### Sugar Limits

#### Yogurt
No more than 23 grams of sugar per 6 ounces.

<table>
<thead>
<tr>
<th>Sugars (g) Serving size (g)</th>
<th>Sugar limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.135</td>
<td>&lt; 0.212</td>
</tr>
</tbody>
</table>

#### Cereal
No more than 6 grams of sugar per dry ounce (dry ounce = 28.35 grams). Cereals must be whole grain, enriched, or fortified.

<table>
<thead>
<tr>
<th>Sugars (g) Serving size (oz)</th>
<th>Sugar limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 0.135 = 3.83</td>
<td></td>
</tr>
</tbody>
</table>

**General Mills**
- Cheerios (Plain*, Multi Grain*, Multigrain with Berries*)
- Chex (Blueberry,innamon, Corn, Rice, Wheat*)
- Kix (Berry Berry*, Honey*, Plain*)
- Total*
- Wheaties (Plain*)

**Kellogg’s**
- Corn Flakes (Plain)
- Crispix (Plain)
- Frosted Mini Wheats (Little-Bites Original*, Filled Mini Berry*)

**Post**
- Grape Nuts (Flakes*, Plain*)
- Great Grains (Banana Nut*, Crunchy-Pecan*)
- Honey Bunches of Oats (Almond, Cinnamon, Honey Roasted, Vanilla, Pecan & Maple Brown Sugar)

**Quaker**
- Life (Original*)
- Oatmeal Squares (Brown Sugar*, Cinnamon*)

**Store Brands:**
- Bran Flakes Plain*, Corn Flakes Plain, Drop or Crispy Rice Plain, Frosted Shredded Wheat (original & Xl Size) Plain Frosted only*, Tastex’s or Toasted Oats Plain*

Only the following:
- Always Save, Best Choice, Essential Everyday, Food Club, Great Value, Hy-Vee, IG A, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Shoppers Value, That’s Smart!

### WI WIC Approved Cereals

Cereals on any state’s WIC list meet the CACFP sugar limit. Cereals are whole grain rich (WGR) if the first grain ingredient is a whole grain, and the cereal is fortified.

#### Cold Cereal
- General Mills
- Kellogg’s
- Post
- Quaker
- **Store Brands:**

#### Hot Cereal
- Quaker (in packets only)
- Malt-O-Meal
- **Store Brands Instant Oatmeal Regular Flavor (Plain, in packets only)**
- **Store Brands Instant Oatmeal Regular Flavor (Plain, in packets only)**

#### Sugar Limits

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Sugar limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.2 g</td>
<td>0 g</td>
</tr>
<tr>
<td>3.7 g</td>
<td>1 g</td>
</tr>
<tr>
<td>8.11 g</td>
<td>2 g</td>
</tr>
<tr>
<td>12-16 g</td>
<td>3 g</td>
</tr>
<tr>
<td>17-21 g</td>
<td>4 g</td>
</tr>
<tr>
<td>22-25 g</td>
<td>5 g</td>
</tr>
<tr>
<td>26-30 g</td>
<td>6 g</td>
</tr>
<tr>
<td>31-35 g</td>
<td>7 g</td>
</tr>
<tr>
<td>36-40 g</td>
<td>8 g</td>
</tr>
<tr>
<td>41-44 g</td>
<td>9 g</td>
</tr>
<tr>
<td>45-49 g</td>
<td>10 g</td>
</tr>
<tr>
<td>50-54 g</td>
<td>11 g</td>
</tr>
<tr>
<td>55-58 g</td>
<td>12 g</td>
</tr>
<tr>
<td>59-63 g</td>
<td>13 g</td>
</tr>
<tr>
<td>64-68 g</td>
<td>14 g</td>
</tr>
<tr>
<td>69-73 g</td>
<td>15 g</td>
</tr>
<tr>
<td>74-77 g</td>
<td>16 g</td>
</tr>
<tr>
<td>78-82 g</td>
<td>17 g</td>
</tr>
<tr>
<td>83-87 g</td>
<td>18 g</td>
</tr>
<tr>
<td>88-91 g</td>
<td>19 g</td>
</tr>
<tr>
<td>92-96 g</td>
<td>20 g</td>
</tr>
<tr>
<td>97-100 g</td>
<td>21 g</td>
</tr>
</tbody>
</table>
To determine if a grain product is Whole Grain Rich (WGR), use this flowchart. For cereal, see WI WIC Approved Cereals section of this guide. At least one serving of grains per day must be WGR.

**Bread, Bun, Roll, or Pasta**
- Is the product labeled “Whole Wheat,” “Entire Wheat” or “Graham”?
  - Yes: WGR
  - No: Continue with the Rule of Three

**Other Grains such as crackers, bagels, waffles, English muffins, tortillas, biscuits, pancakes, breadsticks, etc.**
- Does the product packaging list one of the following FDA health claims?
  - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
  - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

**Use the Rule of Three** (Refer to flowchart in middle section)

**Whole Grains & Flours**
- Whole grain corn
- Whole grain einkorn flour
- Whole grain spelt
- Whole grain wheat flour
- Whole grain barley
- Whole rye
- Whole durum wheat
- Whole wheat flour

**Enriched Grains & Flours**
- Enriched corn flour
- Enriched rice flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina

**Grain Derivatives**
- Not counted as grains and are ignored

**Non-Creditable Grains & Flours**
- Cannot be one of the first three grain ingredients

**Is the 1st ingredient (or 2nd after water) a “whole grain”?**
- Yes: WGR
- No: Continue

**Are there 2nd or 3rd grain ingredients listed?**
- Yes: Continue
- No: WGR

**Are the 2nd and 3rd grain ingredients whole grains, enriched grains, bran, or germ?**
- Yes: WGR
- No: Continue

**Are the 2nd or 3rd grain ingredients non-creditable?**
- Yes: WGR
- No: Continue

**Do they follow the statement, “contains 2% or less”?**
- Yes: WGR
- No: Continue

**Is there a CN Label or PFS crediting the item as WGR?**
- Yes: WGR
- No: NOT WGR

This item may still credit as a grain if the first ingredient is an enriched grain.