Cereales que cumplen con los requisitos de CACFP

Los cereales a continuación no contienen más de 6 gramos de azúcar por onza seca, pero pueden que no sean ricos en granos enteros.

Cereales están sujetos a cambios.

**Key:**
- Whole grain-rich
- GF Gluten Free

**HOT CEREALS**
- Any size, except individual cups

**Store brands:**
Only the following:
Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Roundy’s, Schnucks, Shurfine, ValuTime
Calculating Sugar in Cereal

Breakfast cereals, including ready-to-eat and instant or regular hot cereal, must contain no more than 6 grams of sugar per dry ounce. If the cereal is not on the list on the other side, you must complete a calculation to determine if the cereal is within the sugar limits. Cereals that meet the sugar limit may **not** be whole grain-rich.

**Step 1:** Find the *Nutrition Facts Label* on the package.

**Step 2:** Write down the number of grams of *Sugars*.

**Step 3:** Find the *Serving Size*, and write down the number of grams.

**Step 4:** Divide the grams of *Sugars* by the *Serving Size* number (in grams).

**Step 5:** If the answer is **0.212 or less**, the cereal is **below** the sugar limit and is **creditable**

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**Example #1:**

1. Use the *Nutrition Facts Label* on package
2. Sugars = 1 g
3. Serving Size = 28 g
4. Divide Sugars/Serving Size
5. 0.036 < 0.212

This cereal is creditable

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**Example #2:**

1. Use the *Nutrition Facts Label* on package
2. Sugars = 6 g
3. Serving Size = 25 g
4. Divide Sugars/Serving Size
5. 0.24 > 0.212

This cereal is **NOT** creditable