

Food and Nutrition Service



Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Total Sugars			
If the serving size is:	Total sugars must not be more than:			
12-16 grams	3 grams			
26-30 grams	6 grams			
31-35 grams	7 grams			
45-49 grams	10 grams			
55-58 grams	12 grams			
59-63 grams	13 grams			
74-77 grams	16 grams			

In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.

If the cereal has that amount of sugar, or less,

If the cereal has that amount of sugar, or less the cereal meets the sugar limit.

Yummy Brand Cereal

Nutrition Facts 15 servings per container Serving size 34 cup (30g) **Amount per serving** Calories % Daily Value* Total Fat 0.5g 0% Saturated Fat 0g Trans Fat 0g Cholesterol 0mg 0% Sodium 140mg 6% **Total Carbohydrate 22g** 7% Dietary Fiber 3g 11% Total Sugars 5g Includes 4g Added Sugars 8% **Protein** 3g

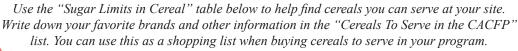
Test Yourself:

oes the cereal above meet the gar limit? Theck your answer on the next page) erving Size:			
Total Sugars:			
☐ Yes ☐ No			



^{*}Serving sizes here refer to those commonly found for breakfast cereals.

Try It Out!





Sugar Limits in Cereal

Serving Size	Total Sugars	Serving Size	Total Sugars	
If the serving size is:	Total sugars must not be more than:	If the serving size is:	Total sugars must not be more than:	
0-2 grams	0 grams	50-54 grams	11 grams	
3-7 grams	1 gram	55-58 grams	12 grams	
8-11 grams	2 grams	59-63 grams	13 grams	
12-16 grams	3 grams	64-68 grams	14 grams	
17-21 grams	4 grams	69-73 grams	15 grams	
22-25 grams	5 grams	74-77 grams	16 grams	
26-30 grams	6 grams	78-82 grams	17 grams	
31-35 grams	7 grams	83-87 grams	18 grams	
36-40 grams	8 grams	88-91 grams	19 grams	
41-44 grams	9 grams	92-96 grams	20 grams	
45-49 grams	10 grams	97-100 grams	21 grams	

Cereals To Serve in the CACFP*

Cereal Name	Serving Size	Total Sugars (g)
Nutty Oats	28 grams	5 grams
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*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of total sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: The cereal has 5 grams of total sugars per 30 grams. The maximum amount of total sugars allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.