

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.

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

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.

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
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%

* Threshold Formula: $21.2 \div 100 = 0.212$

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.

Multi-Color Rounds

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: _____ (g).

Step 3: Find the amount for Sugars.

Write it here: _____ (g).

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

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Step 5: If the number is 0.21 or less, the cereal is below the sugar limit.

Is it creditable? _____

Nutrition Facts			
Serving Size 1 cup (32g) Servings Per Container 9			
Amount Per Serving			
Calories	130	Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	50mg		1%
Sodium	160mg		7%
Total Carbohydrate	27g		9%
Dietary Fiber	1g		4%
Sugars	10g		
Protein	1g		2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Breakfast Cereal—Is it Creditable?

Honey Frosty O's

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

Nutrition Facts			
Serving Size 3/4 cup (28g)			
Servings Per Container 12			
Amount Per Serving			
Calories 110	Calories from Fat 15		
			% Daily Value*
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Potassium 50mg			1%
Sodium 160mg			7%
Total Carbohydrate 22g			7%
Dietary Fiber 2g			8%
Sugars 9g			
Protein 2g			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Step 2: Find the Serving Size of the cereal.

Write the number of grams (g) here: _____ (g).

Step 3: Find the amount for Sugars.

Write it here: _____ (g).

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

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Step 5: If the number is 0.21 or less, the cereal is below the sugar limit.

Is it creditable? _____

Rice Puffs

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

Nutrition Facts			
Serving Size 3/4 cup (30g)			
Servings Per Container 12			
Amount Per Serving			
Calories 120			
			% Daily Value*
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Potassium 20mg			1%
Sodium 110mg			5%
Total Carbohydrate 27g			9%
Dietary Fiber 0g			0%
Sugars 12g			
Protein 1g			2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Step 2: Find the Serving Size of the cereal.

Write the number of grams (g) here: _____ (g).

Step 3: Find the amount for Sugars.

Write it here: _____ (g).

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

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Step 5: If the number is 0.21 or less, the cereal is below the sugar limit.

Is it creditable? _____

Breakfast Cereal—Is it Creditable?

Flakes

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: _____(g).

Step 3: Find the amount for Sugars.

Write it here: _____(g).

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

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Step 5: If the number is 0.21 or less, the cereal is below the sugar limit.

Is it creditable? _____

Nutrition Facts	
1 servings per container	
Serving size	As Packaged (33g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
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.