.2	33.8
Vitamin B12 (µg)	1.2***	0.4*	30.1	1.8	0.5	27.0	1.6	0.4	27.7
Folate (mcg DFE)	72.8	21.4***	35.0	85.0	31.5	37.6	82.2	29.2	37.0
Niacin (mg)	4.5*	1.4*	34.5	5.8	2.1	35.7	5.5	1.9	35.5
Riboflavin (mg)	0.4***	0.1**	31.5	0.5	0.2	30.8	0.5	0.2	31.0
Thiamin (mg)	0.3**	0.1**	33.3	0.4	0.1	33.4	0.4	0.1	33.4
Choline (mg)	77.3	24.1	32.7	88.4	27.9	32.6	85.9	27.0	32.6
Minerals									
Calcium (mg)	269.1***	75.1**	30.3	367.2	108.7	28.4	344.9	101.1	28.8
Iron (mg)	2.2**	0.7***	34.2	2.9	1.0	37.3	2.7	0.9	36.6
Magnesium (mg)	67.7**	21.4**	32.8	83.9	28.2	34.1	80.2	26.6	33.8

Appendix G. Children's dietary intakes and plate waste supplementary tables

	1 to 2 year olds			3 to 5 year olds			All		
	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted	Served	Wasted	Percent Wasted
Phosphorus (mg)	351.5**	104.9**	31.6	455.2	143.3	31.3	431.7	134.6	31.4
Potassium (mg)	669.5***	197.9***	31.4	825.5	271.2	33.2	790.1	254.5	32.8
Sodium (mg)	626.3**	193.4***	34.4	839.0	296.9	35.8	790.8	273.4	35.4
Zinc (mg)	2.4***	0.7**	32.4	3.4	1.0	32.8	3.1	1.0	32.7
Other dietary components									
Cholesterol (mg)	52.7	16.3	31.3	54.8	17.0	31.1	54.3	16.8	31.2
Dietary fiber (g)	4.9	1.5**	35.5	5.5	2.1	39.6	5.4	2.0	38.6
Added sugars (g)	2.8*	0.9*	32.8	4.4	1.5	34.3	4.0	1.4	34.0
Number of children	505	505	505	1,654	1,654	1,654	2,159	2,159	2,159

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates include only children who were served the nutrient.

Difference between 1 to 2 year olds and 3 to 5 year olds is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

AT = alpha-tocopherol, g = grams, kcal = kilocalorie, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, µg = microgram.

Table G.106. Foods wasted at breakfast in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Milk	27.9	30.5	2.6
Fruit	28.2	38.6	10.4**
Combination entrees	33.0	53.1	20.1*
Meats/meat alternates	27.8^	27.6	-0.2
Bread and grains	25.5	36.0	10.5**
Other menu items or dessert	37.7^	20.2	-17.6
Number of children	329	1,372	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Meal Observation Booklet, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table G.107. Foods wasted at lunch in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Milk	20.9	23.7	2.8
Fruit	24.4	29.9	5.5
Vegetables	42.8	57.2	14.4*
Combination entrees	27.4	40.1	12.7**
Meats/meat alternates	17.5	37.9	20.4*
Bread and grains	27.6	37.1	9.5
Other menu items or dessert	32.1^	11.4^~	-20.7~
Number of children	414	1,512	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Meal Observation Booklet, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table G.108. Calories wasted at breakfast in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Calories (kcal)	68.1	110.3	42.2***
Number of children	356	1,296	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Meal Observation Booklet, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

kcal = kilocalorie

Table G.109. Calories wasted at lunch in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Calories (kcal)	113.2	168.3	55.1**
Number of children	445	1,515	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Meal Observation Booklet, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

kcal = kilocalorie

Table G.110. Multivariate analysis of plate waste on key child and program environment characteristics, breakfast percentage of calories wasted

	Estimate (SE)
Child's age during target week	-0.1 (1.52)
Meal duration (in minutes)	-0.11 (0.22)
Teachers sat with children at observed meal	0.72 (6.53)
Teachers ate the same food as the children at observed meal	-2.81 (5.05)
Number of children	826

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.111. Multivariate analysis of plate waste on key child and program environment characteristics, breakfast percentage of fruit wasted

	Estimate (SE)
Child's age during target week	2.64 (1.65)
Meal duration (in minutes)	0.18 (0.27)
Teachers sat with children at observed meal	-6.18 (7.44)
Teachers ate the same food as the children at observed meal	4.26 (8.62)
Second servings are allowed: Grain/bread	-8.19 (5.64)
Teachers drank the same drinks as children at observed meal	5.07 (6.45)
Provider Type: Head Start centers	-0.83 (3.6)
Region: Southeast	8.35 (6.29)
Number of children	825

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.112. Multivariate analysis of plate waste on key child and program environment characteristics, lunch percentage of calories wasted

	Estimate (SE)
Child's age during target week	-1.23 (0.99)
Meal duration (in minutes)	-0.26 * (0.15)
Teachers sat with children at observed meal	1.8 (4.57)
Teachers ate the same food as the children at observed meal	-7.09 (4.27)
Number of minutes of physical activity (outdoor + indoor) before lunch	-0.13 *** (0.04)
Number of minutes of physical activity (outdoor + indoor) after lunch	0.06 * (0.03)
Number of minutes in designated seated time (outdoor + indoor) before lunch	-0.01 (0.03)
Number of minutes in designated seated time (outdoor + indoor) after lunch	-0.16 *** (0.03)
Number of minutes using screens as a group before lunch	0.04 (0.03)
Number of minutes using screens as a group after lunch	0.12 (0.07)
Meal service type - preplated foods	0.49 (4.29)
Strategies to reduce food waste: Scheduling physical activity before meals	19.74 *** (4.68)
Provider Type: Family day care homes	-17.44 *** (4.81)
Number of children	958

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.113. Multivariate analysis of plate waste on key child and program environment characteristics, lunch percentage of fruit wasted

	Estimate (SE)
Child's age during target week	-1.1 (1.14)
Meal duration (in minutes)	-0.32 (0.24)
Teachers sat with children at observed meal	-9.09 (6.12)
Teachers ate the same food as the children at observed meal	3.8 (6.52)
Number of minutes of physical activity (outdoor + indoor) before lunch	-0.14 *** (0.05)
Number of minutes of physical activity (outdoor + indoor) after lunch	0.07 (0.05)
Number of minutes in designated seated time (outdoor + indoor) before lunch	0.04 (0.04)
Number of minutes in designated seated time (outdoor + indoor) after lunch	-0.08 (0.08)
Number of minutes using screens as a group before lunch	0.03 (0.05)
Number of minutes using screens as a group after lunch	-0.01 (0.08)
Number of children	846

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.114. Multivariate analysis of plate waste on key child and program environment characteristics, lunch percentage of vegetables wasted

	Estimate (SE)
Child's age during target week	5.81 ** (2.07)
Meal duration (in minutes)	-0.47 ** (0.19)
Teachers sat with children at observed meal	22.48 *** (7.07)
Teachers ate the same food as the children at observed meal	-13.39 ** (6.07)
Number of minutes of physical activity (outdoor + indoor) before lunch	-0.15 ** (0.06)
Number of minutes of physical activity (outdoor + indoor) after lunch	0.21 ** (0.08)
Number of minutes in designated seated time (outdoor + indoor) before lunch	0.18 *** (0.04)
Number of minutes in designated seated time (outdoor + indoor) after lunch	-0.16 ** (0.07)
Number of minutes using screens as a group before lunch	0.05 (0.06)
Number of minutes using screens as a group after lunch	0.1 (0.11)
Meal service type - preplated foods	-1.91 (6.62)
Meal service type - family style	-14.07 * (7.37)
Second servings are allowed: Grain/bread	-10.11 ** (3.89)
Strategies to reduce food waste: Allowing children to choose their portions	0.34 (5.14)
Strategies to reduce food waste: Scheduling physical activity before meals	18.98 ** (7.45)
Strategies to reduce food waste: Using sharing/trading tables	-15.37 *** (5.31)
Strategies to reduce food waste: Other	-9.82 (6.29)
Provider Type: Family day care homes	-7.09 (6.55)
Region: Mountain	-23.01 *** (7.73)

	Estimate (SE)
Region: Southeast	-3.99
	(7.43)
Number of children	855

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.115. Multivariate analysis of plate waste on key child and program environment characteristics, snack percentage of calories wasted

	Estimate (SE)
Child's age during target week	-1.67 (1.06)
Meal duration (in minutes)	-0.04 (0.2)
Teachers sat with children at observed meal	-4.96 (5.09)
Teachers ate the same food as the children at observed meal	1.64 (6.41)
Number of minutes of physical activity (outdoor + indoor) before lunch	-0.06 (0.04)
Number of minutes of physical activity (outdoor + indoor) after lunch	0.04 (0.03)
Number of minutes in designated seated time (outdoor + indoor) before lunch	0.09 *** (0.03)
Number of minutes in designated seated time (outdoor + indoor) after lunch	-0.12 *** (0.04)
Number of minutes using screens as a group before lunch	0 (0.04)
Number of minutes using screens as a group after lunch	-0.05 (0.09)
Number of children	963

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.116. Multivariate analysis of plate waste on key child and program environment characteristics, snack percentage of fruit wasted

	Estimate (SE)
Child's age during target week	-1.48 * (0.86)
Meal duration (in minutes)	0.17 (0.24)
Teachers sat with children at observed meal	-6.5 (5.27)
Teachers ate the same food as the children at observed meal	-1.03 (6.58)
Number of minutes of physical activity (outdoor + indoor) before lunch	0.04 (0.07)
Number of minutes of physical activity (outdoor + indoor) after lunch	-0.04 (0.06)
Number of minutes in designated seated time (outdoor + indoor) before lunch	0.06 (0.05)
Number of minutes in designated seated time (outdoor + indoor) after lunch	-0.17 *** (0.05)
Number of minutes using screens as a group before lunch	-0.14 ** (0.06)
Number of minutes using screens as a group after lunch	0.14 (0.14)
Number of children	620

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.117. Multivariate analysis of plate waste on key child and program environment characteristics, supper percentage of calories wasted

	Estimate (SE)
Child's age during target week	0.74 (1.11)
Meal duration (in minutes)	0.61 (0.43)
Teachers sat with children at observed meal	-8.9 (7.4)
Teachers ate the same food as the children at observed meal	-3.83 (10.17)
Meal service type - preplated foods	13.41 (9.85)
Strategies to reduce food waste: Serving foods that are popular with children	-19.48 (10.94)
Strategies to reduce food waste: Staff and teachers eating meals with children	-17.07 (12.17)
Provider Type: Outside-school-hours care centers	-16.44 ** (6.11)
Region: Northeast	-0.48 (8.87)
Number of children	159

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.118. Multivariate analysis of plate waste on key child and program environment characteristics, supper percentage of fruit wasted

	Estimate (SE)
Child's age during target week	0.31 (1.74)
Meal duration (in minutes)	0.46 (0.93)
Teachers sat with children at observed meal	-21.27 ** (10.01)
Teachers ate the same food as the children at observed meal	21.57 * (12.02)
Number of children	170

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error

Table G.119. Multivariate analysis of plate waste on key child and program environment characteristics, supper percentage of vegetables wasted

	Estimate (SE)
Child's age during target week	2.22 (1.91)
Meal duration (in minutes)	-0.59 (0.94)
Teachers sat with children at observed meal	33.8 *** (7.29)
Teachers ate the same food as the children at observed meal	-38.57 ** (13.12)
Meal service type - preplated foods	15.32 (11.77)
Second servings are allowed: Any food	58.93 * (21.99)
Second servings are allowed: Cereal	-18.7 (21.06)
Second servings are allowed: Water	-24.58 (13.74)
Strategies to reduce food waste: Menus with repeated exposure to new foods	20.9 * (8.58)
Strategies to reduce food waste: Scheduling enough time for meals and snacks	25.79 (17.57)
Do you usually send breakfast meals/snacks from home?	43.97 ** (9.58)
Region: Midwest	48.06 *** (9.1)
Region: Mountain	19.05 (10.79)
Region: Northeast	-57.5 (31.25)
Region: Southeast	0.74 (25.13)
Region: Southwest	-12.29 (16.55)
Number of children	158

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

SE = standard error