



## Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

**1** Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

**2** Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

| Serving Size*           | Added Sugars                        |
|-------------------------|-------------------------------------|
| If the serving size is: | Added sugars must not be more than: |
| 12–16 grams             | 3 grams                             |
| 26–30 grams             | 6 grams                             |
| 31–35 grams             | 7 grams                             |
| 45–49 grams             | 10 grams                            |
| 55–58 grams             | 12 grams                            |
| 59–63 grams             | 13 grams                            |
| 74–77 grams             | 16 grams                            |

**4** In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column.  
**If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.**

\*Serving sizes here refer to those commonly found for breakfast cereals.

### Yummy Brand Cereal

#### Nutrition Facts

15 servings per container

**Serving size  $\frac{3}{4}$  cup (30g)**

Amount per serving

**Calories 100**

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

**Includes 4g Added Sugars 8%**

**Protein** 3g

#### Test Yourself:

Does the cereal above meet the added sugars limit?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

☐ Yes ☐ No



# Try It Out!

Use the “Added Sugars Limit in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.



## Added Sugars Limit in Cereal

| Serving Size            | Added Sugars                        | Serving Size            | Added Sugars                        |
|-------------------------|-------------------------------------|-------------------------|-------------------------------------|
| If the serving size is: | Added sugars must not be more than: | If the serving size is: | Added sugars must not be more than: |
| 0–2 grams               | 0 grams                             | 50–54 grams             | 11 grams                            |
| 3–7 grams               | 1 gram                              | 55–58 grams             | 12 grams                            |
| 8–11 grams              | 2 grams                             | 59–63 grams             | 13 grams                            |
| 12–16 grams             | 3 grams                             | 64–68 grams             | 14 grams                            |
| 17–21 grams             | 4 grams                             | 69–73 grams             | 15 grams                            |
| 22–25 grams             | 5 grams                             | 74–77 grams             | 16 grams                            |
| 26–30 grams             | 6 grams                             | 78–82 grams             | 17 grams                            |
| 31–35 grams             | 7 grams                             | 83–87 grams             | 18 grams                            |
| 36–40 grams             | 8 grams                             | 88–91 grams             | 19 grams                            |
| 41–44 grams             | 9 grams                             | 92–96 grams             | 20 grams                            |
| 45–49 grams             | 10 grams                            | 97–100 grams            | 21 grams                            |

## Cereals To Serve in the CACFP\*

| Cereal Brand         | Cereal Name | Serving Size | Added Sugars (g) |
|----------------------|-------------|--------------|------------------|
| Healthy Food Company | Nutty Oats  | 28 grams     | 5 grams          |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |
|                      |             |              |                  |

\*The amount of added sugars in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

**Answer to “Test Yourself” activity on page 1:** The cereal has 4 grams of added sugars per 30 grams. The maximum amount of added sugars allowed for 30 grams of cereal is 6 grams. 4 is less than 6, so this cereal meets the added sugars limit.