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## Breakfast Cereals

### BREAKFAST CEREAL TYPES AND MINIMUM SERVING SIZES

	Ages 1-2	Ages 3-5	Ages 6-12
Flakes or Rounds	1/2 cup or 1/2 ounce equivalent	1/2 cup or 1/2 ounce equivalent	1 cup or 1 ounce equivalent
Puffed Cereal	3/4 cup or 1/2 ounce equivalent	3/4 cup or 1/2 ounce equivalent	1 1/4 cup or 1 ounce equivalent
Granola	1/8 cup or 1/2 ounce equivalent	1/8 cup or 1/2 ounce equivalent	1/4 cup or 1 ounce equivalent
Cooked Cereal	1/4 cup cooked or 1/2 ounce equivalent	1/2 cup cooked or 1 ounce equivalent	1/2 cup cooked or 1 ounce equivalent

### IS IT CREDITABLE?

As a starting place, check if the exact cereal is on the ACD Breakfast Cereal Guide. All cereals listed meet the added sugar limit of no more than 6 grams of sugar per dry ounce, and many are whole grain-rich at the time the guide was created. However, product recipes can change so be sure to double check a cereal meets sugar limits with one of the methods below!

- 1. Look for WIC-approved cereals.** Any WIC-approved cereal found on any state's WIC-approved list meets the CACFP sugar limits. Additionally, if the cereal is a WIC-approved whole grain food then it is also whole grain-rich (WGR)!
- 2. Use the cereal added sugar limit chart or do a quick calculation using the information on the Nutrition Facts label.** If a cereal passes either of these tests it meets the sugar limit.

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	

Try it! Is the cereal shown in the Nutrition Facts label creditable?  
(answer on the next page)

☐ Yes

☐ No

$$\frac{\text{g}}{\text{g}} =$$

$$\frac{\text{grams of added sugar per serving}}{\text{grams of cereal per serving}} = .212 \text{ or less to be creditable}$$

### CACFP SUGAR LIMIT CHART

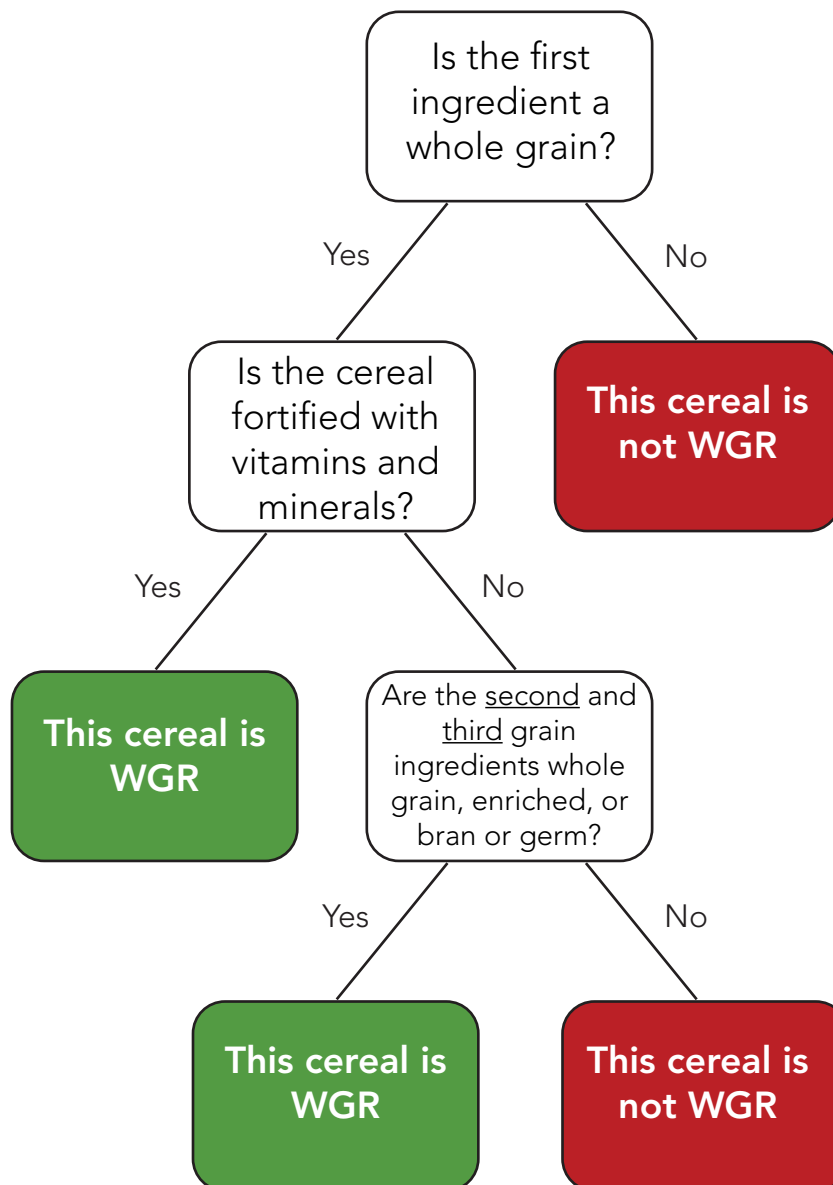
		Grams of cereal per serving								
		22-25g	26-30g	31-35g	36-40g	41-44g	45-49g	50-54g	55-58g	59-63g
Grams of added sugar per serving	5g	✓	✓	✓	✓	✓	✓	✓	✓	✓
	6g	✗	✓	✓	✓	✓	✓	✓	✓	✓
	7g	✗	✗	✓	✓	✓	✓	✓	✓	✓
	8g	✗	✗	✗	✓	✓	✓	✓	✓	✓
	9g	✗	✗	✗	✗	✓	✓	✓	✓	✓
	10g	✗	✗	✗	✗	✗	✓	✓	✓	✓
	11g	✗	✗	✗	✗	✗	✗	✓	✓	✓
	12g	✗	✗	✗	✗	✗	✗	✗	✓	✓
	13g	✗	✗	✗	✗	✗	✗	✗	✗	✓

## BREAKFAST CEREAL REMINDERS

- The added sugar limit of no more than 6 grams of sugar per dry ounce (21.2 grams of added sugar per 100 grams of cereal) applies to ready-to-eat, instant, and hot cereals.
- ACD encourages providers to choose unfrosted cereals as a best practice.
- Ready-to-eat cereals containing honey are not creditable for infants. Ready-to-eat cereals may only be served to infants at snack.
- All dessert flavored cereals (ex. chocolate or carmel) are perceived as grain based desserts and are not creditable, even if they meet the sugar limit.

## WHOLE GRAIN-RICH (WGR) CEREAL FLOWCHART

A WGR grain is required to be served at least once a day. Serving a WGR breakfast cereal is one way to make sure you are not disallowed for this requirement - do not forget to mark it as whole grain-rich on your menus! Use the flowchart below to determine if a breakfast cereal is WGR.



Try it answer:  $\frac{4 \text{ grams}}{30 \text{ grams}} = 0.13$  .13 is less than .212 so this cereal is creditable



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# ACD Breakfast Cereal Guide

## WGR FLAKES



**Fiber One**  
Original  
General Mills



**Great Grains**  
Banana Nut Crunch  
Post



**Total**  
Whole Grain  
General Mills



**Bran Flakes**  
Post



**Grape-Nuts Flakes**  
Post



**Wheaties**  
General Mills



**Organic Cinnamon Harvest,**  
**Organic Autumn Wheat**  
Kashi



**Oatmeal Squares**  
Brown Sugar, Cinnamon, Honey Nut  
Quaker



**Mini Spooners**  
Strawberry Cream, Original  
Malt-O-Meal



**Shredded Wheat**  
Original, Wheat & Bran, Big Biscuit  
Post



**Frosted Mini Wheats**  
Original, Strawberry, Cinnamon Roll, Golden Honey  
Kellogg's

## WGR ROUNDS



**Cheerios (Gluten-Free)**  
Original, Multi Grain, Blueberry Banana  
General Mills



**Chex**  
Wheat, Rice (Gluten-Free), Corn (Gluten-Free), Cinnamon, Blueberry, Strawberry-Vanilla  
General Mills



**Kix**  
Original, Honey,  
Berry Berry  
General Mills



**Life**  
Original  
Quaker

WGR= WHOLE  
GRAIN-RICH





## WGR GRANOLA



**Grape-Nuts**  
Post



**Nature's Path Granola (Organic)**  
Coconut Chia, Pumpkin Seed + Flax, Peanut Butter,  
Vanilla Almond + Flax



**KIND Healthy Grains Granola (Gluten-Free)**  
Oats & Honey Clusters, Peanut Butter Whole Grain Clusters,  
Maple Quinoa Clusters, Cinnamon Oat, Almond Butter,  
Raspberry with Chia Seeds

## NON-WGR PUFFED



**Rice Krispies**  
Kellogg's



**Crispy Rice**  
Malt-O-Meal



**Special K**  
Original  
Kellogg's



**Corn Flakes**  
Kellogg's



**Honey Bunches of Oats**  
Almonds, Honey Roasted, Maple & Pecans, Vanilla  
Kellogg's

## STORE BRANDS

Many store brands sell cereal that **may potentially** meet the added sugar limit of no more than 6 grams of added sugar per dry ounce and whole grain-rich definition. Check if a cereal meets the added sugar limit by using the equation on page 1 of this handout. Check if a cereal is whole grain-rich by using the whole grain-rich flowchart on page 2 of this handout.

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

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