

# Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

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. This is equal to 21.2 grams of sugar per 100 grams of cereal.

Here are **three ways** to tell if a cereal meets the sugar limit.

**Option 1:** Cereals on any State agency's Women, Infants, and Children (WIC)-approved cereal list meet the CACFP sugar limit.

**Option 2\*:** Use USDA's chart that shows **common serving sizes** of cereals and the **maximum amount of sugars** they can contain. Find the chart in "Choose Breakfast Cereals That Are Lower in Sugar" at <https://www.fns.usda.gov/cacfp-training-tools>.

**Option 3:** Use the information on the cereal's Nutrition Facts label, and follow the steps below:



## Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
<b>Serving size ¾ cup (30g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

1

Find the **Serving Size**, in grams (g), of the cereal.

Write the number of grams (g) here: \_\_\_\_\_

If the serving size is "one container," check the front of the package to find out how many grams are in the container.

2

Find the **Total Sugars** on the Nutrition Facts label. Write the number of grams (g) of total sugars here: \_\_\_\_\_

3

Divide the grams of **Total Sugars** by the **Serving Size (in grams)**.

\_\_\_\_\_ grams Total Sugars ÷ \_\_\_\_\_ grams Serving Size = \_\_\_\_\_

4

If the answer in Step 3 is **.212 or less**, then this cereal meets the sugar limit for breakfast cereals in the CACFP.

*\*Due to rounding, you may get a slightly different result when using the chart in Option 2 and doing the full calculation in Option 3. If either of these methods indicates that the cereal is within the sugar limit, then the cereal may credit towards a reimbursable meal.*

## Test Yourself:

Does the cereal above meet the sugar limit?

(Check your answer below)

Serving Size: \_\_\_\_\_

Total Sugars: \_\_\_\_\_

☐ Yes ☐ No

*Answer Key: Yes, this cereal meets the sugar limit. There are 5 grams of total sugars in 30 grams of cereal. 5 ÷ 30 = .17, which is less than .212.*