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

Plain

Plain

GF

GF

Almonds

Cinnamon

Honey Roasted
Not "Just Bunches"

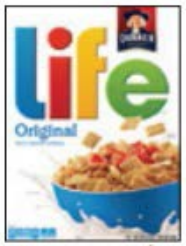
Vanilla

Honey Crunch

Plain

Plain

Plain



Plain

Brown Sugar

Cinnamon

Simple Granola

Almond Crunch

Plain

Plain

Plain

Big-Bite

Little-Bites

Plain
any store brand

Original

GF

Plain

Plain
any store brand

Bite size
plain frosting only
any store brand

Banana Nut

Plain

Plain

Plain
any store brand

Store brands:

Only the following:
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 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, Meijer, 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

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

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

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

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