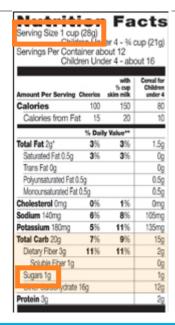
SUGAR SENSE







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 Honev 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
- Tasteeos

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







Nutrition Facts Serving Size 1 container (170g)
Amount Per Serving Calories 80 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat Og 0%
<i>Trans</i> Fat Og
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