Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per dry ounce. This is equal to 21.2 grams of sugar per 100 grams of cereal.

Here are three ways to tell if a cereal meets the sugar 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 sugars they can contain. Find the chart in “Choose Breakfast Cereals That Are Lower in Added Sugars” at https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools.

Option 3: Use the information on the cereal’s Nutrition Facts Label, and follow the steps below:

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 Sugars on the Nutrition Facts Label. Write the number of grams (g) of sugar here:________

3. Divide the grams of Sugars by the Serving Size (in grams). ________ grams Sugars ÷ ________ grams Serving Size = ________

4. If the answer in Step 3 is .212 or less, then this cereal meets the sugar 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 sugar limit, then the cereal may credit towards a reimbursable meal.

Test Yourself:
Does the cereal above meet the sugar limit?
(Check your answer below)
Serving Size:________
Sugars:________

☐ Yes ☐ No

Yummy Brand Cereal

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.