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.

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

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

Cereals on any state's WIC list meet the CACFP sugar limit. Cereals are whole grain rich (WGR) if the first grain ingredient is a whole grain and the cereal is fortified.

Cold Cereal

General Mills
- Cheerios *(MultiGrain, Plain)**
- Chex *(Blueberry, Cinnamon, Corn, Rice, Vanilla, Wheat)**
- Kix *(Berry Berry, Honey, Regular)**
- Total*
- Wheaties*

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

Malt-O-Meal
- Crispy Rice
- Frosted MiniSpooners*

Sunbelt Bakery
- Simple Granola*

Post
- Bran Flakes *(Plain)**
- Grape Nuts *(Plain Flakes, Plain Original)**
- Great Grains Banana Nut*
- Honey Bunches of Oats *(Almond, Almond Crunch*, Cinnamon, Honey Crunch*, Honey Roasted, Pecan & Maple Brown Sugar, Vanilla*)*

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

Store brands of the following types:
- Bran Flakes, Corn Flakes *(Plain)*, Crisp or Crispy Rice *(Plain)*, Frosted Shredded Wheat *(Plain Frosting only)*, Tasteeo's or Toasted Oats *(Plain)*

Store brands
- Always Save
- Best Choice
- Centrella
- Clear Value
- Essential Everyday
- Food Club
- Great Value
- Hytop
- Hy-Vee
- IGA
- Kiggins
- Kroger
- Market Pantry
- Meijer
- Our Family
- Red & White
- Shoppers Value
- Shurfine
- That's Smart

*Whole grain rich (WGR)

Hot Cereal

Quaker *(in packets only)*
- Instant Original Grits *(All flavors)*
- Instant Original Oatmeal *(Plain)**

Malt-O-Meal
- Chocolate
- Original *(Plain)*
- Original Farina

Post
- CoCo Wheats

Cream of Wheat
- Cream of Rice *(Instant Gluten Free)*
- Instant Original Flavor
- Instant Whole Grain*
- One Minute
- Two and Half Minutes

Store Brands of Instant Oatmeal *(Regular Flavor, in packets only)*:
- Best Choice, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kroger, Meijer, Our Family, 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

Wisconsin Department of Public Instruction

Identifying Whole Grain Rich

To determine if a grain product is Whole Grain Rich (WGR), use this flowchart.
For cereal, see WI WIC Approved Cereals section of this guide.
At least one serving of grains per day must be WGR.

Bread, Bun, Roll, or Pasta

Other Grains such as crackers, bagels, waffles, English muffins, tortillas, biscuits, pancakes, breadsticks, etc.

Breads, buns, and rolls
Is product labeled "Whole Wheat," "Entire Wheat" or "Graham"?

Pasta (macaroni product, macaroni, spaghetti, or vermicelli)
Is product labeled "Whole Wheat"?

Yes → **WGR**

No → Is the product on the WIC list? (Found under GM 12)

Yes → **WGR**

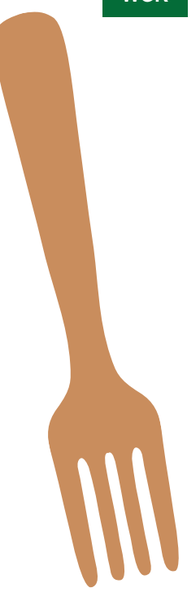
No → Does the product packaging list one of the following FDA health claims?

"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."

"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."

Yes → **WGR**

No → **Use the Rule of Three** (Refer to flow chart in middle section)



Rule of Three

Use the grains list at right when using this flowchart.

Is the 1st ingredient (or 2nd after water) a "**whole grain**"?

Yes → Are there 2nd or 3rd grain ingredients listed?

Yes → Are the 2nd and 3rd grain ingredients **whole grains, enriched grains, bran, or germ**? (Grain derivatives are not counted as grains and are ignored)

Yes → **WGR**

No → Are the 2nd or 3rd grain ingredients **non-creditable** grains?

Yes → Do they follow the statement, "**contains 2% or less**"?

Yes → **WGR**

No → Is there a **CN Label** or **PFS** crediting the item as WGR?

Yes → **WGR**

No → **NOT WGR**
This item may still credit as a grain if the first ingredient is an enriched grain.

No → **WGR**

No → **WGR**

Whole Grains & Flours

Amaranth	Groats	Rye flakes	Whole grain corn
Brown rice	Masa harina	Sorghum	Whole grain einkorn flour
Buckwheat	Millet	Spelt & wheat berries	Whole grain spelt
Bulgur	Nixtamalized corn flour	Sprouted whole grains	Whole grain wheat flakes
Corn masa	Nixtamalized cornmeal	Teff	Whole grain barley
Cracked wheat	Oats/oatmeal: rolled oats, steel cut, quick-cooking, old fashioned, instant	Triticale	Whole rye
Crushed wheat	Quinoa	Wild rice	Whole durum wheat
Flaked wheat (wheat flakes)		Whole corn	Whole wheat flour
Graham flour		Whole cornmeal	

Enriched Grains & Flours

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

In addition to the ingredients listed above:

- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.
- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

Brans & Germs

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

Grain Derivatives

Not counted as grains and are ignored

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

Non-Creditable Grains & Flours

Cannot be one of the first three grain ingredients

Any bean, legume, nut, or seed flour	Cornmeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Pearl(ed) barley	Wheat
Bromated flour	Durum flour	Potato flour	Wheat flour
Corn	Degerminated corn meal	Rice flour	White flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cornmeal