

# 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



Plain



GF



GF



Almonds



Cinnamon



Honey Roasted Not "Just Bunches"



Vanilla



Honey Crunch



Plain



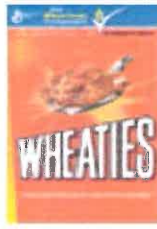
Plain



Plain



Plain



Plain



Plain



Brown Sugar



Cinnamon



Simple Granola



Almond Crunch



Plain



Plain



Plain



Big-Bite



Little-Bites



Plain any store brand



Original



GF



Plain



GF



Plain any store brand



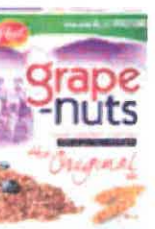
Bite size plain frosting only any store brand



Banana Nut



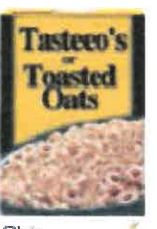
Plain



Plain



GF



Plain any store brand

## HOT CEREALS

- Any size, except individual cups

Plain: In packets only

Original & all flavors: In packets only

Plain

Chocolate

QUAKER OATS QUICK & MINUTE

1 minute

2.5 minutes

10 minutes

Instant

Whole Grain

GF

Farina

CO CO WHEATS

Instant Oatmeal Regular Flavor

**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

**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	