

CACFP Sugar Limits IN CEREAL



Threshold:

No more than 6 grams
added sugar per dry oz.
(dry ounce = 28.35 grams)

$$\frac{\text{Sugars (g)} = 6}{\text{Serving Size (g)} = 28.35} \leq 0.212$$

*Cereals must be whole grain,
enriched, or fortified*

SERVING SIZE

ADDED SUGARS

If the serving size is:	Sugars no more than:
0-2 grams	0 grams
3-7 grams	1 gram
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

SERVING SIZE

ADDED SUGARS

If the serving size is:	Sugars no more than:
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