

Creditable Cereals

The CACFP Meal Pattern requires breakfast cereals served to infants, children and adults to contain no more than 6 grams of sugar per dry ounce (1 ounce = 28.35 grams). Use one of the methods below to determine if cereal is creditable.

1. All cereals on Iowa’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) cereal list are creditable. Get the list:

- a. From the Iowa Department of Health
- b. From IowaCNP Download Forms, or
- c. Download the WICShopper free phone app from the Google Play Store

2. Enter information from the nutrition facts label in the boxes below to calculate the number of grams of sugar per ounce.

- a. Enter number of grams of cereal in one serving:
- b. Enter number of grams of sugar in one serving:

Total grams of sugar per 1 ounce:

Is cereal creditable?

3. Use a 3-step calculation to determine the grams of sugar per dry ounce (example below):

- a. Find the serving size and the total sugar in grams on the Nutrition Facts Label.
- b. Divide the grams of sugar by the by the serving size in grams (use standard rounding rules).
- c. If the number is .212 or less, the cereal is creditable.

4. Use the chart below to quickly see if your cereal is creditable.

Nutrition Facts		
Per 3/4 cup (45 g)		
Amount	Dry Cereal	With 125 mL Partly Skimmed Milk (2% M.F.)
Calories	180	250
% Daily Value		
Fat 2 g*	3 %	7 %
Saturated 0.4 g + Trans 0 g	2 %	9 %
Cholesterol 0 mg		
Sodium 170 mg	7 %	10 %
Carbohydrate 35 g	12 %	14 %
Fibre 4 g	15 %	15 %
Soluble Fibre 2 g		
Insoluble Fibre 2 g		
Sugars 7 g		
Protein 5 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	2 %	15 %
Iron	45 %	45 %
Thiamine	60 %	60 %
Niacin	8 %	10 %
Vitamin B ₆	15 %	15 %
Folate	10 %	15 %
Pantothenate	10 %	15 %

* Amount in dry cereal

Example:



Nutrition Facts Label shows the serving size is 45 grams and the sugar per serving is 7 grams.

$$7/45 = .155$$

This cereal meets the sugar requirements because .155 is less than .21.

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams
3-7 grams	1 gram
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	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

*Pictures are included to illustrate calculation examples only, the Iowa Department of Education does not endorse any particular brand of cereal.