

CACFP SUGAR REQUIREMENTS

Yogurt and Ready to Eat Breakfast Cereal

In an effort to reduce the amount of added sugar in children's diets, the updated meal pattern places restrictions on the amount of sugar in yogurt and ready to eat breakfast cereal that can be served and claimed for reimbursement. These requirements are effective as of October 1, 2017.



Ready to Eat Breakfast Cereal

Breakfast cereals served to infants, children, and adults must contain no more than 6 grams of sugar per dry ounce. (21.2 grams of sugar per 100 grams of dry cereal)

Breakfast Cereal Sugar Limits

Serving Size	Sugar Limit
27-28 grams	0-5 grams
29-32 grams	0-6 grams
33-37 grams	0-7 grams
38-42 grams	0-8 grams
43-47 grams	0-9 grams
48-51 grams	0-10 grams
52-56 grams	0-11 grams
57-60 grams	0-12 grams



Yogurt

Yogurt should contain no more than 23 grams of sugar per 6 ounces.

Yogurt Sugar Limits

Serving Size	Sugar Limits
2.25 ounces	0-8 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
5.3 ounces	0-20 grams
6 ounces	0-23 grams
8 ounces	0-30 grams

