

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:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- 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		

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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.

Yummy Brand Cereal

Nutrition Facts 15 servings per container Serving size ¾ cup (30g) **Amount per serving Calories** % Daily Value* Total Fat 0.5g 1% 0% Saturated Fat 0g 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 3a

Test Yourself:

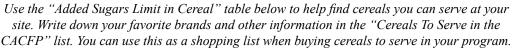
Does the cereal above meet the added sugars limit?
(Check your answer on the next page)
Serving Size:_____

Added Sugars:_____



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

Try It Out!





Added Sugars Limit in Cereal

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Name	Serving Size	Added Sugars (g)
Nutty Oats	28 grams	5 grams

*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 to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: The cereal has 4 grams of added sugars per 30 grams. The maximum amount of added sugars allowed for 30 grams of cereal is 6 grams.

4 is less than 6, so this cereal meets the added sugars limit.