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.

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
- Centrella
- Clear Value
- Essential Everyday
- Food Club
- Great Value
- Hytop
- Hy-Vee
- IGA
- Kroger
- Kroger’s
- Meijer
- Our Family
- Raley’s
- Schnucks
- Shurfine

HOT CEREALS
- Any size, except individual cups
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 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.

Sugar Limits in Cereal Table

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

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](https://fns-prod.azureedge.net/sites/default/files/tn/FNSCACFPcereal12.pdf)

Example:

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

\[
\text{Sugars} = \frac{6}{25} = 0.24
\]

5. 0.24 < 0.212
   This cereal is NOT creditable