



MAINE DEPARTMENT
OF EDUCATION

CACFP Child Nutrition

Meal Pattern Changes Added Sugars in Cereals and Yogurt

Presented by: The Maine CACFP Team



Added Sugars in Cereals and Yogurt

Agenda:

Background & USDA's Goals

Total Sugars vs. Added Sugars

Calculating Added Sugars in Cereals and Yogurt



Child Nutrition Meal Pattern Final Rule

- The USDA's Food and Nutrition Service published the final rule titled, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans
- Final Rule = Effective July 1, 2024
- Using Added Sugars in CACFP = October 1, 2025

Child Nutrition Meal Pattern Final Rule

USDA's Goals:

- Consistency among child nutrition programs
- Incorporate latest nutrition science and stakeholder input
- Supports local procurement & cultural inclusiveness
- Nutritious meals that participants enjoy

Added Sugars in Cereals and Yogurt

Added Sugars Goes into effect October 1, 2025

Current Requirements

- Breakfast cereals: Must contain no more than 6 grams of **TOTAL** sugars per dry ounce
- Yogurt: Must contain no more than 23 grams of **TOTAL** sugars per 6 ounces



Updated Requirements

- Breakfast cereals: Must contain no more than 6 grams of **ADDED** sugars per dry ounce
- Yogurt: Must contain no more than 12 grams of **ADDED** sugars per 6 ounces

Tip: You can use the WIC list to identify CACFP-creditable cereals!

Reducing Added Sugars

Reading Nutrition Facts Labels

- When comparing food products, it is important to understand Total Sugars and Added Sugars listed on the Nutrition Facts label.
- Total Sugars include both natural sugars and added sugars
- Total Sugars = Natural Sugars + Added Sugars

USDA Calculating Added Sugars

New USDA Handout
Calculating Added Sugars
Revised Nov. 2024

USDA's Resource Website
TeamNutrition.USDA.gov

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than **12 grams of added sugars** per 6 ounces (2 grams of added sugars per ounce).

Here are **two ways** to tell if a yogurt meets the added sugars limit.

Option 1*: Check out USDA's chart that shows **common serving sizes** of yogurt and the **maximum amount of added sugars** they can contain. Find the chart in the CACFP training worksheet, "Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program" at fns.usda.gov/tm/meal-pattern-training-worksheets-cacfp.

Option 2: Use the information on the yogurt's Nutrition Facts label, and follow the steps below:

1 Find the **Serving Size**, in ounces (oz) or grams (g).
Write the number of ounces (oz) here: _____
If weight in ounces is **not available**, write number of grams (g) here: _____
If the serving size is "one container," check the front of the package to find out how many ounces or grams are in the container.

2 Find the **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____

3 Divide the grams of **Added Sugars** by the **Serving Size**.
_____ grams Added Sugars ÷ _____ Serving Size = _____

4 Compare the answer in Step 3 with the numbers below. The yogurt meets the added sugars limit for yogurt in the CACFP if:
a. For **ounces** of yogurt, the answer is **2 or less**.
b. For **grams** of yogurt, the answer is **0.0702 or less**.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer below)
Serving Size: _____
Added Sugars: _____
☐ Yes ☐ No

*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the added sugars limit, then the yogurt may credit towards a reimbursable meal.

Answer Key: Yes, this yogurt meets the added sugars limit. This yogurt has 10 grams of added sugars per 170g, 10 ÷ 170g = 0.0589, which is less than 0.0702. If dividing by 1/4 cup (6 oz) of yogurt, 10 ÷ 6 oz = 1.667, which is less than 2.



• Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program

• Effective October 1, 2025



Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than **12 grams of added sugars** per 6 ounces (2 grams of added sugars per ounce). Here are **two ways** to tell if a yogurt meets the added sugars limit.

Option 1*: Check out USDA's chart that shows **common serving sizes** of yogurt and the **maximum amount of added sugars** they can contain. Find the chart in the CACFP training worksheet, "Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program" at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.

Option 2: Use the information on the yogurt's Nutrition Facts label, and follow the steps below:

- 1 Find the **Serving Size**, in ounces (oz) or grams (g).
Write the number of ounces (oz) here: _____
If weight in ounces is **not available**, write number of grams (g) here: _____
If the serving size is "one container," check the front of the package to find out how many ounces or grams are in the container.
- 2 Find the **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____
- 3 Divide the grams of **Added Sugars** by the **Serving Size**.
_____ grams Added Sugars ÷ _____ Serving Size = _____
- 4 Compare the answer in Step 3 with the numbers below. The yogurt meets the added sugars limit for yogurt in the CACFP if:
a. For **ounces** of yogurt, the answer is **2 or less**.
b. For **grams** of yogurt, the answer is **0.0702 or less**.

*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the added sugars limit, then the yogurt may credit towards a reimbursable meal.

Answer Key: Yes, this yogurt meets the added sugars limit. This yogurt has 10 grams of added sugars per 170g, 10 ÷ 170g = 0.0589, which is less than 0.0702. If yogurt, 10 ÷ 6 oz = 1.667, which is less than 2.



Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer below)

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

- Option 1
- Chart Method

- Option 2
- Calculation Method



Added Sugars Limit in Yogurt Table

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

- Does this Strawberry Yogurt meet the Added Sugars Limit?

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

Strawberry Yogurt

1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 5g	10%
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%

Strawberry Yogurt

- *Does this Strawberry Yogurt meet the Added Sugars Limit?*
- *Yes*
- *No ✓*

1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 5g	10%
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%



Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than **12 grams of added sugars** per 6 ounces (2 grams of added sugars per ounce).

Here are **two ways** to tell if a yogurt meets the added sugars limit.

Option 1*: Check out USDA's chart that shows **common serving sizes** of yogurt and the **maximum amount of added sugars** they can contain. Find the chart in the CACFP training worksheet, "Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program" at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.

Option 2: Use the information on the yogurt's Nutrition Facts label, and follow the steps below:

1 Find the **Serving Size**, in ounces (oz) or grams (g).
Write the number of ounces (oz) here: _____
If weight in ounces is **not available**, write number of grams (g) here: _____
If the serving size is "one container," check the front of the package to find out how many ounces or grams are in the container.

2 Find the **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____

3 Divide the grams of **Added Sugars** by the **Serving Size**.
_____ grams Added Sugars ÷ _____ Serving Size = _____

4 Compare the answer in Step 3 with the numbers below. The yogurt meets the added sugars limit for yogurt in the CACFP if:
a. For **ounces** of yogurt, the answer is **2 or less**.
b. For **grams** of yogurt, the answer is **0.0702 or less**.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer below)
Serving Size: _____
Added Sugars: _____
☐ Yes ☐ No

*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the added sugars limit, then the yogurt may credit towards a reimbursable meal.

Answer Key: Yes, this yogurt meets the added sugars limit. This yogurt has 10 grams of added sugars per 170g, 10 ÷ 170g = 0.0589, which is less than 0.0702. If dividing by 1/4 cup (6 oz) of yogurt, 10 ÷ 6 oz = 1.667, which is less than 2.

• Calculation Method



Step 1

1

Find the **Serving Size**, in ounces (oz) or grams (g).

Write the number of ounces (oz) here: _____

If weight in ounces is **not available**, write number of grams (g) here: _____

If the serving size is “one container,” check the front of the package to find out how many ounces or grams are in the container.

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories

130

% Daily Value*

Total Fat 0g

0%


Saturated Fat 0g

0%

Step 2

2

Find the **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here:



Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%

Step 3

3

Divide the grams of **Added Sugars** by the **Serving Size**.

 grams Added Sugars \div Serving Size =

Step 4

4

Compare the answer in Step 3 with the numbers below. The yogurt meets the added sugars limit for yogurt in the CACFP if:

- a. For **ounces** of yogurt, the answer is **2 or less**.
- b. For **grams** of yogurt, the answer is **0.0702 or less**.

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 65mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 14g

Includes 10g Added Sugars **20%**

Protein 14g **28%**

Test Yourself:

Does the yogurt above meet the added sugars limit?

(Check your answer below)

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

IS YOUR YOGURT CACFP Creditable?

How to identify if your yogurt is within the Added Sugar Limit

- Step 1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
- Step 2** Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.
- Step 3** Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(note when serving size is not listed in ounces)</small>	ADDED SUGARS
If the serving size is:		Added sugars cannot be more than:
2.25 oz	64 grams	4 grams
3.5 oz	99 grams	7 grams
4 oz	113 grams	8 grams
5.3 oz	150 grams	10 grams
6 oz	170 grams	12 grams
8 oz	227 grams	16 grams

- Step 4** Once you have identified the Serving Size, look at the number to the right under the "Added Sugars" column.
- If the yogurt has that amount of added sugars, or less, your yogurt meets the added sugar limit and is creditable.

Tip: If the serving size is listed as "one container," check the front of the package to see how many ounces or grams are in the container.



product example

Nutrition Facts
About 5 servings per container
Serving size 3/4 cup (170g)
Amount per serving
Calories 130

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	2%
Total Sugars 17g	
Includes 12g Added Sugars	24%
Protein 13g	26%

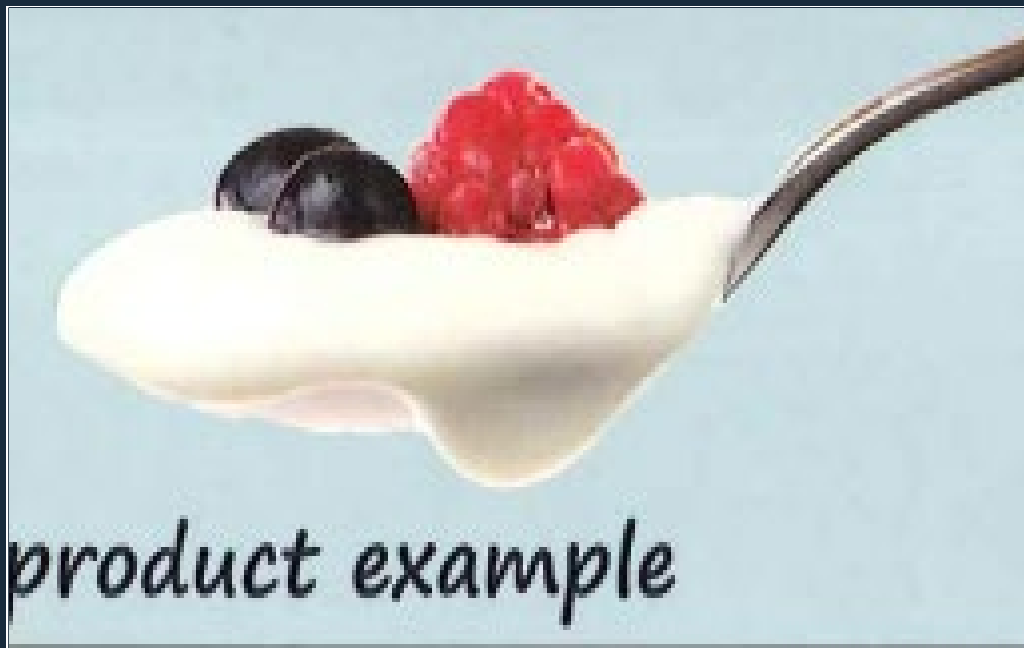
Vitamin D 0mcg 0%
Calcium 162mg 10%
Iron 0mg 0%
Potassium 210mg 4%

* 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.

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- Is Your Yogurt CACFP Creditable?



product example

Nutrition Facts

About 5 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

Calories **130**

Step 1

- Find the Serving Size in Ounces or Grams

Nutrition Facts

About 5 servings per container

Serving size 3/4 cup (170g)

Amount per serving

Calories 130

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	2%
Total Sugars 17g	
Includes 12g Added Sugars	24%
Protein 13g	26%

Step 2

- Find the Added Sugars

SERVING SIZE
OUNCES (OZ)

SERVING SIZE
GRAMS (G)

(use when serving size
is not listed in ounces)

ADDED SUGARS

If the serving size is:

Added sugars cannot be
more than:

2.25 oz

64 grams

4 grams

3.5 oz

99 grams

7 grams

4 oz

113 grams

8 grams

5.3 oz

150 grams

10 grams

6 oz

170 grams

12 grams

8 oz

227 grams

16 grams

Step 3

- Find the Serving Size of the Yogurt

IS YOUR YOGURT CACFP Creditable?

How to identify if your yogurt is within the Added Sugar Limit

- Step 1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
- Step 2** Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.
- Step 3** Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(note when serving size is not listed in ounces)</small>	ADDED SUGARS
If the serving size is:		Added sugars cannot be more than:
2.25 oz	64 grams	4 grams
3.5 oz	99 grams	7 grams
4 oz	113 grams	8 grams
5.3 oz	150 grams	10 grams
6 oz	170 grams	12 grams
8 oz	227 grams	16 grams

- Step 4** Once you have identified the Serving Size, look at the number to the right under the "Added Sugars" column.
- If the yogurt has that amount of added sugars, or less, your yogurt meets the added sugar limit and is creditable.

Tip: If the serving size is listed as "one container," check the front of the package to see how many ounces or grams are in the container.



product example

Nutrition Facts
About 5 servings per container
Serving size 3/4 cup (170g)
Amount per serving
Calories 130

% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	5mg 2%
Sodium	105mg 5%
Total Carbohydrate	19g 7%
Dietary Fiber	<1g 2%
Total Sugars	17g
Includes	12g Added Sugars 24%
Protein	13g 26%

Vitamin D 0mcg 0%
Calcium 162mg 10%
Iron 0mg 0%
Potassium 210mg 4%

* 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.



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Step 4

- Compare the Identified Serving Size with the Added Sugars in the Column



Tip: If the serving size is listed as “one container,” check the front of the package to see how many ounces or grams are in the container.



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"

WIC ✓

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	



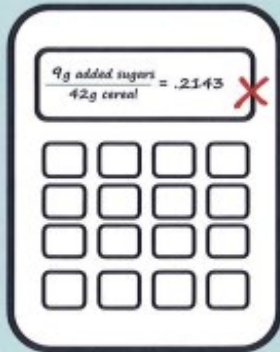
Download at cacfp.org/team-nutrition

3

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	5%
Saturated Fat 1.5g	30%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 3g	6%
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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Identifying Added Sugar Limits in Cereals

1. WIC

2. USDA's Team Nutrition's Training Worksheet

3. Nutrition Facts Label

CEREALS

12 oz. box or larger



Whole Grain Cereal



Folic Acid

Cereal: Name Brand



Cheerios



Multigrain
Cheerios



Kix



Berry Berry
Kix



Honey Kix



Corn Chex



Rice Chex



Wheat Chex



Crispix



Quaker Life
(Original)



All Bran
Complete
Wheat
Flakes



Whole Grain
Total



Post Bran
Flakes



Corn Flakes



Special K
(Original)



Alpha-Bits



Malt-O-Meal
Crispy Rice



Rice Krispies



Grape-Nuts



Grape-Nuts
Flakes



Frosted
Mini-Wheats
(Original)



Malt-O-Meal
Frosted Mini
Spooners



Honey Nut
Shredded
Wheat



Malt-O-Meal
Original
Hot Wheat
Cereal



Whole Grain
Cream of
Wheat



Honey
Bunches of
Oats



Honey
Bunches of
Oats
w/Almonds



Malt-O-Meal
Oat Blenders
with Honey
& Almonds



Malt-O-Meal
Oat Blenders
with Honey



Sunbelt
Simple
Granola

Identifying Added Sugar Limits in Cereals

WIC (Women – Infants – Children)



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

Test Yourself:

Does the cereal above meet the added sugars limit?

(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

*Serving sizes here refer to those commonly found for breakfast cereals.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Identifying Added Sugar Limits in Cereals

USDA's Team Nutrition's Training Worksheet

$$\frac{9 \text{ g added sugars}}{42 \text{ g cereal}} = .2143$$



Identifying Added Sugar Limits in Cereals

Calculation Method

Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce. This is equal to 21.2 grams of added sugars per 100 grams of cereal.

Here are **three ways** to tell if a cereal meets the added sugars 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 added sugars** they can contain. Find the chart in the CACFP training worksheet, "Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program" at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.

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



Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

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

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

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 **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____

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

4 If the answer in Step 3 is **0.212 or less**, then this cereal meets the added sugars limit for breakfast cereals in the CACFP.

*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 added sugars limit, then the cereal may credit towards a reimbursable meal.

Answer Key: Yes, this cereal meets the added sugars limit. There are 4 grams of added sugars in 30 grams of cereal. $4 \div 30 = 0.13$, which is less than 0.212.

• Calculating the Added Sugars Limit for Breakfast Cereals in CACFP



Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce. This is equal to 21.2 grams of added sugars per 100 grams of cereal.

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



Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

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

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

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 **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____

3

Divide the grams of **Added Sugars** by the **Serving Size** (in grams).

_____ grams Added Sugars \div _____ grams Serving Size = _____

4

If the answer in Step 3 is **0.212 or less**, then this cereal meets the added sugars limit for breakfast cereals in the CACFP.

*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 added sugars limit, then the cereal may credit towards a reimbursable meal.

Answer Key: Yes, this cereal meets the added sugars limit. There are 4 grams of added sugars in 30 grams of cereal. $4 \div 30 = 0.13$, which is less than 0.212.

Calculating the Added Sugars Limit for Breakfast Cereals in CACFP



Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce. This is equal to 21.2 grams of added sugars per 100 grams of cereal.

Here are **three ways** to tell if a cereal meets the added sugars 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 added sugars** they can contain. Find the chart in the CACFP training worksheet, "Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program" at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.

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

- 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 **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____
- 3** Divide the grams of **Added Sugars** by the **Serving Size (in grams)**.
_____ grams Added Sugars ÷ _____ grams Serving Size = _____
- 4** If the answer in Step 3 is **0.212 or less**, then this cereal meets the added sugars limit for breakfast cereals in the CACFP.

*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 added sugars limit, then the cereal may credit towards a reimbursable meal.



Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

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

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

Answer Key: Yes, this cereal meets the added sugars limit. There are 4 grams of added sugars in 30 grams of cereal. $4 \div 30 = 0.13$, which is less than 0.212.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



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- Option 1
- WIC Approved Cereal List
- Option 2
- Chart Method
- Option 3
- Calculation Method

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size $\frac{3}{4}$ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

Calculating Added Sugars Limit for Breakfast Cereals

Step 1

Find the
Serving Size

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size $\frac{3}{4}$ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

Calculating Added Sugars Limit for Breakfast Cereals

Step 2

Find the
Added
Sugars

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size $\frac{3}{4}$ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

Calculating Added Sugars Limit for Breakfast Cereals

3Step

Divide the
grams of Added
Sugars by the
Serving Size

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size $\frac{3}{4}$ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

Calculating Added Sugars Limit for Breakfast Cereals

Step 4

If the answer in Step 3 is **0.212 or less**, then this cereal meets the Added Sugars limit

Tips for Reducing Added Sugars

- Prepare meals from scratch
- Substitute half of the sugar with unsweetened applesauce or a mashed ripe banana when baking
- Replace sugary toppings with fresh berries, peaches, or sliced bananas on plain, unsweetened cereal, oatmeal, pancakes, waffles, or yogurt

Questions?



Thank You!



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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410; or
- (2) **fax:**
(833) 256-1665 or (202) 690-7442; or
- (3) **email:**
program.intake@usda.gov

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