

Breakfast Cereal and Sugar Guide

Requirement: Starting October 1, 2017, breakfast cereals served in CACFP must contain no more than 6 grams of sugar per dry ounce.

Method #1: Use WIC Approved Breakfast Cereals List

Use any State Agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list for creditable breakfast cereals. Similar to CACFP, all WIC approved breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Method #2: Calculate the total sugars per ounce

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Find the Serving Size of the cereal.

Write the number of grams(g) here: 28 grams

Step 3: Find the amount for sugars. It is below the "Total Carbohydrate" line.

Write it here: 1 gram

Nutrition Facts

Serving Size 1 cup (28g)

Servings Per Container 12

Amount Per Serving

Calories 105 Calories from Fat 9

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 139mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 0g **0%**

Step 4: Divide the Sugars number by the Serving Size number.

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{1}{28} = \underline{0.036}$$

Step 5: If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable? Yes, this cereal is creditable because 0.036 is less than the threshold*, 0.212.

* Threshold Formula: $21.2 \div 100 = 0.212$

Breakfast Cereal—Is it Creditable?

Purpose: The purpose of this activity is to determine if each food item meets the breakfast cereal guidelines for the CACFP meal pattern.

Instructions: Review each label and then calculate the sugar per dry ounce to determine if this product meets the CACFP meal pattern requirements.

Multi-Color Rounds

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Find the Serving Size of the cereal.

Write the number of grams(g) here:

_____g.

Step 3: Find the amount for Sugars.

Write it here: _____

Step 4: Divide the Sugars number by the Serving Size number.

$$\frac{\text{_____ (Sugars)}}{\text{_____ (Serving Size)}} = \underline{\hspace{2cm}}$$

Step 5: If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable? _____

Nutrition Facts

Serving Size 1 cup (32g)

Servings Per Container 9

Amount Per Serving

Calories 130

Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Potassium 50mg **1%**

Sodium 160mg **7%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 1g **2%**