

## 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](https://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	
<b>Serving size ¾ cup (30g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

**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.

### 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.

