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).


**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.

\[
\text{Sugars} \div \text{Serving Size} = \frac{1}{28} = 0.036
\]

**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.*

* Threshold Formula: \(\frac{21.2}{100} = 0.212\)
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.

\[
\frac{(\text{Sugars})}{(\text{Serving Size})} = \text{___________}
\]

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?

**Honey Frosty O’s**

**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.

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \___
\]

**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.

**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.

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \___
\]

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

Is it creditable? 

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**Nutrition Facts**

**Honey Frosty O’s**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium</td>
<td>50mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Rice Puffs**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Less than 25g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>110mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>12g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td>2%</td>
</tr>
</tbody>
</table>
Breakfast Cereal—Is it Creditable?

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.
   \[
   \frac{(\text{Sugars})}{(\text{Serving Size})} = \underline{\underline{\_\_\_\_\_\_}}
   \]

Step 5: If the number is 0.21 or less, the cereal is below the sugar limit.
   Is it creditable? ____________________________________________
   ____________________________________________________________________