

## Sugar Limits

### Cereal

No more than 6 grams of sugar per dry ounce (dry ounce = 28.35 grams). Cereals must be whole grain, enriched, or fortified.

$$\frac{\text{Sugars (g)}}{\text{Serving size (g)}} \leq 0.212$$

Serving size	Sugar limit
0-2 g	0 g
3-7 g	1 g
8-11 g	2 g
12-16 g	3 g
17-21 g	4 g
22-25 g	5 g
26-30 g	6 g
31-35 g	7 g
36-40 g	8 g
41-44 g	9 g
45-49 g	10 g
50-54 g	11 g
55-58 g	12 g
59-63 g	13 g
64-68 g	14 g
69-73 g	15 g
74-77 g	16 g
78-82 g	17 g
83-87 g	18 g
88-91 g	19 g
92-96 g	20 g
97-100 g	21 g

### Yogurt

No more than 23 grams of sugar per 6 ounces.

$$\frac{\text{Sugars (g)}}{\text{Serving size (g)}} \leq 0.135 \quad \frac{\text{Sugars (g)}}{\text{Serving size (oz)}} \leq 3.83$$

Serving size		Sugar limit
28 g	1 oz	4 g
35 g	1.25 oz	5 g
43 g	1.5 oz	6 g
50 g	1.75 oz	7 g
57 g	2 oz	8 g
64 g	2.25 oz	9 g
71 g	2.5 oz	10 g
78 g	2.75 oz	11 g
85 g	3 oz	11 g
92 g	3.25 oz	12 g
99 g	3.5 oz	13 g
106 g	3.75 oz	14 g
113 g	4 oz	15 g
120 g	4.25 oz	16 g
128 g	4.5 oz	17 g
135 g	4.75 oz	18 g
142 g	5 oz	19 g
149 g	5.25 oz	20 g
150 g	5.3 oz	20 g
156 g	5.5 oz	21 g
163 g	5.75 oz	22 g
170 g	6 oz	23 g
177 g	6.25 oz	24 g
184 g	6.5 oz	25 g
191 g	6.75 oz	26 g
198 g	7 oz	27 g
206 g	7.25 oz	28 g
213 g	7.5 oz	29 g
220 g	7.75 oz	30 g
227 g	8 oz	31 g

## WI WIC Approved Cereals

Cereals on any state's WIC list meet the CACFP sugar limit. Cereals are whole grain rich (WGR) if the first grain ingredient is a whole grain, and the cereal is fortified.

### Cold Cereal

#### General Mills

**Cheerios** (Plain\*, Multi Grain\*, Multi Grain with Strawberries\*)  
**Chex** (Blueberry, Cinnamon, Corn, Rice, Wheat\*)  
**Kix** (Berry Berry\*, Honey\*, Plain\*)  
**Total\***  
**Wheaties** (Plain\*)

#### Kellogg's

**Corn Flakes** (Plain)  
**Crispix** (Plain)  
**Frosted Mini Wheats** (Little-Bites\*, Original\*, Filled Mixed Berry\*)

**Rice Krispies** (Plain)  
**Special K** (Plain)

#### Malt-O-Meal

**Crispy Rice**  
**Frosted Mini Spooners\***

#### Post

**Grape Nuts** (Flakes\*, Plain\*)  
**Great Grains** (Banana Nut\*, Crunchy Pecan\*)

**Honey Bunches of Oats** (Almond, Cinnamon, Honey Roasted, Vanilla, Pecan & Maple Brown Sugar)

#### Quaker

**Life** (Original\*)  
**Oatmeal Squares** (Brown Sugar\*, Cinnamon\*)

**Store Brands:** Bran Flakes Plain\*, Corn Flakes Plain, Crisp or Crispy Rice Plain, Frosted Shredded Wheat (original & bite size) Plain frosting only\*, Tasteo's or Toasted Oats Plain\*

**Only the following:** Always Save, Best Choice, Essential Everyday, Food Club, Great Value, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Shoppers Value, That's Smart

\*Whole grain rich (WGR)

### Hot Cereal

#### Quaker (in packets only)

**Instant Grits Original**  
 (Original and All Flavors)  
**Instant Oatmeal Original** (Plain)\*

#### Malt-O-Meal

**Chocolate Original** (Plain)  
**Farina Original**  
**CoCo Wheats**

#### Cream of Wheat

**Instant Original**  
**Instant Whole Grain\***  
**1 Minute** (Original)  
**2 ½ Half Minutes** (Original)

#### Cream of Rice

**Instant** (Gluten Free)

#### Store Brands Instant

**Oatmeal Regular Flavor** (Plain, in packets only)\*  
 Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kroger, Meijer, Our Family

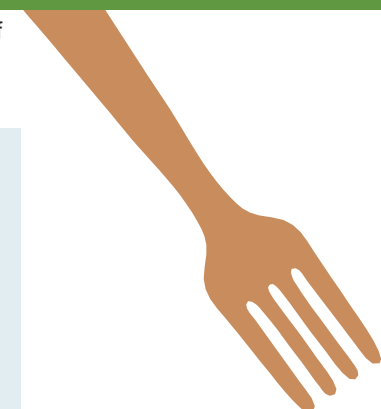
\*Whole grain rich (WGR)

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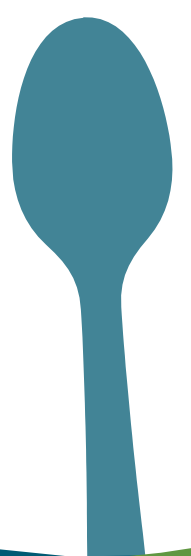
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# Child and Adult Care Food Program (CACFP) REFERENCE GUIDE

## Identifying Whole Grain Rich Foods Cereal & Yogurt Sugar Limits WI WIC Approved Cereals

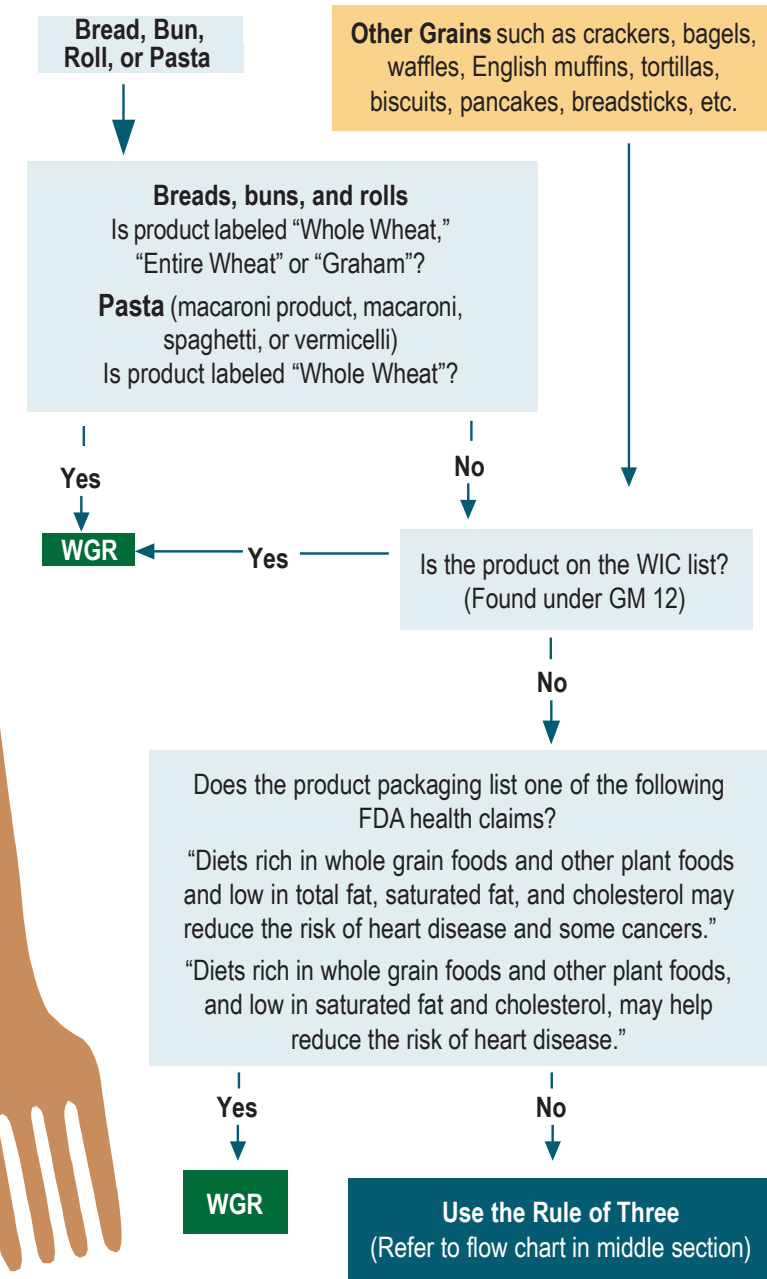


# Identifying Whole Grain Rich

To determine if a grain product is Whole Grain Rich (WGR), use this flowchart.

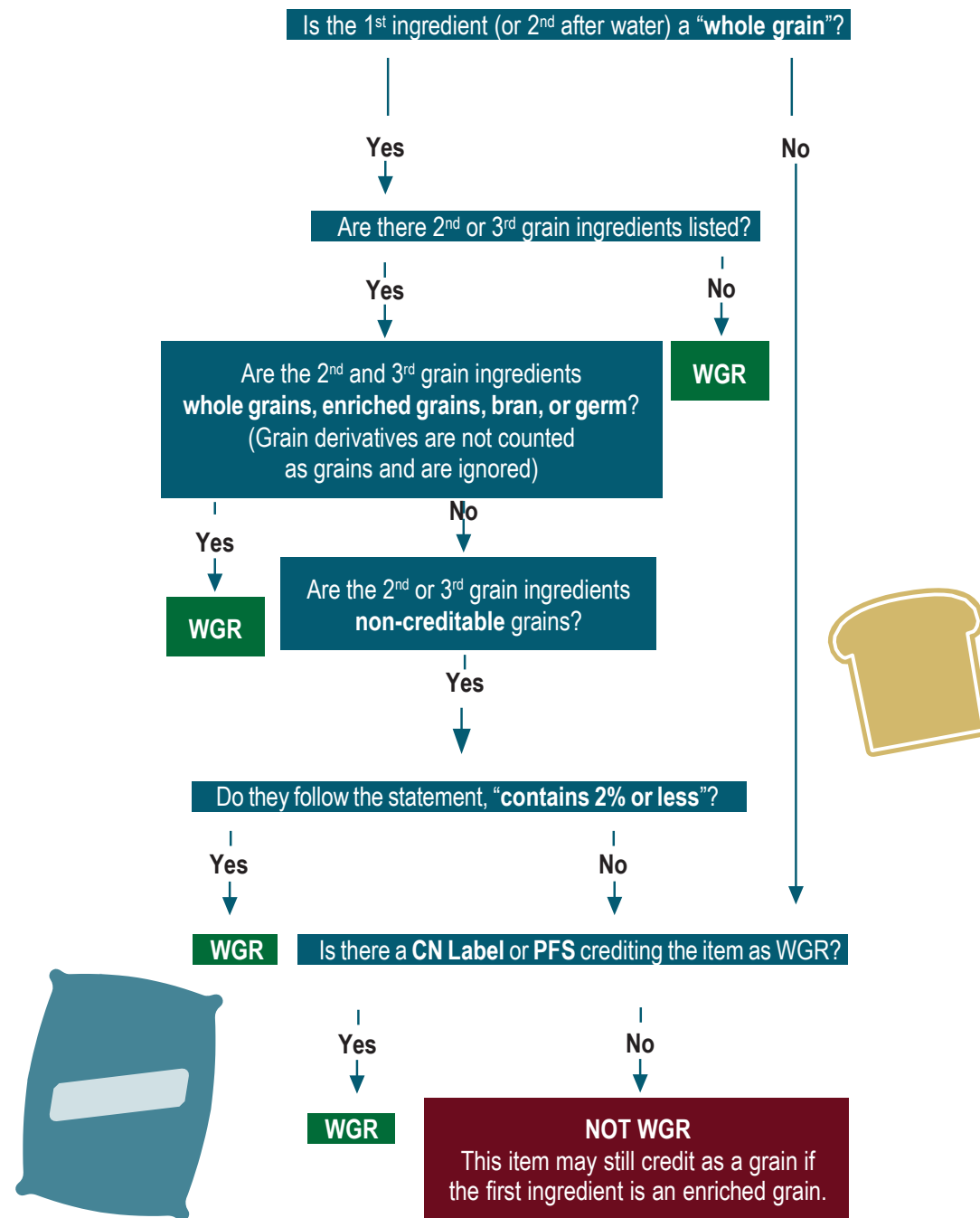
For cereal, see WI WIC Approved Cereals section of this guide.

At least one serving of grains per day must be WGR.



## Rule of Three

Use the grains list at right when using this flowchart.



## Whole Grains & Flours

Amaranth	Groats	Rye flakes	Whole grain corn
Brown rice	Masa harina	Sorghum	Whole grain einkorn flour
Buckwheat	Millet	Spelt & wheat berries	Whole grain spelt
Bulgur	Nixtamalized corn flour	Sprouted whole grains	Whole grain wheat flakes
Corn masa	Nixtamalized cornmeal	Teff	Whole grain wheat
Cracked wheat	Oats/oatmeal: rolled	Triticale	Whole grain barley
Crushed wheat	oats, steel cut, quick-cooking, old fashioned, instant	Wild rice	Whole rye
Flaked wheat (wheat flakes)	Quinoa	Whole corn	Whole durum wheat
Graham flour		Whole cornmeal	Whole wheat flour

## Enriched Grains & Flours

Enriched bromated flour	Enriched rice
Enriched corn flour	Enriched rice flour
Enriched durum flour	Enriched rye flour
Enriched durum wheat flour	Enriched wheat flour
Enriched farina	Enriched white flour

In addition to the ingredients listed above:

- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.
- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

## Brans & Germs

Corn bran	Rye bran
Oat bran	Wheat bran
Rice bran	Wheat germ

## Grain Derivatives

Not counted as grains and are ignored

Cellulose fiber	Rice starch
Corn starch	Tapioca starch
Corn dextrin	Wheat gluten
Modified food starch	Wheat starch
Potato starch	Wheat dextrin

## Non-Creditable Grains & Flours

Cannot be one of the first three grain ingredients

Any bean, legume, nut, or seed flour	Cornmeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Pearl(ed) barley	Wheat
Bromated flour	Durum flour	Potato flour	Wheat flour
Corn	Degerminated corn meal	Rice flour	White flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cornmeal