

DEPARTMENT OF EDUCATION

Breakfast Cereal and Sugar Guide

Requirement: Starting July 1, 2017, breakfast cereals served in CACFP must contain no more than 6 grams of sugar per dry ounce.

Method #1: Use WIC Approved Breakfast Cereals List

Use any State Agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list for creditable breakfast cereals. Similar to CACFP, all WIC approved breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Website: http://bit.ly/2kYvsy8

Method #2: Calculate the total sugars per ounce

Complete the following calculation to determine if the breakfast cereal is within the threshold of 0.212* or less.

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Find the Serving Size of the cereal.

Write the number of grams (g) here: 28 grams

Step 3: Find the amount for sugars. It is below the "Total Carbohydrate" line.

Write it here: 1 gram

Step 4: Divide the Sugars number by the Serving Size number.

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

Step 5: If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable? Yes, this cereal is creditable, since 0.036 is less than 0.21.

* Threshold Formula: 21.2 ÷ 100 = 0.212

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

Breakfast Cereal-Is it Creditable?

Instructions: Review each label and then calculate the sugar per dry ounce to determine if this product meets the CACFP meal pattern requirements.

Purpose: The purpose of this activity is to determine if each food item meets the breakfast cereal guidelines for the CACFP meal pattern.

Nutrition Facts Label on the package. Nutrition Facts Serving Size 1 cup (32g) Servings Per Container 9
Serving Size of the cereal.
Calories 130 Calories from Fat
nber of grams (g) here: <u>(g).</u> %Daily Va
Total Fat 1.5g
Saturated Fat 0g
Trans Fat 0g
amount for Sugars. Cholesterol Omg Potassium 50mg
Sodium 160mg
(g). Total Carbohydrate 27g
Dietary Fiber 1g
Sugars 10g
Protein 1g
ne Sugars number by the Serving Size number. Percent Daily Values are based on a 2,000 calorie diet. Your D Values may be higher or lower depending on your calorie need Calories 2,000 2,500 Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg
g Size) Cholesterol Less than 300mg 300mg Sodium Less than 2400mg 2400mg
mber is 0.21 or less, the cereal is below the sugar limit.

Breakfast Cereal-Is it Creditable?

Honey Frosty O s				
Step 1: Find the Nutrition Facts Label on the package.	Nutriti Serving Size 3/4 cup Servings Per Contain	(28g)	Fa	cts
Ston 2: Find the Corning Size of the cornel	Amount Per Serving			
Step 2: Find the Serving Size of the cereal.	Calories 110	С	alories fro	m Fat 15
			% E	Daily Value*
Write the number of grams (g) here:(g).	Total Fat 1.5g			2%
	Saturated Fat 0g Trans Fat 0g			0%
	Cholesterol 0mg			0%
Cton 2. Find the amount for Curary	Potassium 50mg			1%
Step 3: Find the amount for Sugars.	Sodium 160mg			7%
	Total Carbohydrate	22g		7%
Write it here: <u>(g)</u> .	Dietary Fiber 2g			8%
	Sugars 9g			
	Protein 2g			4%
Step 4: Divide the Sugars number by the Serving Size	*Percent Daily Values are ba Values may be higher or low Calo	ver depending	g on your calo	
	Total Fat Less	than 65g	9 80)g
number.		s than 20g s than 300		00mg
,				00mg
(Sugars)	Total Carbohydrate Dietary Fiber	300 25g		75g Ng
Step 5: If the number is 0.21 or less, the cereal is below the suls it creditable?	gar limit.			
is it dieditable:				
Rice Puffs				
Step 1: Find the Nutrition Facts Label on the package.	Nutri Serving Size 3/4 Servings Per Con	cup (30g)	n F	acts
Step 2: Find the Serving Size of the cereal.	Amount Per Serving			
Step 2. Tilla the Serving Size of the Cereal.	Calories 120			
Multa the annual on of suggest (a) because (b)				% Daily Value
Write the number of grams (g) here:(g).	Total Fat 0g			0%
	Saturated Fat	0g		0%
	Trans Fat 0g			
Ctan 2. Find the amount for Curary	Cholesterol 0mg			0%
Step 3: Find the amount for Sugars.	Potassium 20mg Sodium 110mg)		1% 5%
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		ata 27a		9%
Write it here: <u>(g)</u> .	Total Carbohydrate 27g 9% Dietary Fiber 0g 0%			
	Sugars 12g	-9		
	Protein 1g			2%
Step 4: Divide the Sugars number by the Serving Size number.	*Percent Daily Values a Values may be higher	or lower depe	ending on you	ur calorie needs.
(Sugars)	Total Fat Sat Fat	Calories Less than Less than	2,000 65g 20g	2,500 80g 25g
${(Serving Size)} = {}$	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
(Serving Size)	Total Carbohydrate	Loss than	300g	375g
	Dietary Fiber		25g	30g
Step 5: If the number is 0.21 or less, the cereal is below the su				
•	ıgar limit.			
Is it creditable?	gar limit.			

Breakfast Cereal–Is it Creditable?

Flakes

1 lakes				
Step 1: Find the Nutrition Facts Label on the package.				
	Nutrition Fa	acts		
Step 2: Find the Serving Size of the cereal.	1 servings per container Serving size As Packaged (33g)			
Write the number of grams (g) here:(g).	Amount Per Serving Calories	120		
		% Daily Value*		
Step 3: Find the amount for Sugars.	Total Fat 1g Saturated Fat 0g Trans Fat 0g	1% 0%		
	Polyunsaturated Fat 0.5g			
Write it here: (g).	Cholesterol 0mg	0%		
	Sodium 270mg	12%		
	Total Carbohydrate 27g Dietary Fiber 1g	10% 4%		
	Total Sugars 3g	4 70		
Step 4: Divide the Sugars number by the Serving Size number.	Includes 0g Added Sugars	0%		
	Protein 2g	4%		
(Sugars)	Vitamin D 0mcg	0%		
<u> </u>	Calcium 0mg	0%		
(Serving Size)	Iron Omg	0%		
(bet ving bize)	Potassium 3760mg	80%		
	*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.			
Step 5: If the number is 0.21 or less, the cereal is below the	day is used for general nutrition advice.			
•				
sugar limit.				
Is it creditable?				