

Sugar Limits

Cereal

No more than 6 grams of sugar per dry ounce (dry ounce = 28.35 grams). Cereals must be whole grain, enriched, or fortified.

$$\frac{\text{Sugars (g)}}{\text{Serving size (g)}} <= 0.212$$

Serving size	Sugar limit
0-2 g	0 g
3-7 g	1 g
8-11 g	2 g
12-16 g	3 g
17-21 g	4 g
22-25 g	5 g
26-30 g	6 g
31-35 g	7 g
36-40 g	8 g
41-44 g	9 g
45-49 g	10 g
50-54 g	11 g
55-58 g	12 g
59-63 g	13 g
64-68 g	14 g
69-73 g	15 g
74-77 g	16 g
78-82 g	17 g
83-87 g	18 g
88-91 g	19 g
92-96 g	20 g
97-100 g	21 g

Yogurt

No more than 23 grams of sugar per 6 ounces. Yogurt may be plain or flavored, unsweetened, or sweetened.

$$\frac{\text{Sugars (g)}}{\text{Serving size (g)}} <= 0.135 \quad \frac{\text{Sugars (g)}}{\text{Serving size (oz)}} <= 3.83$$

Serving size	Sugar limit	
28 g	1 oz	4 g
35 g	1.25 oz	5 g
43 g	1.5 oz	6 g
50 g	1.75 oz	7 g
57 g	2 oz	8 g
64 g	2.25 oz	9 g
71 g	2.5 oz	10 g
78 g	2.75 oz	11 g
85 g	3 oz	11 g
92 g	3.25 oz	12 g
99 g	3.5 oz	13 g
106 g	3.75 oz	14 g
113 g	4 oz	15 g
120 g	4.25 oz	16 g
128 g	4.5 oz	17 g
135 g	4.75 oz	18 g
142 g	5 oz	19 g
149 g	5.25 oz	20 g
150 g	5.3 oz	20 g
156 g	5.5 oz	21 g
163 g	5.75 oz	22 g
170 g	6 oz	23 g
177 g	6.25 oz	24 g
184 g	6.5 oz	25 g
191 g	6.75 oz	26 g
198 g	7 oz	27 g
206 g	7.25 oz	28 g
213 g	7.5 oz	29 g
220g	7.75 oz	30 g
227g	8 oz	31 g

WI WIC Approved Cereals

You may use any state's WIC approved cereal list. Any cereal served must contain no more than 6 grams of sugar per dry ounce. **Cereals are whole grain rich if the first grain ingredient is a whole grain and the cereal is fortified.**

Cold Cereal

General Mills

Cheerios (Plain, MultiGrain)*
Chex (Corn, Rice, Wheat*)
Kix (Regular, Honey)*
Total*
Wheaties*

Kellogg's

Corn Flakes (Plain)
Crispix (Plain)
Mini Wheats (Original, Unfrosted,
Little Bites, Touch of Fruit
Raspberry)*
Special K
Rice Krispies (Plain)

Malt-O-Meal

Crispy Rice
Frosted MiniSpooners*

Sunbelt Bakery

Simple Granola*

Post

Honey Bunches of Oats (Almond,
Cinnamon, Vanilla*, Honey Roasted,
Honey Crunch*, Almond Crunch*)
Great Grains Banana Nut*
Bran Flakes (Plain)*
Grape Nuts (Plain Flakes, Plain
Original)*

Quaker

Life (Plain)*
Oatmeal Squares (Brown Sugar,
Cinnamon)*

Store brands of the following types:

Tasteeo's or Toasted Oats (Plain),
Corn Flakes (Plain), Crisp or Crispy
Rice (Plain), Frosted Shredded
Wheat (Plain Frosting only)

Store brands

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

Hot Cereal

Quaker (in packets only)

Original Oatmeal (Plain)*
Instant Original Grits (All
flavors)

Malt-O-Meal

Original (Plain)
Chocolate
Original Farina

Cream of Wheat

One Minute
Two and Half Minutes
10 Minutes
Instant Original Flavor
Instant Whole Grain*
Instant Gluten Free

Post

CoCo Wheats

Store Brands of Instant Oatmeal

(Regular Flavor, in packets only):
Essential Everyday, Food Club,
Great Value, Hytop, Hy-Vee,
IGA, Kroger, Meijer, Our Family,
Roundy's, Schnucks, Shurfine

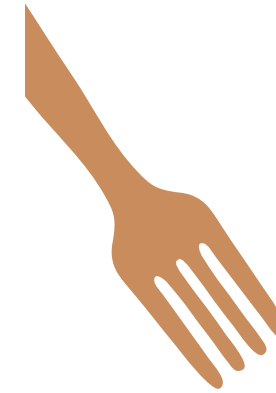
*Whole grain rich (WGR)

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Child and Adult Care Food Program (CACFP) REFERENCE GUIDE

Identifying Whole Grain Rich Foods
Cereal & Yogurt Sugar Limits
WI WIC Approved Cereals



Identifying Whole Grain Rich

At least one serving of grains per day must be whole grain-rich (WGR). Any one of the following six options may be used to determine if a grain product meets the WGR criteria.

1. The grain product is found on any state agency's **WIC approved** whole grain food list.

2. Product is labeled **"whole wheat"**.

Only breads, buns, and rolls labeled as "whole wheat", "entire wheat", or "graham" are 100% whole wheat and WGR.

Only the following pastas labeled as "whole wheat" are 100% whole wheat and WGR; whole wheat macaroni product, macaroni, spaghetti, or vermicelli.

For **other items** labeled as "whole wheat" such as crackers, tortillas, bagels, and biscuits, you must use another method to determine if they are WGR.

3. The product includes one of the following **FDA health claims** on its packaging:

- "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers." OR
- "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

4. The food meets the WGR criteria under the **National School Lunch Program**.

5. **CN Label, Product Formulation Statement** from the manufacturer, or a **recipe** demonstrates that the item is WGR.

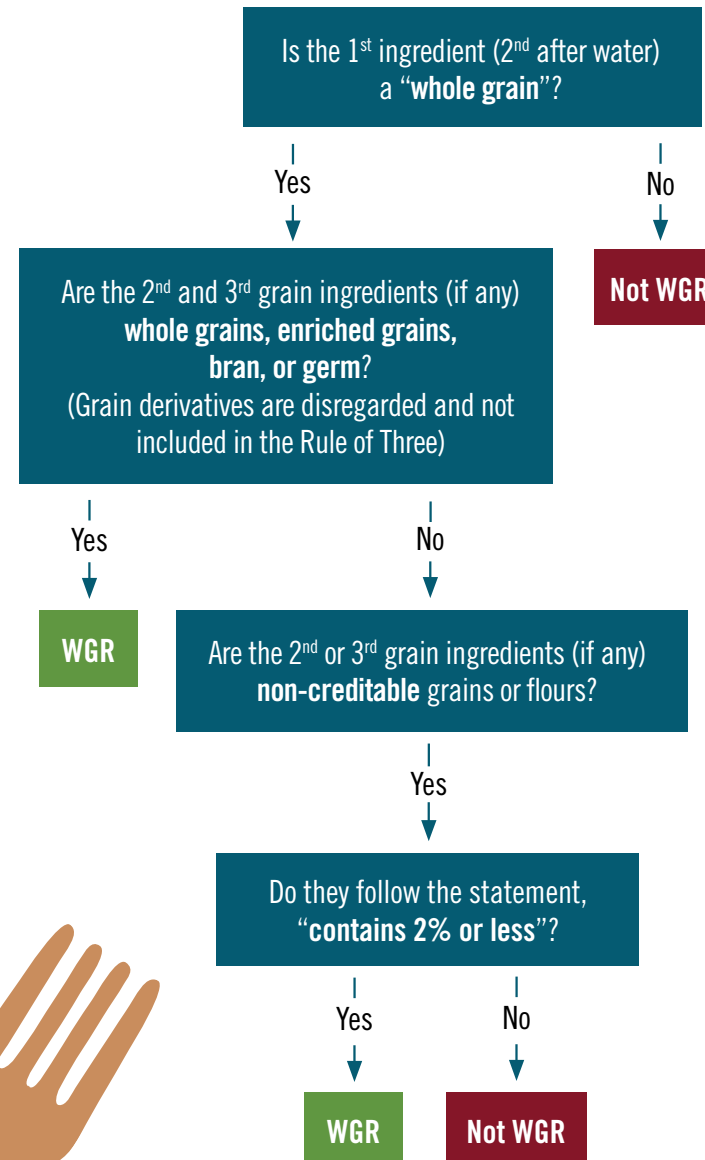
6. The food meets the **Rule of Three**:

- The first ingredient (or second after water) must be whole grain.
- The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.
- Non-creditable grains and flours cannot be one of the first three grain ingredients.

Disregarded ingredients

Any ingredients that are listed after the statement "contains 2% or less" are disregarded. Grain derivatives must be ignored and are not included in the Rule of Three.

Rule of Three



Whole Grains

Amaranth	Groats	Sprouted whole grains	Whole grain einkorn flour
Berries	Millet	Teff	Whole grain spelt
Brown rice	Oats/oatmeal: rolled oats, steel cut, quick-cooking, old fashioned, instant	Triticale	Whole grain wheat flakes
Buckwheat		Wild rice	Whole grain barley
Bulgur	Quinoa	Whole corn	Whole rye
Cracked wheat	Sorghum	Whole cornmeal	Whole durum wheat
Crushed wheat	Spelt	Whole grain corn	Whole wheat
Graham flour			

Enriched Grains

Enriched bromated flour	Enriched durum flour	Enriched rice	Enriched wheat flour
Enriched corn flour	Enriched durum wheat flour	Enriched rice flour	Enriched white flour
		Enriched rye flour	

Brans & Germs

Corn bran	Rye bran
Oat bran	Wheat bran
Rice bran	Wheat germ

Grain Derivatives

Corn starch	Potato starch	Wheat gluten
Corn dextrin	Rice starch	Wheat starch
Modified food starch	Tapioca starch	Wheat dextrin

Non-Creditable Grains & Flours

Any bean or nut flour	Cornmeal	Oat fiber	Wheat flour
Barley malt	Durum flour	Potato flour	White flour
Bromated flour	Degerminated corn meal	Rice flour	Yellow corn flour
Corn	Farina	Semolina	Yellow cornmeal
Corn fiber	Malted barley flour	Soy flour	
		Tapioca flour	

