

Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce. This is equal to 21.2 grams of sugar per 100 grams of cereal.

Here are **three ways** to tell if a **cereal** meets the sugar limit.



Option 1: Cereals on any State agency’s Women, Infants, and Children (WIC)-approved cereal list meet the CACFP sugar limit.

Option 2*: Use **USDA’s chart** that shows **common serving sizes** of cereals and the **maximum amount of sugars** they can contain. Find the chart in “Choose Breakfast Cereals That Are Lower in Added Sugars” at <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>.

Option 3: Use the information on the cereal’s Nutrition Facts Label, and follow the steps below:

Yummy Brand Cereal

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

1 Find the **Serving Size**, in grams (g), of the cereal.
Write the number of grams (g) here: _____
If the serving size is “one container,” check the front of the package to find out how many grams are in the container.

2 Find the **Sugars** on the Nutrition Facts Label. Write the number of grams (g) of sugar here: _____

3 Divide the grams of **Sugars** by the **Serving Size (in grams)**.
____ grams Sugars \div ____ grams Serving Size = _____

4 If the answer in Step 3 is **.212 or less**, then this cereal meets the sugar limit for breakfast cereals in the CACFP.

Test Yourself:

Does the cereal above meet the sugar limit?
(Check your answer below)

Serving Size: _____

Sugars: _____

Yes No

*Due to rounding, you may get a slightly different result when using the chart in Option 2 and doing the full calculation in Option 3. If either of these methods indicates that the cereal is within the sugar limit, then the cereal may credit towards a reimbursable meal.

Answer Key: Yes, this cereal meets the sugar limit. There are 5 grams of sugar in 30 grams of cereal. $5 \div 30 = .17$, which is less than .212.

