

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

| Serving Size* | Sugars |
|-------------------------|-----------------------------|
| If the serving size is: | Sugars cannot be more than: |
| 12-16 grams | 3 grams |
| 26-30 grams | 6 grams |
| 31-35 grams | 7 grams |
| 45-49 grams | 10 grams |
| 55-58 grams | 12 grams |
| 59-63 grams | 13 grams |
| 74-77 grams | 16 grams |

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts

| Serving Size $\frac{3}{4}$ cup (30g) | | |
|--------------------------------------|------------|-----------------------|
| Servings Per Container about 15 | | |
| Amount Per Serving | Cereal | with 1% cup skim milk |
| Calories 100 | 100 | 140 |
| Calories from Fat 5 | 5 | 5 |
| % Daily Value* | | |
| Total Fat 0.5g | 1% | 1% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 0g | | |
| Monounsaturated Fat 0g | | |
| Cholesterol 0mg | 0% | 1% |
| Sodium 140mg | 6% | 9% |
| Potassium 90mg | 3% | 8% |
| Total Carbohydrate 22g | 7% | 9% |
| Dietary Fiber 3g | 11% | 11% |
| Sugars 5g | | |
| Other Carbohydrate 14g | | |
| Protein 140mg | | |

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

Yes No

Try It Out!



Use the “Sugar Limits in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

| Serving Size | Sugars | Serving Size | Sugars |
|-------------------------|-----------------------------|-------------------------|-----------------------------|
| If the serving size is: | Sugars cannot be more than: | If the serving size is: | Sugars cannot be more than: |
| 8-11 grams | 2 grams | 55-58 grams | 12 grams |
| 12-16 grams | 3 grams | 59-63 grams | 13 grams |
| 17-21 grams | 4 grams | 64-68 grams | 14 grams |
| 22-25 grams | 5 grams | 69-73 grams | 15 grams |
| 26-30 grams | 6 grams | 74-77 grams | 16 grams |
| 31-35 grams | 7 grams | 78-82 grams | 17 grams |
| 36-40 grams | 8 grams | 83-87 grams | 18 grams |
| 41-44 grams | 9 grams | 88-91 grams | 19 grams |
| 45-49 grams | 10 grams | 92-96 grams | 20 grams |
| 50-54 grams | 11 grams | 97-100 grams | 21 grams |

Cereals To Serve in the CACFP*

| Cereal Brand | Cereal Name | Serving Size | Sugars (g) |
|----------------------|-------------|--------------|------------|
| Healthy Food Company | Nutty Oats | 28 grams | 5 grams |
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*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to “Test Yourself” activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal is creditable.*