

Child and Adult Care Food Program

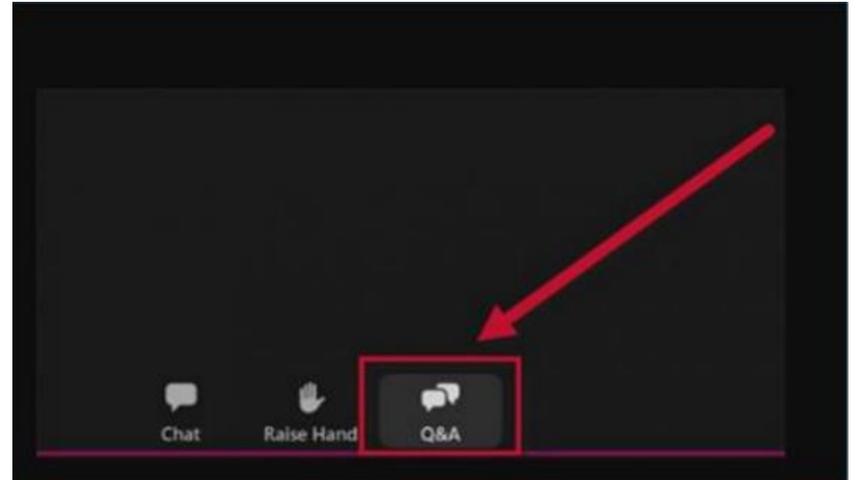
Sugar Limits in Yogurt and Cereal Training



February 24, 2026

Welcome In!

- Participants are muted
- Enter your questions into the Q&A, not the chat
- CACFP staff will answer questions in the Q&A



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Lowering Added Sugars

Sugar limits for breakfast cereals and yogurts are based on **Added Sugars** rather than **Total Sugars**.

This was implemented on October 1, 2025

- **Yogurt:** no more than 12 grams per 6 ounces or 2 grams per 1 ounce
- **Breakfast cereals:** no more than 6 grams per dry ounce



Pro Tip!

Use the state's updated WIC list to help identify allowable breakfast cereals.

<https://louisianawic.org/wic-food-guide/>



Sugar and Health

Unhealthy weight gain and obesity

Increased risk of heart disease

Tooth decay

Decreased immune system

Increased risk of Type II Diabetes

Increased risk of fatty liver

What is the Difference Between Sugars?

There are two types of sugars that may be present in foods:

- **Naturally occurring sugars:** part of the food as it is found in nature
- **Added sugars:** added during processing; provides additional calories, but little to no vitamins or minerals



Yogurt Lower in Added Sugars

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

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

Serving Size (oz)	Serving Size (g) (Use when the serving size is not listed in ounces)	Added Sugars (g) (Must not be more than:)
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Nutrition Facts
7 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 15mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

*Serving sizes here refer to those commonly found for store-bought yogurt. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.

Starting October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces.

Find yogurts that meet the added sugars limit by using the "Choose Yogurt That is Lower in Added Sugars" worksheet:
<https://www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar>





Try It Out!

Use the “Added Sugars Limit in Yogurt” table below to help find yogurt you can serve at your site. Write down your favorite brands and other information in the “Yogurt To Serve in the CACFP” list. You can use this as a shopping list when buying yogurt to serve in your program.



Added Sugars Limit in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

Yogurt and Added Sugar Chart

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

- 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 the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

- 4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.



Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No



Step 1:

Use the Nutrition Facts label to find the **Serving Size** in ounces (oz) or grams (g) of the yogurt.

If the serving size says "one container" check the front of the package to see how many ounces or grams are in the container.



Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 65mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 14g

Includes 10g Added Sugars **20%**

Protein 14g **28%**

Vitamin D 0mcg **0%**

Calcium 170mg **15%**

Iron 0mg **0%**

Potassium 220mg **4%**

What is the Serving Size?

- A. 4 oz
- B. 6 oz
- C. 42 oz
- D. 170 oz

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

What is the Serving Size?

A. 4 oz

B. 6 oz

C. 42 oz

D. 170 oz

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

- 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 the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

- 4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts
7 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%



TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No



Step 2:

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

*Serving sizes here refer to those commonly found for store-bought yogurt. Homemade yogurt is not creditable in the CACFP.



Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 65mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 14g

Includes 10g Added Sugars **20%**

Protein 14g **28%**

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 0mg 0%

Potassium 220mg 4%

How much added sugar is in one serving of this yogurt?

- A. 14 g
- B. 21 g
- C. 10 g
- D. 70 g

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 65mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 14g

Includes 10g Added Sugars **20%**

Protein 14g **28%**

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 0mg 0%

Potassium 220mg 4%

How much added sugar is in one serving of this yogurt?

A. 14 g

B. 21 g

C. 10 g

D. 70 g

Step 3:

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

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Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

- Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Added Sugars** line. Look at the number of grams (g) next to **Added Sugars**.
- Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size Ounces (oz)	Serving Size Grams (g)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.



Nutrition Facts
7 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	5%
Total Carbohydrate 17g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	28%
(Includes 10g Added Sugars)	
Protein 14g	28%
Vitamin D 0mg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 200mg	4%

Test Yourself!
Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)
Serving Size: _____
Added Sugars: _____
 Yes No

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.



*Serving sizes here refer to those commonly found for store-bought yogurt. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Serving Size Ounces (oz)	Serving Size Grams (g) (use when the serving size is not listed in oz)	Added Sugars Grams (g)
2.25 oz	64 g	4 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g



Step 4:

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

Serving Size Ounces (oz)	Serving Size Grams (g) (use when the serving size is not listed in oz)	Added Sugars Grams (g)
2.25 oz	64 g	4 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

Is this yogurt compliant?

A. Yes

B. No

Serving Size Ounces (oz)	Serving Size Grams (g) (use when the serving size is not listed in oz)	Added Sugars Grams (g)
2.25 oz	64 g	4 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

Is this yogurt compliant?

A. Yes

B. No

Serving Size Ounces (oz)	Serving Size Grams (g) (use when the serving size is not listed in oz)	Added Sugars Grams (g)
2.25 oz	64 g	4 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g



Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Total Sugars 19g	
Includes 13g Added Sugars	27%
Protein 5g	10%
Vit. D 3mcg 15%	Calcium 200mg 15%
Potas. 260mg 6%	Vit. A 180mcg 20%
Not a significant source of dietary fiber and iron.	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Is this yogurt compliant?

- A. Yes
- B. No

Serving Size Ounces (oz)	Serving Size Grams (g) (use when the serving size is not listed in oz)	Added Sugars Grams (g)
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g





Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Total Sugars 19g	
Includes 13g Added Sugars	27%
Protein 5g	10%
Vit. D 3mcg 15%	Calcium 200mg 15%
Potas. 260mg 6%	Vit. A 180mcg 20%
Not a significant source of dietary fiber and iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Is this yogurt compliant?

A. Yes

B. No

Serving Size Ounces (oz)	Serving Size Grams (g) (use when the serving size is not listed in oz)	Added Sugars Grams (g)
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g

Breakfast Cereals Lower in Added Sugars

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

Yummy Brand Cereal

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

More training, menu planning, and nutrition education materials for the CACFP can be found at [TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov).

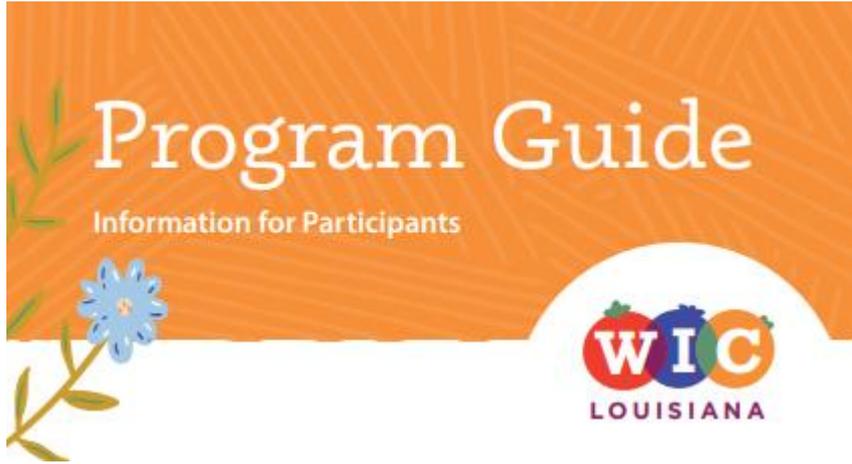


Starting October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Find cereals that meet the added sugars limit by using the “Choose Breakfast Cereals That is Lower in Added Sugars” worksheet:

<https://www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar>

WIC Approved Breakfast Cereal List



Meets the sugar limits for CACFP

List cereals by brand

Available online or a printable pdf

<https://louisianawic.org/wic-food-guide/>

Breakfast Cereal Added Sugar Chart

Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams
3–7 grams	1 gram
8–11 grams	2 grams
12–16 grams	3 grams
17–21 grams	4 grams
22–25 grams	5 grams
26–30 grams	6 grams
31–35 grams	7 grams
36–40 grams	8 grams
41–44 grams	9 grams
45–49 grams	10 grams

Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:
50–54 grams	11 grams
55–58 grams	12 grams
59–63 grams	13 grams
64–68 grams	14 grams
69–73 grams	15 grams
74–77 grams	16 grams
78–82 grams	17 grams
83–87 grams	18 grams
88–91 grams	19 grams
92–96 grams	20 grams
97–100 grams	21 grams



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

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Yummy Brand Cereal

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 the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

Step 1:

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

If the serving size says “one package” it should still have the grams listed next to it on the Nutrition Facts Label.



Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

What is the serving size of this breakfast cereal?

- A. 0.75 g
- B. 450 g
- C. 30 g
- D. 5 g

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

What is the serving size of this breakfast cereal?

- A. 0.75 g
- B. 450 g
- C. 30 g
- D. 5 g



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

- 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 the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{1}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

Step 2:

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



Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

How much added sugars are in one serving?

- A. 5 g
- B. 22 g
- C. 30g
- D. 4 g

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

How much added sugars are in one serving?

- A. 5 g
- B. 22 g
- C. 30g
- D. 4 g

Step 3:

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Step 3:

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

- A. 12-16 g
- B. 26-30 g
- C. 31-35 g
- D. 45-49 g
- E. 55-58 g

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Step 3:

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

- A. 12-16 g
- B. 26-30 g**
- C. 31-35 g
- D. 45-49 g
- E. 55-58 g

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Step 4:

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Is this cereal compliant?

- A. Yes
- B. No

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g



Is this cereal compliant?

A. Yes

B. No

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Nutrition Facts

15 servings per container

Serving size $\frac{3}{4}$ cup (30g)

Amount per serving

Calories

100

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 3g

Is this cereal compliant?

- A. Yes
- B. No

Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams
3–7 grams	1 gram
8–11 grams	2 grams
12–16 grams	3 grams
17–21 grams	4 grams
22–25 grams	5 grams
26–30 grams	6 grams
31–35 grams	7 grams
36–40 grams	8 grams
41–44 grams	9 grams
45–49 grams	10 grams

Nutrition Facts

About 15 servings per container

Serving size 1 cup (36g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 31g 11%

Dietary Fiber 0g 0%

Total Sugars 12g

Incl. 12g Added Sugars 25%

Protein 1g

Is this cereal compliant?

A. Yes

B. No

Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams
3–7 grams	1 gram
8–11 grams	2 grams
12–16 grams	3 grams
17–21 grams	4 grams
22–25 grams	5 grams
26–30 grams	6 grams
31–35 grams	7 grams
36–40 grams	8 grams
41–44 grams	9 grams
45–49 grams	10 grams

Nutrition Facts

About 15 servings per container
Serving size 1 cup (36g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 31g 11%

Dietary Fiber 0g 0%

Total Sugars 12g

Incl. 12g Added Sugars 25%

Protein 1g

Questions?

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Louisiana Kidkare training site <https://www.kidkare.com/training-la/la-kkfp/>

Child Nutrition Program Website <https://cnp.doe.louisiana.gov/front.web/>

CACFP Training Website <https://www.louisianafitkids.com/Home/TrainingSlides>

CNP Site link <https://cnp.doe.louisiana.gov/index.asp>

KidKare Log in link <https://app.kidkare.com/#/login/>

