

# 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**

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 105	Calories from Fat 9
% Daily Values*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 139mg	<b>6%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
<b>Sugars</b> 1g	
<b>Protein</b> 0g	<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Example #1:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 1 g
3. Serving Size = 28 g
4. Divide Sugars/Serving Size
5.  $0.036 < 0.212$

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

This cereal is creditable

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

## Example #2:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 6 g
3. Serving Size = 25 g
4. Divide Sugars/Serving Size
5.  $0.24 > 0.212$

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

This cereal is **NOT** creditable