

Breakfast Cereals (Ready-To-Eat, Instant, and Regular Hot Cereals)

A. Breakfast Cereals (Ready-To-Eat and Instant/Regular Hot)

1. Breakfast cereals as defined by FDA in 21 CFR 170.3(n)(4) for ready-to-eat, and instant and regular hot cereals
2. Must contain a minimum of 28 mg **iron** per 100 g dry cereal
3. Must contain \leq 21.2 g **sucrose and other sugars** per 100 g dry cereal (\leq 6 g per dry oz)
4. At least half of the cereals authorized on a State agency's food list must have whole grain as the primary ingredient by weight AND meet labeling requirements for making a health claim as a "whole grain food with moderate fat content":
 - a. Contain a minimum of 51% whole grains (using **dietary fiber** as the indicator);
 - b. Meet the regulatory definitions for "low saturated fat" at 21 CFR 101.62 (\leq 1 g **saturated fat** per RACC) and "low cholesterol" (\leq 20 mg **cholesterol** per RACC);
 - c. Bear quantitative trans fat labeling; and
 - d. Contain \leq 6.5 g **total fat** per RACC and \leq 0.5 g **trans fat** per RACC.
5. No aspartame or other non-nutritive sweeteners

B. Ready-To-Eat Breakfast Cold Cereals

1. Store brands only
2. 12 – 36 oz. sizes only
3. No individual serving size container

C. Instant and Regular Hot Cereals

1. Any brands are eligible
2. 11.8 oz. – 36 oz. sizes only
3. Individual serving size container is allowed