

CACFP Approved Cereal Shopping Guide

Effective October 1, 2017, all breakfast cereals claimed on the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce of cereal (21.2 grams of sugar per 100 grams of cereal) including ready-to-eat, instant, and hot cereals.

Is it creditable?

Are you trying to figure out whether a cereal is creditable? Follow these steps. It's as easy as 1, 2, 3!

- 1 Check out the list of cereals in this handout. NDDPI has taken the time to research a quick list of creditable cereals. Many other cereals are creditable too!
- 2 Look for cereals approved for the WIC program. Any WIC- approved cereal in any state meets the CACFP sugar requirements. Many grocery stores post WIC shelf labels.
- 3 Look at the Nutrition Facts label. Do a quick calculation by dividing the number of **grams of sugar per serving** by the number **grams of cereal per serving**. If the result is 0.212 or less, the cereal is creditable. Alternatively, check out the handy chart below.



Grams of sugar per serving

Grams of cereal per serving

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Is it 0.212 or less?

If yes, it is creditable!

| Nutrition Facts | |
|--------------------------------|-----------------------------|
| Serving Size 1/2 cup (40g) | |
| Servings Per Container About 7 | |
| Amount Per Serving | |
| Calories 160 | Calories From Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 10% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 55mg | 2% |
| Potassium 320mg | 9% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 5g | 19% |
| Sugars 5g | |
| Protein 14g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 4% | Iron 10% |

| | | Grams of cereal per serving | | | | | | | |
|----------------------------|-----|-----------------------------|--------|--------|--------|--------|--------|--------|--------|
| | | 20-23g | 24-28g | 29-33g | 34-37g | 38-42g | 43-47g | 48-51g | 52-55g |
| Grams of sugar per serving | 4g | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| | 5g | X | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| | 6g | X | X | Yes | Yes | Yes | Yes | Yes | Yes |
| | 7g | X | X | X | Yes | Yes | Yes | Yes | Yes |
| | 8g | X | X | X | X | Yes | Yes | Yes | Yes |
| | 9g | X | X | X | X | X | Yes | Yes | Yes |
| | 10g | X | X | X | X | X | X | Yes | Yes |
| | 11g | X | X | X | X | X | X | X | Yes |
| | 12g | X | X | X | X | X | X | X | X |

The following page contains a list of cereals that meet the CACFP sugar limit at the time this resource was developed.

Store brand versions may also be eligible. Be sure to complete the calculation described above to determine whether or not the cereal is creditable.

Disclosure: This list is for informational purposes and does not imply endorsement by NDDPI or the USDA.



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Cheerios
Original



Cheerios
Multi Grain



Chex
Corn



Chex
Rice



Chex
Wheat



Total
Whole Grain



Kix
Original



Wheaties
Original



Corn Flakes
Plain



Crispix



All-Bran
Wheat Flakes



Special K
Original



Rice Krispies
Original



Mini Wheats
Original



Mini Wheats
Unfrosted



Mini Wheats
Bite Size



Mini Wheats
Harvest Delights
Cranberry



Mini Wheats
Harvest Delights
Blueberry



Grape Nuts
Original



Grape Nuts
Flakes



Cascadian Farm
Ancient Grains



Cascadian Farm
Dark Chocolate
Almond



Cascadian Farm
Honey Oat
Crunch



Cascadian Farm
Honey Almond



Cascadian Farm
Hearty Morning



Cascadian Farm
Multi Grain
Squares



Cascadian Farm
Purely O's



Great Grains
Banana Nut
Crunch



Alpha-Bits



Bran Flakes



Honey Bunches
of Oats
Almonds



Honey Bunches
of Oats
Honey Roasted



Honey Bunches
of Oats
Pecan & Maple
Brown Sugar



Honey Bunches
of Oats
Cinnamon Bunches



Honey Bunches
of Oats
Almond Crunch



Honey Bunches
of Oats
Honey Crunch



Shredded Wheat
Original



Shredded Wheat
Original Big
Biscuit



Shredded Wheat
Honey Nut



Shredded Wheat
Wheat 'n Bran



Life
Original



Oatmeal
Squares
Brown
Sugar



Oatmeal
Squares
Cinnamon




Oatmeal
Squares
Golden
Maple



Oatmeal
Squares
Honey Nut

Symbol Key:

 = Whole Grain-Rich
(WGR)