

Cereals That Meet CACFP Requirements

The cereals below contain no more than 6 grams of sugar per dry ounce, but may **not** be whole grain-rich. *Cereals are subject to change.*

For cereals not pictured below, complete the Sugar Calculation on page 2 to determine if the cereal meets sugar limits.



Plain ✨ GF



Multigrain ✨ GF



GF



GF



✨



Almond



Cinnamon



Honey Roasted



Vanilla ✨

Key:

✨ Whole grain-rich

GF Gluten Free



Simple Granola ✨



Plain ✨



Honey ✨



Plain ✨



Plain ✨



Plain ✨



Brown Sugar ✨



Cinnamon ✨



Honey Crunch ✨



Almond Crunch ✨



Plain



Plain



Original ✨



Unfrosted ✨



Little-Bites ✨



Plain



Plain



✨



Plain



Plain ✨



Plain



Plain frosting only ✨



Banana Nut ✨



Plain ✨



Plain ✨



✨

Store brands:

Only the following:

Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Mejer, Our Family, Roundy's, Schnucks, Shurfine, ValuTime

HOT CEREALS

- Any size, except individual cups

Plain: ✨
in packets only

Original & all flavors:
in packets only

Plain

Chocolate

✨

1 minute

2.5 minutes

10 minutes

Instant

Whole Grain ✨

GF

Plain: ✨
in packets only

Store brands:

Only the following:
Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kroger, Mejer, Our Family, Roundy's, Schnucks, Shurfine

Calculating Sugar in Cereal

Breakfast cereals, including ready-to-eat and instant or regular hot cereal, must contain no more than 6 grams of sugar per dry ounce.

If the cereal is not on the list on the other side, you must complete a calculation to determine if the cereal is within the sugar limits.

Cereals that meet the sugar limit may **not** be whole grain-rich.

Step 1: Find the *Nutrition Facts Label* on the package.

Step 2: Write down the number of grams of *Sugars*.

Step 3: Find the *Serving Size*, and write down the number of grams

Step 4: Divide the grams of *Sugars* by the *Serving Size* number (in grams).

Step 5: If the answer is **0.212 or less**, the cereal is **below** the sugar limit and is **creditable**

Example #1:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 1 g
3. Serving Size = 28 g
4. Divide Sugars/Serving Size

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{1}{28} = 0.036$$

5. $0.036 < 0.212$

This cereal is creditable

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
Calories 105	Calories from Fat 9
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Example #2:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 6 g
3. Serving Size = 25 g
4. Divide Sugars/Serving Size

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{6}{25} = 0.24$$

5. $0.24 > 0.212$

This cereal is NOT creditable

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings Per Container 13	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 240mg	10 %
Total Carbohydrate 22g	7 %
Dietary Fiber 0g	0 %
Sugars 6g	
Protein 2g	