

How to Use the CACFP Sugar Limits Wallet Card

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.

Serving Size: 3/4 cup (29g)		
Servings Per Container: about 9		
	Cereal (dry)	Cereal with 1/2 cup skim milk
Amount Per Serving		
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 85mg	4%	6%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 7g		
Proteins 2g		

CACFP Sugar Limits IN CEREAL

Threshold: No more than 6 grams sugar per dry oz. (dry ounce = 28.35 grams)

Sugars (g) = 6 ≤

Serving Size (g) = 28.35

Cereals must be whole grain, enriched, or fortified

SERVING SIZE	SUGARS	SERVING SIZE	SUGARS
If the serving size is:	Sugars no more than:	If the serving size is:	Sugars no more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

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.

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet.

CACFP Sugar Limits IN YOGURT	SERVING SIZE		SUGARS		SERVING SIZE		SUGARS	
	If the serving size is:		Sugars no more than:		If the serving size is:		Sugars no more than:	
Threshold: No more than 23 grams sugar per 6 oz $\frac{\text{Sugars (g)} = 23}{\text{Serving Size (oz)} = 6} = 3.83$ Yogurt may be plain or flavored, unsweetened or sweetened	1 oz	28 g	4 g	4.75 oz	135 g	18 g		
	1.25 oz	35 g	5 g	5 oz	142 g	19 g		
	1.5 oz	43 g	6 g	5.25 oz	149 g	20 g		
	1.75 oz	50 g	7 g	5.3 oz	150 g	20 g		
	2 oz	57 g	8 g	5.5 oz	156 g	21 g		
	2.25 oz	64 g	9 g	5.75 oz	163 g	22 g		
	2.5 oz	71 g	10 g	6 oz	170 g	23 g		
	2.75 oz	78 g	11 g	6.25 oz	177 g	24 g		
	3 oz	85 g	11 g	6.5 oz	184 g	25 g		
	3.25 oz	92 g	12 g	6.75 oz	191 g	26 g		
	3.5 oz	99 g	13 g	7 oz	198 g	27 g		
	3.75 oz	106 g	14 g	7.25 oz	206 g	28 g		
	4 oz	113 g	15 g	7.5 oz	213 g	29 g		
	4.25 oz	120 g	16 g	7.75 oz	220 g	30 g		
	4.5 oz	128 g	17 g	8 oz	227 g	31 g		

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.