

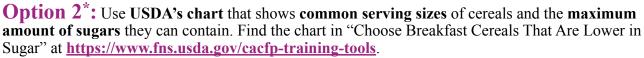
Food and Nutrition Service

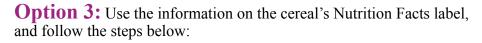
Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

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.





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.

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

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

__ grams Total Sugars 🕹 ___ grams Serving Size 🔙 ___

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

Yummy Brand Cereal

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

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. $5 \div 30 = .17$, which is less than .212.

^{*}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.