The CACFP Sugar Limits Wallet Card can be used to determine if breakfast cereals and yogurts meet the sugar limit requirements for the CACFP meal pattern. The Oregon Department of Education Child Nutrition Programs (ODE CNP) has printed these wallet cards for sponsors and providers to use while shopping. Instructions for using the wallet cards are listed below.

CACFP Sugar Limits in Cereal: Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

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 sugar limit chart below.

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.**
CACFP Sugar Limits in Yogurt: Yogurt must have no more than 23 grams of sugar per 6 ounces.

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

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 yogurt in the sugar limit chart below.

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

Note: Soy yogurts meeting the sugar limit requirement are allowed in the child and adult meal pattern as an alternate option to regular yogurt. Soy yogurt is NOT creditable for the infant meal pattern.