

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.



Plain ✨



✨



Plain ✨



GF ✨



GF ✨



Almonds ✨



Cinnamon ✨



Honey Roasted ✨



Vanilla ✨



Honey Crunch ✨



✨



Plain ✨



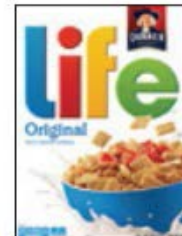
✨



Plain ✨



Plain ✨



Plain ✨



Brown Sugar ✨



Cinnamon ✨



Simple Granola ✨



Almond Crunch ✨



Plain ✨



Plain ✨



Plain ✨



Big-Bite ✨



Little-Bites ✨



Plain ✨



Original ✨



GF ✨



Plain ✨



✨



Plain ✨



Bite size ✨



Banana Nut ✨



Plain ✨



Plain ✨



✨



Plain ✨

Store brands:

Only the following:
Best Choice, Centrella,
Clear Value, Essential
Everyday, Food Club,
Great Value, Hytop,
Hy-Vee, IGA, Kiggins,
Kroger, Market Pantry,
Meijer, Our Family,
Roundy's, Schnucks,
Shurfine, ValuTime

HOT CEREALS

- Any size, except individual cups



Plain: ✨



Original & all flavors ✨



Plain ✨



Chocolate ✨



1 minute ✨



2.5 minutes ✨



10 minutes ✨



Instant ✨



Whole Grain ✨



✨



✨



Plain: ✨



in packets only ✨

Store brands:

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

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**

Example #1:

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

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{1}{28} = 0.036$$

5. $0.036 < 0.212$

This cereal is creditable

Nutrition Facts		
Serving Size 1 cup (28g)		
Servings Per Container 12		
Amount Per Serving		
Calories	105	Calories from Fat 9
% Daily Values*		
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Sodium	139mg	6%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	0g	0%
*Percent Daily Values are based on a 2,000 calorie diet.		

Example #2:

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	