

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 amount for *Sugars*.

Write it here: _____

Step 3: Find the *Serving Size* of the cereal.

Write the number of grams(g) here:
_____ (g).

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

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%**



Champion Flakes

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

Step 2: Find the amount for *Total Sugars*.

Write it here: _____ (g).

Step 3: Find the *Serving Size* of the cereal.

Write the number of grams (g) here:
_____ (g).

Step 4: Divide the *Total 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

1 servings per container

Serving size As Packaged (33g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 27g 10%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g 4%

Effective July 2018, the new Nutrition Facts Label will include *Total Sugars* and *Added Sugars*. You must use the *Total Sugars* amount in the sugar calculation.

