

# Choose Breakfast Cereals That Are Lower in Added Sugars

A Training Presentation for  
Child and Adult Care Food  
Program (CACFP) Operators



# USDA's Team Nutrition



- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)



[@TeamNutrition](https://twitter.com/TeamNutrition)



**Let Us Know  
Who You Are!**  
I work for a...

- Child care center
- Family child care home
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority
- State agency
- USDA Regional Office
- Other

# Lowering Added Sugars



## Tips!

**USDA**  
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### Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC) approved cereal list found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links/state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below.

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Sugars** line. Look at the number of grams (g) next to **Sugars**.
- 3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

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

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/foods-and-snacks>.

**Yummy Brand Cereal**

Serving Size 1/2 cup (50g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 5g	11%
Sugars 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

**Test Yourself:**

Does the cereal above meet the sugar requirement?  
(Click your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars: \_\_\_\_\_

Yes  No

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamn nutrition.usda.gov>.

1

In the CACFP, breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

2

You can use any cereal that is listed on any State agency's WIC-approved cereal list.

3

You can find cereals that meet the sugar limit by using Team Nutrition's "Choose Breakfast Cereals That Are Lower in Added Sugars" worksheet ([TeamNutrition.usda.gov](https://teamn nutrition.usda.gov)).

# Step 1

**USDA**  
United States Department of Agriculture

## Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/limits-and-quantity-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

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

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/limits-and-quantity>.

### Yummy Brand Cereal

Nutrition Facts	
Serving Size 1/2 cup (30g)	
Servings Per Container about 16	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	11%
Sugars 6g	
Other Carbohydrate 14g	
Protein 0g	

**Test Yourself:**  
Does the cereal above meet the sugar requirement?  
(Check your answer on the next page)  
Serving Size: \_\_\_\_\_  
Sugars: \_\_\_\_\_  
 Yes  No

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.



[fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets](https://fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets)



## Try It Out!

What is the serving size?

<b>Nutrition Facts</b>	
Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
<b>Calories</b> 100	<b>100</b>
Calories from Fat 5	5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

What is the serving size?

15 g

30 g

5 g





## Answer

What is the serving size?

<b>Nutrition Facts</b>	
Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
<b>Calories</b> 100	<b>100</b>
Calories from Fat 5	5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

What is the serving size?

15 g

30 g

5 g



# Step 2



United States Department of Agriculture



## Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links/state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

**1** Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

**2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

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

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meal-and-snack>.

### Yummy Brand Cereal

Nutrition Facts	
Serving Size 1/2 cup (50g)	
Servings Per Container about 16	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Potassium</b> 90mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 3g	11%
<b>Sugars</b> 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

#### Test Yourself:

Does the cereal above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars: \_\_\_\_\_

Yes  No

# 2

Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.





## Try It Out!

How much sugar is in one serving of this cereal?

<b>Nutrition Facts</b>	
Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
<b>Calories</b> 100	<b>100</b>
Calories from Fat 5	5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

How much sugar is in one serving?

- 5 g
- 14 g
- 3 g





## Answer

How much sugar is in one serving of this cereal?

<b>Nutrition Facts</b>	
Serving Size ¾ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
<b>Calories</b> 100	<b>100</b>
Calories from Fat 5	5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

How much sugar is in one serving?

- 5 g
- 14 g
- 3 g



# Step 3

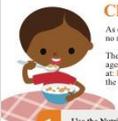


United States Department of Agriculture

## Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can find a list of approved cereals at <https://www.fns.usda.gov/food-assistance-program-operations>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



**1** Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

**2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is: Sugars cannot be more than:	
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

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

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meal-and-snacks>.

### Yummy Brand Cereal

#### Nutrition Facts

Serving Size 1/2 cup (30g)  
Servings Per Container about 16

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

#### Test Yourself:

Does the cereal above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_  
Sugars: \_\_\_\_\_  
 Yes  No

# 3

Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

## Serving Size\*

If the serving size is:

12-16 grams

26-30 grams

31-35 grams

45-49 grams

55-58 grams

59-63 grams

74-77 grams

## Sugars

Sugars cannot be more than:

3 grams

6 grams

7 grams

10 grams

12 grams

13 grams

16 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





## Try It Out!

If the serving size for cereal was 30 grams, which row would it belong in?

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Choose one of the following rows:

- 12-16 g
- 26-30 g
- 31-35 g
- 45-49 g
- 55-58 g
- 59-63 g
- 74-77 g





## Answer

If the serving size for cereal was 30 grams, which row would it belong in?

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Choose one of the following rows:

- 12-16 g
- 26-30 g**
- 31-35 g
- 45-49 g
- 55-58 g
- 59-63 g
- 74-77 g



# Step 4

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### Choose Breakfast Cereals That Are Lower in Added Sugars

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There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at <https://www.fns.usda.gov/wic/child-care-agency-site>, or approved food lists. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/wic/health-and-nutrition>.*

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



# 4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

**Yummy Brand Cereal**

**Nutrition Facts**  
Serving Size 1/2 cup (50g)  
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	<b>% Daily Value*</b>
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

**Test Yourself:**

Does the cereal above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars: \_\_\_\_\_

Yes  No



## Try It Out!

Is this cereal creditable?

- Yes
- No

<b>Nutrition Facts</b>	
Serving Size ¾ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
<b>Calories</b> 100	100
Calories from Fat 5	5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Potassium</b> 90mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
<b>Protein</b> 3g	

# 4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
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31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams



## Answer

Is this cereal creditable?

Yes

No

<b>Nutrition Facts</b>	
Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

# 4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

# Choose Breakfast Cereals That Are Lower in Added Sugars

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- 3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is: Sugars cannot be more than:	
12-16 grams	3 grams
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31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

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

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/needs-and-requests>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



## Test Yourself:

Does the cereal above meet the sugar requirement?

*(Check your answer on the next page)*

Serving Size: 30 grams

Sugars: 5 grams

Yes    No





# Try It Out!

## Which Cereals Can You Add to Your List?



### C Brand Great Granola Cereal

## Nutrition Facts

Serving Size 1 oz. pouch (28g)  
Servings Per Container 1

#### Amount Per Serving

**Calories** 120 Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 21g **7%**

Dietary Fiber 2g **8%**

Sugars 6g

**Protein** 3g **6%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Try It Out! (Example 2)  
Is this cereal creditable?

- Yes
- No

C Brand Great Granola Cereal			
Nutrition Facts			
Serving Size 1 oz. pouch (28g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b> 120	Calories from Fat 25		
			<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 21g			<b>7%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 6g			
<b>Protein</b> 3g			<b>6%</b>
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 5%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams



**Answer (Example 2)**  
Is this cereal creditable?

Yes

No

## C Brand Great Granola Cereal

### Nutrition Facts

Serving Size 1 oz. pouch (28g)  
Servings Per Container 1

#### Amount Per Serving

**Calories** 120 Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 21g **7%**

Dietary Fiber 2g **8%**

Sugars 6g

**Protein** 3g **6%**

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



**Serving Size\***

**Sugars**

If the serving size is:

Sugars cannot be more than:

12-16 grams

3 grams

26-30 grams

6 grams

31-35 grams

7 grams

45-49 grams

10 grams

55-58 grams

12 grams

59-63 grams

13 grams

74-77 grams

16 grams



# More Team Nutrition Resources!



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)

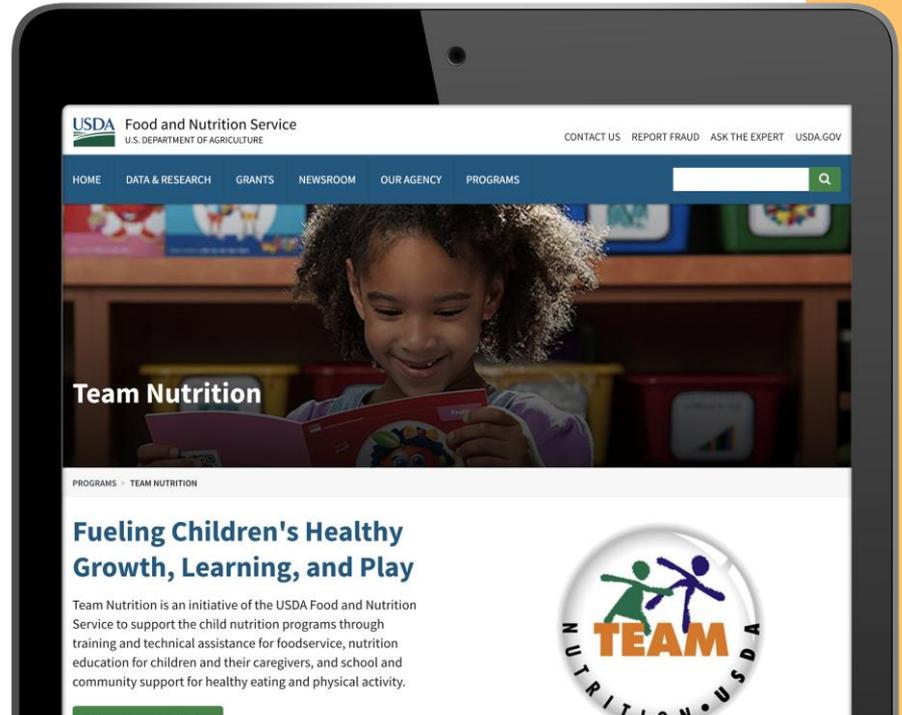
# How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov).

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



[TeamNutrition@usda.gov](mailto:TeamNutrition@usda.gov)



# Thank you!



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