

The CACFP Sugar Limits Wallet Card can be used to determine if breakfast cereals and yogurts meet the sugar limit requirements for the CACFP meal pattern. CACFP sponsors are encouraged to have a copy of the wallet cards as reference while purchasing breakfast cereals and yogurts for their CACFP menu. Instructions for using the wallet cards are listed below.


CACFP Sugar Limits in Cereal: Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.

- 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 your cereal in the sugar limit chart below.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%

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CACFP Sugar Limits IN CEREAL



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

Sugars (g) = 6 <=

Serving Size (g) = 28.35 0.212

Cereals must be whole grain, enriched, or fortified

SERVING SIZE		ADDED SUGARS	
If the serving size is:	Sugars no more than:	If the serving size is:	Sugars no more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

- 4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. **If your cereal includes that amount of added sugar or less, your cereal meets the sugar requirement.**

CACFP Sugar Limits in Yogurt: Yogurt must have no more than 12 grams of added sugar per 6 ounces.

- 1 Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- 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 your yogurt in the sugar limit chart below.

Nutrition Facts	
About 5 servings per container	
Serving size	3/4 cup (170g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 60mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber <1g 2%	
Total Sugars 6g	
Incl. 0g Added Sugars	0%
Protein 16g	32%
Vit. D 0mcg 0% • Calcium 170mg 15%	
Iron 0mg 0% • Potas. 230mg 4%	

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CACFP Sugar Limits
 IN YOGURT

SERVING SIZE		ADDED SUGARS
If the serving size is:		Sugars no more than:
1 oz	28 g	2 g
1.25 oz	35 g	3 g
1.5 oz	43 g	3 g
1.75 oz	50 g	4 g
2 oz	57 g	4 g
2.25 oz	64 g	5 g
2.5 oz	71 g	5 g
2.75 oz	78 g	6 g
3 oz	85 g	6 g
3.25 oz	92 g	7 g
3.5 oz	99 g	7 g
3.75 oz	106 g	8 g
4 oz	113 g	8 g
4.25 oz	120 g	9 g
4.5 oz	128 g	9 g

SERVING SIZE		ADDED SUGARS
If the serving size is:		Sugars no more than:
4.75 oz	135 g	10 g
5 oz	142 g	10 g
5.25 oz	149 g	11 g
5.3 oz	150 g	11 g
5.5 oz	156 g	11 g
5.75 oz	163 g	12 g
6 oz	170 g	12 g
6.25 oz	177 g	13 g
6.5 oz	184 g	13 g
6.75 oz	191 g	14 g
7 oz	198 g	14 g
7.25 oz	206 g	15 g
7.5 oz	213 g	15 g
7.75 oz	220 g	16 g
8 oz	227 g	16 g

Threshold:
No more than 12 grams added sugar per 6 oz

Sugars (g) = 12 <= 2

Serving Size (oz) = 6

Yogurt may be plain or flavored, unsweetened or sweetened

- 4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. **If your yogurt includes that amount of added sugar or less, your yogurt meets the sugar requirement.**

Note: The added sugar limit requirement for breakfast cereals and yogurts must be used starting October 1, 2025. Prior to October 1, 2025, either the added sugar limit or the total sugar limit can be used when crediting breakfast cereals or yogurts.