

Eating Through Meal Patterns

Child and Adult Care Food Program

Breakfast Cereals

Effective October 1, 2017, all breakfast cereals claimed on the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce of cereal (21.2 grams of sugar per 100 grams of cereal) including ready-to-eat, instant, and hot cereals.



Is it creditable?

Are you trying to figure out whether a cereal is creditable? Follow these steps. It's as easy as 1, 2, 3!

- 1 Check out the list of cereals on this handout.** This quick guide is a great place to start when looking for creditable cereals. Many other cereals are creditable too!
- 2 Look for cereals approved for the WIC program.** Any WIC-approved cereal in any state meets the CACFP sugar requirements. Many grocery stores post WIC shelf labels.
- 3 Look at the Nutrition Facts label.** Do a quick calculation by dividing the number of **grams of sugar per serving** by the number **grams of cereal per serving**. If the result is 0.212 or less, the cereal is creditable. Alternatively, check out the handy chart below.

| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size | 1 Cup (53g, 1.9 oz.) |
| Servings Per Container | About 8 |
| Amount Per Serving | |
| Calories 190 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 2g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Potassium 300mg | 9% |
| Total Carbohydrate 37g | 12% |
| Dietary Fiber 8g | 32% |
| Soluble Fiber 3g | |
| Insoluble Fiber 5g | |
| Sugars 13g | |

$$\frac{\text{grams of sugar per serving}}{\text{grams of cereal per serving}} =$$

Is it **0.212 or less?**

Yes, it is creditable!

| | | Grams of cereal per serving | | | | | | | |
|----------------------------|-----|-----------------------------|--------|--------|--------|--------|-----|--------|--------|
| | | 20-23g | 24-28g | 29-33g | 34-37g | 38-42g | 43- | 48-51g | 52-55g |
| Grams of sugar per serving | 4g | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 5g | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 6g | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 7g | ✗ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 8g | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ |
| | 9g | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✓ |
| | 10g | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ |
| | 11g | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ |
| | 12g | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |



The new CACFP Meal Patterns go into effect on October 1, 2017.

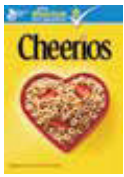
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ONE BITE AT A TIME

CACFP-APPROVED BREAKFAST CEREAL SHOPPING GUIDE

All of the cereals on this list meet new sugar limit and many are whole grain-rich. Many other cereals are also eligible.

Symbol Key: 🌿 = Whole-Grain Rich; 🍷 = Gluten-Free; 🍷 = Gluten-Free Versions Available



Cheerios
Plain



Cheerios
Multi Grain



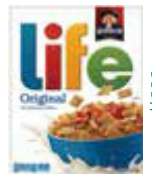
Kix
Plain



Dora the Explorer



Mini Wheats
Unfrosted



Life
Original



Chex
Rice



Chex
Wheat



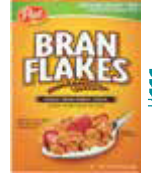
Chex
Corn



Special K
Original



Corn Flakes
Plain



Bran Flakes
Plain



Oatmeal Squares
Golden Maple



Oatmeal Squares
Cinnamon



Oatmeal Squares
Honey Nut



Oatmeal Squares
Brown Sugar



Grain Grains
Banana Nut Crunch



Total Whole Grain



Honey Bunches of Oats
Honey Roasted



Honey Bunches of Oats
Cinnamon Bunches



Honey Bunches of Oats
Almonds



Honey Bunches of Oats
Whole Grain
Honey Crunch



Honey Bunches of Oats
Whole Grain
Vanilla Bunches



Rice Krispies
Plain

Store Brands*

Centrella • Essential Everyday • Great Value • Kroger • Meijer • Spartan • Our Family • Hy-Top • IGA • Kiggins • Parade • Nature's Crunch



Bran Flakes



Corn Flakes



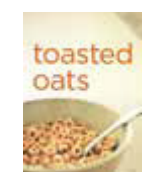
Shredded Wheat



Crispy Rice



Corn Squares



Toasted Oats

*Other store brands may be eligible. There may be store to store variation in which cereals are whole grain-rich.

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