

IDENTIFYING ADDED SUGAR LIMITS IN CEREALS



Here are three ways to determine if a breakfast cereal is within the CACFP added sugar limit. If a breakfast cereal meets the added sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the added sugar limit.



1 WIC

Women · Infants · Children

Use any State agency's Special Supplemental Nutrition Program for Women, Infants and Children (WIC) approved breakfast cereal list.

Product Example: "Tasty Flakes"



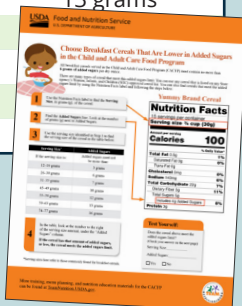
2

Use USDA Team Nutrition's training worksheet "Choose Breakfast Cereals That Are Lower in Added Sugars."

The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of added sugars the breakfast cereal may contain per serving.

ALLOWABLE ADDED SUGAR LIMITS

SERVING SIZE	ADDED SUGARS
if the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams ✓
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	
69-73 grams	
74-77 grams	
78-82 grams	



Download at cacfp.org/meal-patterns

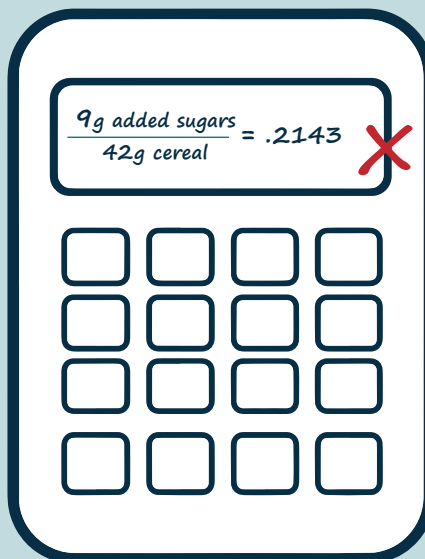
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Use the Nutrition Facts label on the cereal packaging to calculate the added sugar content per dry ounce.

1) Find the Serving Size in grams at the top of the label and the Added Sugars, listed under Total Sugars.

2) Divide the Added Sugars in grams by the Serving Size in grams.

If the answer is less than or equal to 0.212, then the cereal is within the required added sugar limit and may be creditable in the CACFP.



"Tasty Flakes" Nutrition Facts

About 9 servings per container

Serving size 1 cup (42g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 35g 13%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 9g Added Sugars 18%

Protein 3g 9%

Vitamin D 2.1mcg 10%

Calcium 10mg 0%

Iron 11.7mg 60%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Example: "Tasty Flakes" passes at least one of the three methods. Therefore, this product meets the added sugar limit.

Disclosure: 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. All cereals must be whole grain-rich, enriched or fortified.



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