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

**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.

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**Example #1:**
1. Use the *Nutrition Facts Label* on package
2. Sugars = 1 g
3. Serving Size = 28 g
4. Divide Sugars/Serving Size

\[
\text{Sugars} = \frac{1}{28} = 0.036
\]

5. \(0.036 < 0.212\)

This cereal is creditable.

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**Example #2:**
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.