

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. 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	
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 #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	
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	

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