

Breakfast Cereal

Breakfast cereals must contain no more than 6 grams of total sugar per dry ounce (no more than 21.2 grams sugar per 100 grams of dry ounce cereal).

Finding Creditable Cereals

- Use the nutrition facts label to find the serving size in grams (g)
- Find the total sugars line. Look at the number of grams (g) of total sugars
- Use the table on the right to find out if the cereal has that amount of sugar or less. If so, the cereal meets the sugar limit.

Serving Size

If the Serving Size is:

17-21 grams
22-25 grams
26-30 grams
31-35 grams
36-40 grams
41-44 grams
45-49 grams
50-54 grams

Total Sugars

Total sugars must not be more than:

4 grams
5 grams
6 grams
7 grams
8 grams
9 grams
10 grams
11 grams

If a cereal appears on a WIC shopping guide, it is also creditable in the CACFP. Scan for a list of WIC-approved cereals:

