

SUGAR SENSE



Breakfast Cereal

Nutrition Facts			
Serving Size 1 cup (28g)			
Servings Per Container about 12			
Children Under 4 - ¼ cup (21g)			
Children Under 4 - about 16			
Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children under 4
Calories	100	150	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0.5g	3%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
Cholesterol 0mg	0%	1%	0mg
Sodium 140mg	6%	8%	105mg
Potassium 180mg	5%	11%	135mg
Total Carb 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Total Carbohydrate 16g			12g
Protein 3g			2g

Always read food labels as nutrition content can change even for the same product.

Focus on the 'Serving Size' and 'Sugars' on the Nutrition Facts label.

1 dry ounce = 28 grams

The serving size here is 28 grams or 1 dry ounce. This cereal contains 1 gram of sugar per dry ounce which adheres to the new CACFP meal pattern guidelines of no more than 6 grams of sugar per 1 dry ounce.

List below is not all-inclusive, but provides names of widely available cereal brands and flavors. All cereals listed contain no more than 6 grams of sugar per dry ounce

General Mills

- Cheerios
- Cheerios Ancient Grains
- Multi Grain Cheerios
- Rice/Wheat/Corn Chex
- Kix or Honey Kix
- Total
- Wheaties

Kellogg's

- Corn Flakes (plain)
- Crispix Original
- Rice Krispies (plain)
- Special K Original

Post

- Bran Flakes
- Honey Bunches of Oats
- Shredded Wheat Original

Hannaford Brand

- Bran Flakes
- Corn Flakes
- Shredded Wheat
- Square-Shaped Corn or Rice
- Square-Shaped Wheat Biscuits
- Nutty Nuggets
- Tasteos

Stop & Shop Brand

- Oats & O's
- Crispers
- Crispy Rice
- Corn Flakes
- Bran Flakes
- Shredded Wheat (plain)
- Puffed Wheat
- Puffed Rice
- Corn Squares

Everyday Essentials (Shaw's Store Brand)

- Shredded Wheat
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Rice Pockets
- Toasted Oats

Market Basket Brand

- Bran Flakes
- Corn Flakes
- Shredded Wheat (plain)
- Square-Shaped Corn
- Square-Shaped Rice
- Toasted Oats
- Whole Grain 100



Yogurt



Nutrition Facts	
Serving Size 1 container (170g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 80mg	3%
Potassium 250mg	7%
Total Carbohydrate 14g	5%
Sugars 9g	
Protein 5g	10%

Always read food labels as nutrition content can change even for the same product.

6 oz = 170 grams

Label to the left is a 6 oz container (or 170g). The serving size in ounces can be verified by looking at the package's front label.

Per 6 oz serving this yogurt contains 9 grams of sugar, which adheres to the new CACFP meal pattern guidelines of no more than 23 grams per 6 ounces under the new CACFP meal pattern.

List below is not all-inclusive, but provides names of widely available yogurt brands and flavors. Currently these yogurts contain no more than 23 grams of sugar per 6 ounces.

Dannon

- Traditional Yogurt: All Natural Plain
- Danimals Strawberry Banana
- Oikos Greek Yogurt: Plain, Blackberry, Blueberry, Peach, Strawberry, Strawberry Banana, Vanilla

Stonyfield Farms

- Fruit on the Bottom: Blueberry, Strawberry
- Smooth & Creamy: Plain, French Vanilla, Raspberry, Peach
- Organic Greek: Plain, Vanilla, Blueberry, Cherry, Strawberry, Black Cherry, Peach, Strawberry

Yoplait

- Traditional Yogurt: Plain

Stop & Shop Brand

- Traditional Yogurt: Plain
- Greek Yogurt: Plain, Vanilla, Blueberry, Raspberry, Strawberry, Peach

Market Basket Brand

- Traditional Yogurt: Plain, Vanilla
- Greek Yogurt: Plain, Vanilla, Strawberry, Raspberry, Peach

Shaw's Brand (Essential Everyday)

- Greek Yogurt: Plain, Vanilla, Blueberry, Strawberry, Strawberry Banana

Chobani

- Greek Yogurt: Plain, Vanilla, Blackberry, Black Cherry, Blueberry, Strawberry, Mixed Berry, Peach, Raspberry

Continue to reference USDA Food Buying Guide & USDA Crediting Handbook for CACFP to determine if a food item is creditable.
<http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
http://www.fns.usda.gov/sites/default/files/CACFP_creditinghandbook.pdf