

# Cereals That Meet CACFP Requirements

The cereals below contain no more than 6 grams of sugar per dry ounce, but may **not** be whole grain-rich. *Cereals are subject to change.*

For cereals not pictured below, complete the Sugar Calculation on page 2 to determine if the cereal meets sugar limits.



Plain ✨ GF



Multigrain ✨ GF



GF



GF



✨



Almond



Cinnamon



Honey Roasted



Vanilla ✨

**Key:**

✨ Whole grain-rich

GF Gluten Free



Simple Granola ✨



Plain ✨



Honey ✨



Plain ✨



Plain ✨



Plain ✨



Brown Sugar ✨



Cinnamon ✨



Honey Crunch ✨



Almond Crunch ✨



Plain



Touch of Fruit Raspberry ✨



Original ✨



Unfrosted ✨



Little-Bites ✨



Banana Nut ✨



Plain



Plain



Plain



✨ \*



Plain ✨



Plain ✨



Plain ✨



GF

## Store Brands of the following types of cereals:

- Corn Flakes (Plain)
- Crisp or Crispy Rice (Plain)
- Tasteeo's or Toasted Oats (Plain)
- Frosted Shredded Wheat (Plain frosting only)

### Allowed Store Brands:

- |                    |               |
|--------------------|---------------|
| Best Choice        | Giggins       |
| Centrella          | Kroger        |
| Clear Value        | Market Pantry |
| Essential Everyday | Mejer         |
| Food Club          | Our Family    |
| Great Value        | Roundy's      |
| Hytov              | Schnucks      |
| Hy-Vee             | Shurfine      |
| IGA                | ValuTime      |

## HOT CEREALS

- Any size, except individual cups



Plain: ✨  
in packets only



Original & all flavors:  
in packets only



Plain



Chocolate



1 minute



2.5 minutes



10 minutes



Instant



Whole Grain ✨



GF



Plain: ✨  
in packets only

## Store brands:

Only the following:  
Essential Everyday,  
Food Club, Great Value,  
Hytov, Hy-Vee, IGA,  
Kroger, Mejer,  
Our Family, Roundy's,  
Schnucks, Shurfine

# Determining Sugar in Cereal

Breakfast cereals, including ready-to-eat and instant or regular hot cereal, must contain no more than 6 grams of sugar per dry ounce. If the cereal is not on the list on the other side you can either use the “Sugar Limits in Cereal” table below or complete a calculation to determine if the cereal is within the sugar limits. Cereals that meet the sugar limit may **not** be whole grain-rich.

**Sugar Limits in Cereal Table**

- 1** Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2** Find the **Sugars** line on the Nutrition Facts Label. Find number of grams (g) next to Sugars.
- 3** Use the serving size identified in Step 1 to find the serving size of your cereal in the table.
- 4** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

For a step-by-step example of how to use the table, go to USDA Choose Breakfast Cereals That are Lower in Added Sugars: <https://fns-prod.azureedge.net/sites/default/files/tn/FNSCACFPCereal12.pdf>

## Sugar Limits Calculation

- Step 1:** Find the *Nutrition Facts Label* on the package.
- Step 2:** Write down the number of grams of *Sugars*.
- Step 3:** Find the *Serving Size*, and write down the number of grams
- Step 4:** Divide the grams of *Sugars* by the *Serving Size* number (in grams).
- Step 5:** If the answer is **0.212 or less**, the cereal is **below** the sugar limit and is **creditable**.

### Example:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 6 g
3. Serving Size = 25 g
4. Divide Sugars/Serving Size

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{6}{25} = 0.24$$

5.  $0.24 > 0.212$

This cereal is **NOT** creditable

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings Per Container 13	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	240mg 10%
Total Carbohydrate	22g 7%
Dietary Fiber	0g 0%
Sugars	6g
Protein	2g