

These items below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements, **including the requirement that breakfast cereals contain no more than 6 grams of added sugar per dry ounce**. This list is not all-inclusive and products change frequently, so please check actual cereal labels.

Whole Grain-Rich (WGR):



Cheerios

Original, Multi Grain, and Veggie Blends



Chex

Corn, Rice, Wheat, Peanut Butter, Cinnamon, Blueberry, and Strawberry Vanilla



Shredded Wheat
Original



Mini Spooners
Frosted and Strawberry Cream



Frosted Mini Wheats

Original, Little Bites, Blueberry Muffin, Strawberry, Cinnamon Roll, & Cocoa



Wheaties
Original



Kix

Original and Honey



Grape Nuts

Original & Flakes



Great Grains

Banana Nut, Cranberry Almond, Crunchy Pecan, Raisins Dates & Pecans



Oatmeal Squares

Brown Sugar & Honey Nut



Life

Original, Strawberry Blueberry Bliss, & Very Vanilla



Special K

Protein & Triple Berry Blend



Total

Whole Grain



Raisin Bran

Plain



Quaker Oatmeal

Instant Flavored
Lower Sugar



Plain Oats/Oatmeal

All Brands - Old Fashioned,
Quick/Instant, and Steel Cut

Generic Whole Grain-Rich Cereals: • Bran Flakes • Toasted/Crispy Oats • Frosted Shredded Wheat

Creditable but NOT Whole Grain-Rich:

These cereals can be served as a grain, but cannot be used as the whole grain-rich item for the day.



Cream of Rice



Cream of Wheat
Original



Malt-O-Meal
Original & Chocolate



Corn Flakes



Crispix



Rice Krispies



Special K
Original



Kellogg's All Bran
Original & Buds



Honey Bunches of Oats

Almonds, Cinnamon Bunches, Honey Roasted, Maple & Pecans, and Vanilla

Generic Non-Whole Grain-Rich Cereals:

• Crispy Rice • Corn Flakes

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Granolas - Whole Grain-Rich (WGR):



Quaker Simply
Oats, Apples, Cranberries & Almonds; Oats, Honey & Almonds; Oats, Honey, Raisins & Almonds



Quaker Protein
Maple & Brown Sugar



Bear Naked
Banana Nut Blend, Cacao & Cashew Butter Crunch, Fruit & Nut Medley, Maple Pecan Crumble, Triple Berry Crunch, and Vanilla Almond Crisp



Nature Valley
Reduced Sugar Vanilla Almond



Kodiak
Honey Oat and Cookie Butter



Kirkland Signature
Nature's Path Ancient Grains Prebiotic Granola



Nature's Path
Coconut & Cashew Butter, Coconut Chia, Honey Almond, Pumpkin Seed + Flax, and Vanilla Almond + Flax



Love Crunch
Apple Chia Crumble, Dark Chocolate & Coconut, Dark Chocolate & Peanut Butter, Dark Chocolate & Red Berries, and Protein Peanut Butter



Kind
Banana Peanut Butter, Cinnamon Oat, Dark Chocolate, Oats & Honey with Toasted Coconut, Peanut Butter, Raspberry with Chia Seeds, Vanilla Blueberry with Flax Seeds, Maple Quinoa with Chia Seeds

| Serving Size | Added Sugar |
|-------------------------|----------------------------------|
| If the serving size is: | Added sugar cannot be more than: |
| 8-11 grams | 2 grams |
| 12-16 grams | 3 grams |
| 17-21 grams | 4 grams |
| 22-25 grams | 5 grams |
| 26-30 grams | 6 grams |
| 31-35 grams | 7 grams |
| 36-40 grams | 8 grams |
| 41-44 grams | 9 grams |
| 45-49 grams | 10 grams |
| 50 - 54 grams | 11 grams |
| 55 - 58 grams | 12 grams |
| 59 - 63 grams | 13 grams |
| 64 - 68 grams | 14 grams |
| 69 - 73 grams | 15 grams |
| 74 - 77 grams | 16 grams |
| 78 - 82 grams | 17 grams |
| 83 - 87 grams | 18 grams |
| 88 - 91 grams | 19 grams |
| 92 - 96 grams | 20 grams |
| 97 - 100 grams | 21 grams |

This table and information to identify creditable cereals has been adapted from USDA FNS-653, September 2024.

How to Identify if a Cereal or Granola is Within the Sugar Limit:

Additional cereals may be creditable. Use this table to determine if a cereal is less than 6 grams of added sugar per dry ounce.

Added Sugar Limits in Cereal

1. Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.
2. Find the *Added Sugars* line. Look at the number of grams (g) next to Added Sugars.
3. Use the serving size identified in Step 1 to find the serving size of the cereal in the table to the left.
4. Once you have identified the serving size, look at the number to the right under the "Added Sugars" column. *If the cereal has that amount of added sugar, or less, your cereal meets the sugar requirements.*

1. Determine Serving Size in grams _____
2. Find the Added Sugars in grams _____
3. Does this cereal meet the sugar requirement? _____

(Answer: Yes, the maximum added sugar allowed for 40 grams of cereal is 8 grams. This cereal has 8 grams, so it is creditable.)



Example Cereal

| Nutrition Facts | | | |
|---------------------------------|--------------------|-------------|--------|
| About 15 servings per container | | | |
| Serving size | | 1 cup (40g) | |
| Calories | | 160 | 220 |
| | | % DV** | % DV** |
| Total Fat | 3.5g* | 5% | 5% |
| Saturated Fat | 0g | 0% | 3% |
| Trans Fat | 0g | | |
| Polyunsaturated Fat | 1g | | |
| Monounsaturated Fat | 2.5g | | |
| Cholesterol | 0mg | 0% | 1% |
| Sodium | 230mg | 10% | 13% |
| Total Carbohydrate | 33g | 12% | 15% |
| Dietary Fiber | 2g | 5% | 5% |
| Total Sugar | 8g | | |
| | Incl. Added Sugars | 8g | 16% |
| Protein | 2g | | |