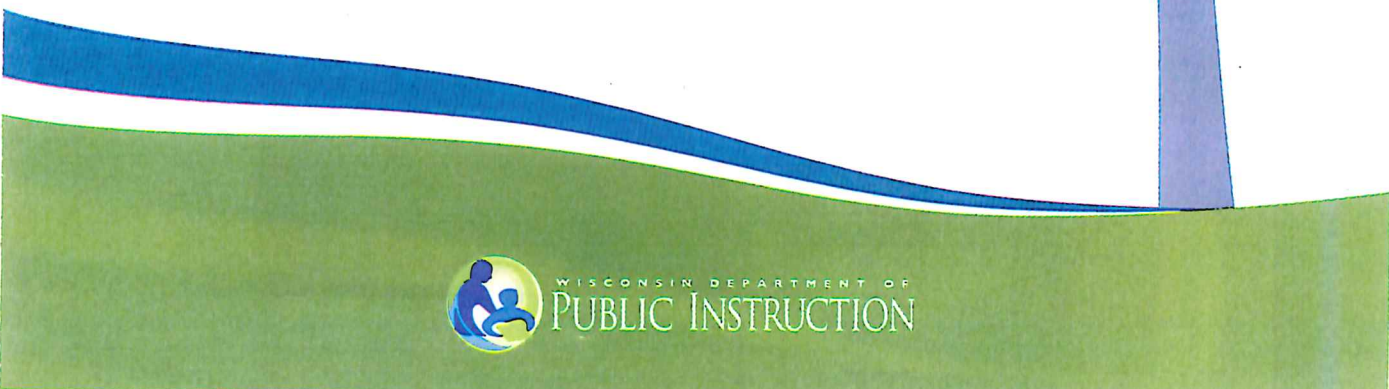




# Child and Adult Care Food Program (CACFP) REFERENCE GUIDE

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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



Yes

Is the product on the WIC list?  
(Found under GM 12)

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**

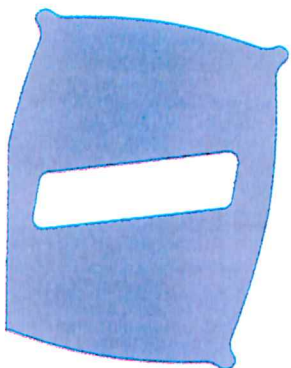
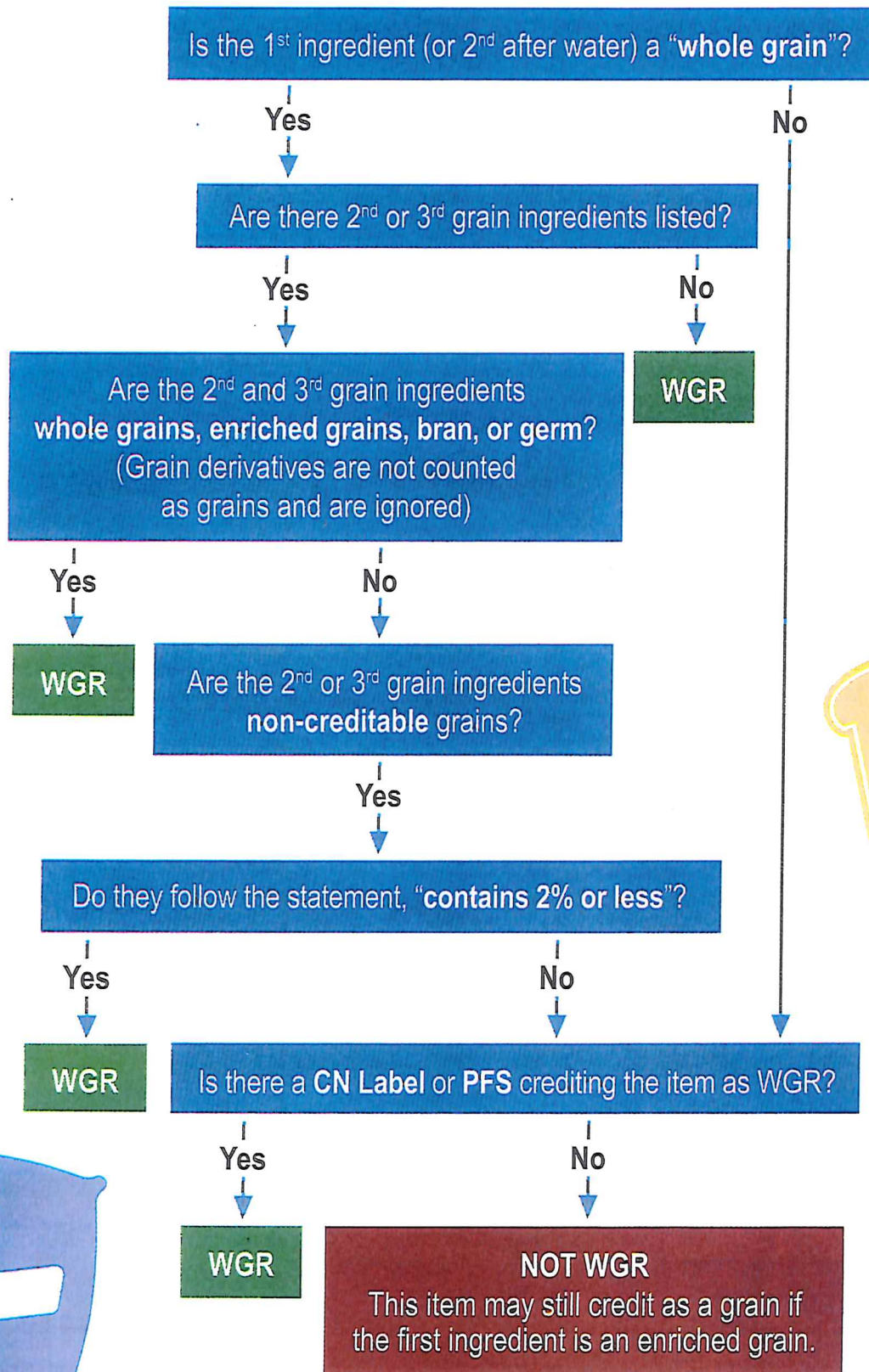
(Refer to flow chart in middle section)





## Rule of Three

Use the grains list at right when using this flowchart.



## 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	Triticale	Whole rye
Crushed wheat	oats, steel cut, quick-cooking, old fashioned, instant	Wild rice	Whole durum wheat
Flaked wheat (wheat flakes)	Quinoa	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



# 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.

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

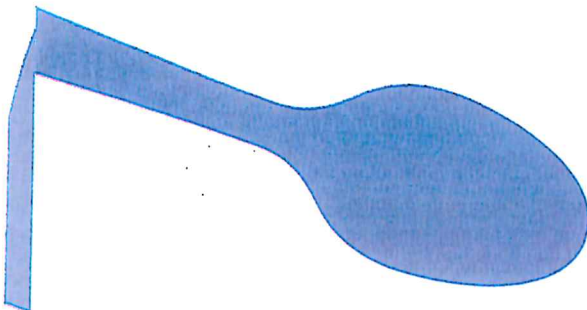
Serving size	Sugar limit
0-2 g	0 g
3-7 g	1 g
8-11 g	2 g
12-16 g	3 g
17-21 g	4 g
22-25 g	5 g
26-30 g	6 g
31-35 g	7 g
36-40 g	8 g
41-44 g	9 g
45-49 g	10 g
50-54 g	11 g
55-58 g	12 g
59-63 g	13 g
64-68 g	14 g
69-73 g	15 g
74-77 g	16 g
78-82 g	17 g
83-87 g	18 g
88-91 g	19 g
92-96 g	20 g
97-100 g	21 g

## Yogurt

No more than 23 grams of sugar per 6 ounces.

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

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*), Tasteo'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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