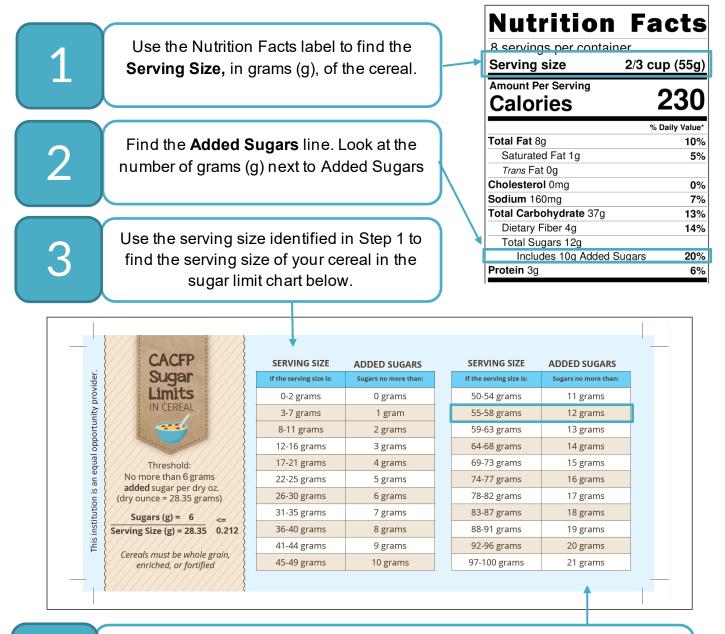
## OREGON CACFP How to Use the CACFP Sugar Limits Wallet Card

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.

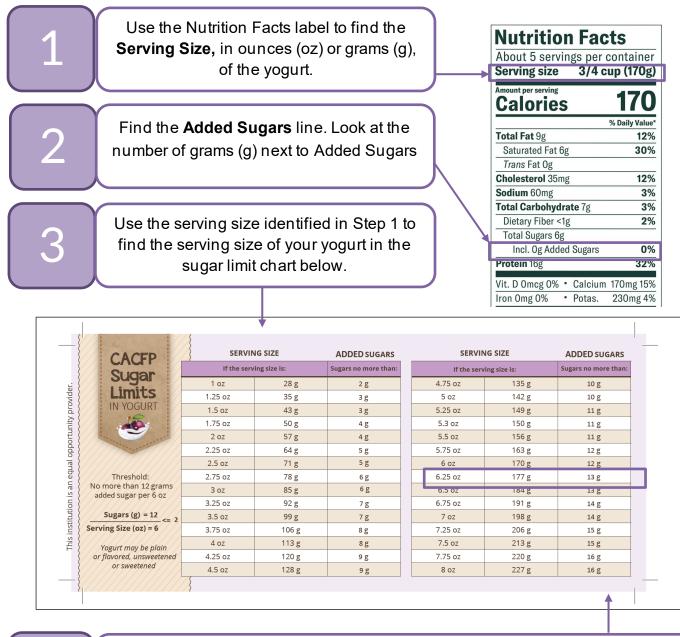
## CACFP Sugar Limits in Cereal: Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.



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.



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.

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