

Crediting Breakfast Cereals in the Child and Adult Care Food Program

This guidance applies through September 30, 2021, to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). Effective October 1, 2021, the required amount for the grains component changes to ounce equivalents. For more information, see the Connecticut State Department of Education’s (CSDE) handout, [Grain Ounce Equivalents for the CACFP](#).



“Breakfast cereals” are defined by the Food and Drug Administration (FDA) (21 CFR 170.3(n)(4)) and include ready-to-eat (RTE) cereals (such as puffed rice cereals, round or flaked cereal, and granola) and instant and regular hot cereals (such as oatmeal, cream of wheat, and farina). RTE cereals can be eaten as sold and are typically fortified with vitamins and minerals.

To credit in the CACFP meal patterns, breakfast cereals must:

- contain a creditable grain (whole, enriched, bran, or germ) as the first ingredient or be fortified;
- contain no more than 6 grams of sugars per dry ounce; and
- provide the minimum serving (required volume or weight).

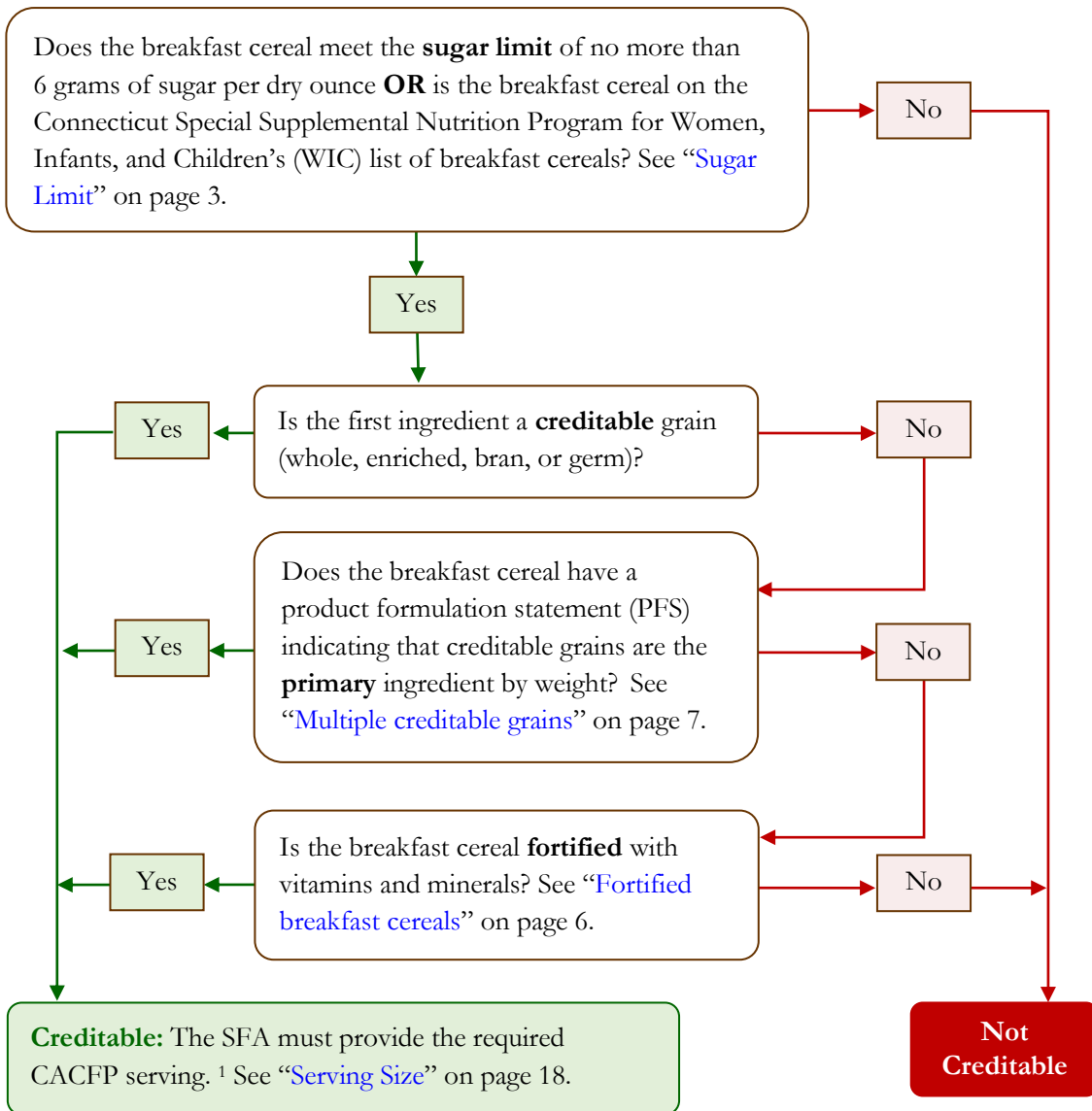


Table 1 summarizes the steps for determining if breakfast cereals credit as the grains component in the CACFP meal patterns. The CSDE recommends that CACFP facilities check the cereal’s sugar content **first**, before determining if the cereal contains creditable grains. Breakfast cereals that exceed the sugar limit do not credit in the CACFP meal patterns.



Crediting Breakfast Cereals in the CACFP

Table 1. Identifying creditable breakfast cereals for the CACFP



¹ Through September 30, 2021, the CACFP serving must provide the required weight or volume for groups H-I in the CSDE’s handout, *Grain Servings for the CACFP*.

Crediting Breakfast Cereals in the CACFP

Sugar Limit

RTE and cooked breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). The sugar limit applies only to breakfast cereals as purchased. CACFP facilities may choose to add toppings to breakfast cereals to increase their appeal. However, the USDA strongly encourages CACFP facilities to offer healthy toppings for breakfast cereals, such as fruit instead of sugar. Minimizing sweet toppings will help reduce consumption of added sugars, which contribute calories without essential nutrients.

The USDA allows three methods for determining if breakfast cereals meet the CACFP sugar limit. A breakfast cereal meets the sugar limit if it complies with at least one of these methods. The USDA's webinar, *Choose Breakfast Cereals that are Lower in Added Sugars*, provides guidance on these methods. It is available in English and Spanish on the USDA's [CACFP Halftime: Thirty on Thursdays Training Webinars](#) website.

CACFP facilities must maintain crediting documentation for breakfast cereals on file for the Administrative Review of the CACFP. This must include information on how the CACFP facility determined that the cereal meets the sugar limit, and if the cereal meets the CACFP whole grain-rich (WGR) criteria.



Method 1: WIC breakfast cereals list

A breakfast cereal meets the sugar limit if it is listed on the Connecticut WIC Program's approved breakfast cereals list. WIC-approved whole-grain foods must comply with the same WGR criteria as the CACFP. Connecticut WIC food guides are available on the Connecticut State Department of Public Health's [Approved Food Guide](#) webpage.

Method 2: USDA's sugar limit chart

A breakfast cereal meets the sugar limit if the sugars per serving on the product's Nutrition Facts panel do not exceed the maximum amount in the sugar limit chart listed in the USDA's worksheet, *Choose Breakfast Cereals that are Lower in Added Sugars*. This chart includes common breakfast cereal serving sizes with the maximum amount of sugars per serving. Method 2 eliminates the need for CACFP facilities to perform calculations for the sugar limit. The USDA's worksheet is available in English and Spanish on the USDA's [CACFP Meal Pattern Training Worksheets](#) webpage.

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Method 3: Calculation of grams of sugars per serving (standard and rounding options)

A breakfast cereal meets the sugar limit if the CACFP facility's calculations document that the product does not contain more than 0.212 grams of sugars per dry gram of cereal weight. This is the gram equivalent of no more than 6 grams of sugars per dry ounce (28.35 grams). Method 3 includes two options for calculating compliance with the sugar limit. Both options use the sugars per serving from the product's Nutrition Facts panel.

1. The **standard method** calculates the grams of sugars per dry gram of cereal weight.
2. The **rounding method** calculates the sugar limit (grams) based on the serving weight (grams) of the cereal. It uses the standard rules for rounding, which are:
 - round up to the next whole number if the number after the decimal point is 0.5 or greater (e.g., 4.52 rounds up to 5); and
 - round down to the next whole number if the number after the decimal point is less than 0.5 (e.g., 6.148 rounds down to 6).

The rounding method is the calculation method used in the USDA's worksheet, *Choose Breakfast Cereals that are Lower in Added Sugars* (see "[Method 2: USDA's sugar limit chart](#)" above).

Tables 2 and 3 show sample calculations for the standard and rounding options of method 3, using the Nutrition Facts panel for the RTE breakfast cereal on the right. Each method shows that this breakfast cereal meets the CACFP sugar limit. To credit in the CACFP meal patterns, this cereal must also meet the requirements for creditable grains (see "[Creditable grains](#)" on page 6) and provide the required CACFP serving (see "[Serving Size](#)" on page 18).

Note: The standard and rounding calculation methods are both valid ways of demonstrating that a breakfast cereal meets the CACFP sugar limit. There may be times when a breakfast cereal meets the sugar limit using one of these methods, but not the other. If a breakfast cereal meets the sugar limit using at least one of these calculation methods, it complies with the sugar limit.

Nutrition Facts	
Serving Size	¼ cup (29 g)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0 g	8%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150 mg	1%
Potassium 35 mg	1%
Total Carbohydrates 26g	1%
Dietary Fiber 1g 20%	
Sugars 4g	
Including 0g Added Sugars	
Protein 3 g	

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Table 2. Calculation of CACFP sugar limit compliance using standard method

1. List the grams (g) of sugars per serving from the cereal's Nutrition Facts label.	A	4	grams of sugars per serving of cereal
2. List the serving size in grams from the cereal's Nutrition Facts label.	B	29	serving size (grams)
3. Calculate the grams of sugars per gram of serving weight (Divide A by B).	C	0.1379	sugars per gram
4. Is C equal to or less than 0.212? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If "yes," the breakfast cereal meets the CACFP sugar limit.			

Table 3. Calculation of CACFP sugar limit compliance using rounding method

1. List the serving size in grams (g) from the cereal's Nutrition Facts label.	A	29	grams
2. Calculate the sugar limit for the product's serving size: Multiply A by 0.212.	B	6.148	grams of sugars per serving (required limit)
3. Calculate the rounded sugar limit: If the number in B ends in 0.5 or more, round up to the next whole number. If the number in B ends in 0.49 or less, round down to the next whole number.	C	6	allowable grams of sugars per serving (rounded limit)
4. List the grams (g) of sugars per serving from the cereal's Nutrition Facts label	D	4	grams of sugars per serving of cereal
5. Is D equal to or less than C? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If "yes," the breakfast cereal meets the CACFP sugar limit.			

Crediting Breakfast Cereals in the CACFP

Creditable Grains

Creditable grains for the CACFP meal patterns include whole grains, enriched grains, bran, and germ. To credit as the grains component, breakfast cereals must contain a creditable grain as the first ingredient, or be fortified. CACFP facilities must check the ingredients statement to determine if breakfast cereals meet at least one of these crediting criteria.

Whole grains

Whole grains consist of the entire cereal grain seed or kernel (starchy endosperm, fiber-rich bran, and nutrient-rich germ) after removing the inedible outer husk or hull. A 100 percent whole-grain cereal lists a whole grain as the first ingredient and contains only whole grains. The ingredients statement below shows an example of a 100 percent whole-grain breakfast cereal.

Ingredients: *Whole-grain rolled oats*, sugar, natural flavors, salt.

For more information on identifying whole grains, see CSDE's handout, [Crediting Whole Grains in the CACFP](#).

Enriched grains

Enriched breakfast cereals have five vitamins and minerals added in amounts required by the FDA to replace some of the nutrients lost during processing. The enrichment nutrients include thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride); riboflavin (vitamin B₂); niacin (vitamin B₃ or niacinamide); folic acid (folate); and iron (reduced iron, ferrous sulfate, or ferric orthophosphate). A breakfast cereal is enriched if the food is labeled as “enriched” or an enriched grain is the first ingredient. The ingredients statement below shows an example of an enriched puffed rice cereal.

Ingredients: Puffed rice, *ferrous sulfate (a source of iron)*, *niacinamide*, *citric acid*, *thiamin mononitrate*, *riboflavin*, *folic acid*.

For more information on identifying enriched grains, see the CSDE's handout, [Crediting Enriched Grains in the CACFP](#).

Fortified breakfast cereals

Fortified breakfast cereals have nutrients added by the manufacturer that were not originally present in the food, or that are at higher levels than originally present. Manufacturers may choose which additional nutrients to use for fortification. Fortified breakfast cereals typically contain the five enrichment nutrients plus other vitamins and minerals. Different cereal brands may list different fortification nutrients. The USDA does not specify a minimum number of nutrients or a minimum percentage for the level of fortification for breakfast cereals in Child Nutrition Programs. If a breakfast cereal is fortified, it does not need to be enriched.

Crediting Breakfast Cereals in the CACFP

A breakfast cereal is fortified if it is labeled as “fortified” or the ingredients statement lists the vitamins and minerals added to the product. The ingredients statement below shows an example of a RTE breakfast cereal fortified with 11 vitamins and minerals, listed after “Vitamins and Minerals.”

Ingredients: Whole-grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor. **Vitamins and Minerals:** *Potassium chloride, niacinamide, reduced iron, vitamin B₆ (pyridoxine hydrochloride), zinc oxide, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B₁₂.*

This cereal is WGR because it contains a whole grain (whole-grain wheat) as the first ingredient and is fortified.

If the ingredients statement does not list any added vitamins and minerals, the breakfast cereal is not fortified. To credit as the grains component in the CACFP meal patterns, nonfortified breakfast cereals must contain a creditable grain (whole, enriched, bran, or germ) as the first ingredient.

Bran and germ

Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. Germ (such as wheat germ) is the vitamin-rich embryo of the grain kernel. The ingredients statement below shows an example of a creditable RTE breakfast cereal that contains wheat bran as the first ingredient.

Ingredients: Wheat bran, sugar, malt flavor, contains 2% or less of salt.

Vitamins and Minerals: *Calcium carbonate, vitamin C (sodium ascorbate and ascorbic acid), reduced iron, niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), folic acid, vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, vitamin B₁₂, vitamin D.*



Multiple creditable grains

If a breakfast cereal is not fortified, and a creditable grain is not the first ingredient but the breakfast cereal contains more than one creditable grain, the CACFP facility must obtain a product formulation statement (PFS) from the manufacturer that states the weight of all creditable grains. To credit in the CACFP meal patterns, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight in the breakfast cereal. For information on PFS forms, see the CSDE’s handouts, [Using Product Formulation Statements in the CACFP](#) and [Accepting Processed Product Documentation in the CACFP](#), and the USDA’s handouts, [Product Formulation Statement for Grains: Servings \(through September 30, 2021\)](#), [Sample Completed Product Formulation Statement for Grains: Servings \(through September 30, 2021\)](#), and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#).

Crediting Breakfast Cereals in the CACFP

Whole-Grain Rich (WGR) Requirement

The CACFP meal patterns require at least one serving of WGR grains per day, between all meals and snacks served in the CACFP facility. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day.

The USDA has different WGR criteria for RTE breakfast cereals in group I (such as puffed cereals, flaked or round cereals, and granola) and cooked breakfast cereals in group H (such as oatmeal, cream of wheat, and farina) of the USDA's grain servings chart. This chart is listed in the CSDE's handout, *Grain Servings for the CACFP*.

- **CACFP WGR criteria for RTE breakfast cereals (group I):** Table 4 on page 9 summarizes the steps for determining if RTE breakfast cereals meet the CACFP WGR criteria. To be WGR, RTE breakfast cereals must list a whole grain as the first ingredient; be fortified; and meet the sugar limit. For more information, see “[Sugar Limit](#)” on page 3 and “[Fortified breakfast cereals](#)” on page 6.
- **CACFP WGR criteria for cooked breakfast cereals (group H):** Table 5 on page 11 summarizes the steps for determining if cooked breakfast cereals meet the CACFP WGR criteria. To be WGR, cooked breakfast cereals must meet the sugar limit and comply with the USDA's “rule of three” CACFP WGR criteria. The “rule of three” states that the first ingredient must be a whole grain, and the next two grain ingredients (if any) must be whole, enriched, bran, or germ. A noncreditable grain cannot be one of the first three grain ingredients. For guidance on the USDA's “rule of three” WGR criteria for the CACFP, see the CSDE's handout, *Whole Grain-rich Criteria for the CACFP*. For information the sugar limit, see “[Sugar Limit](#)” on page 3.

Multiple whole grains

If a whole grain is not the first ingredient, but the breakfast cereal contains more than one whole grain, the CACFP facility must obtain a PFS from the manufacturer that states the weight of all whole grains and the weight of all other creditable grains. To meet the CACFP WGR criteria, the manufacturer's PFS must document that the **combined** weight of all whole grains is the greatest ingredient by weight in the breakfast cereal. For information on PFS forms, see the CSDE's handouts, *Using Product Formulation Statements in the CACFP* and *Accepting Processed Product Documentation in the CACFP*, and the USDA's handouts, *Product Formulation Statement for Grains: Servings (through September 30, 2021)*, *Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021)*, and *Tips for Evaluating a Manufacturer's Product Formulation Statement*.

Crediting Breakfast Cereals in the CACFP

Noncreditable grains

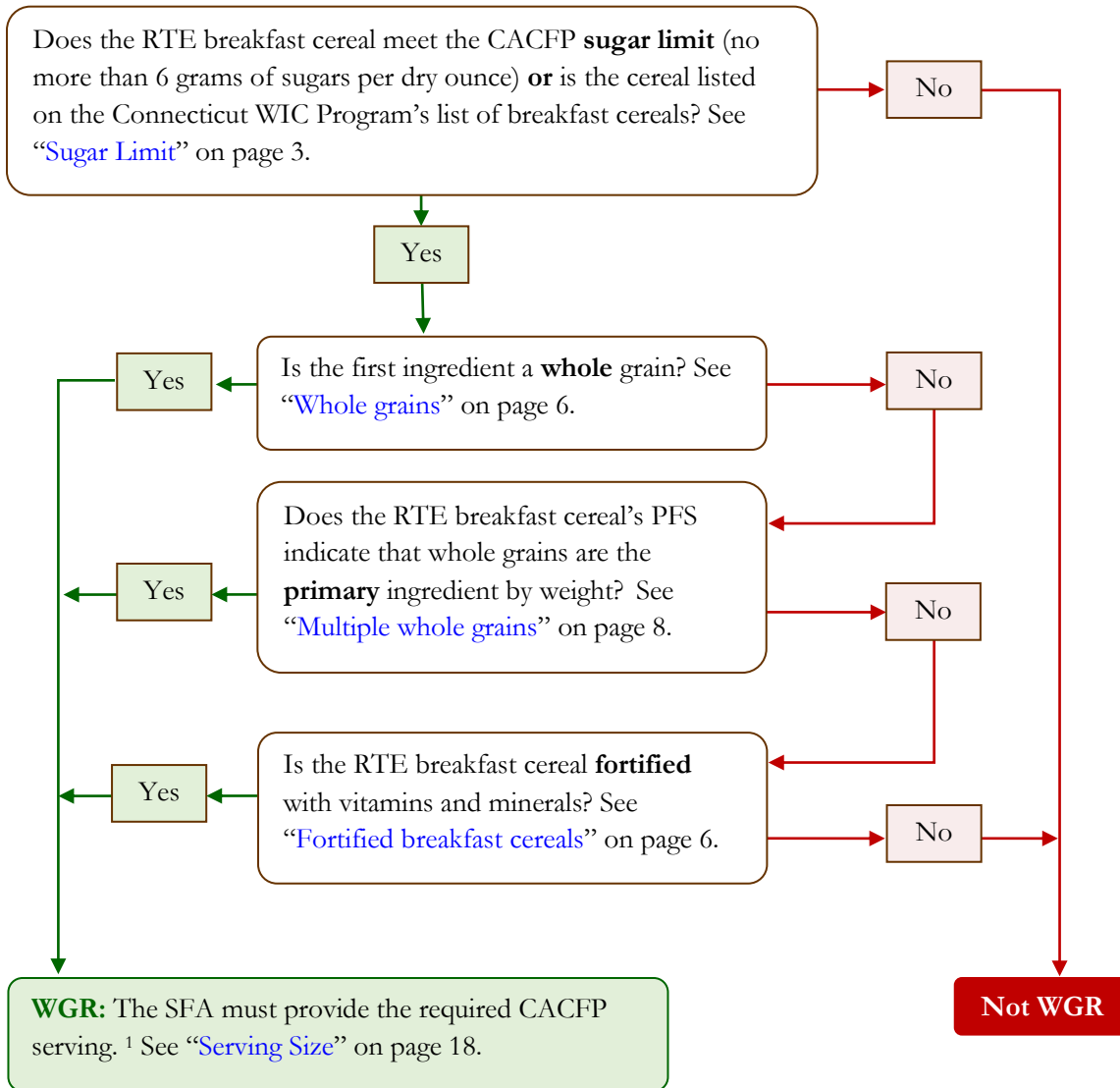
Grain ingredients that are not whole, enriched, bran, or germ do not credit as the grains component in the CACFP meal patterns. The CACFP WGR criteria for cooked and RTE breakfast cereals have different requirements for noncreditable grains.

- **Cooked breakfast cereals (group H):** CACFP facilities must include noncreditable grains when determining if the first three grain ingredients in a cooked breakfast cereal meet the CACFP “rule of three” WGR criteria. Examples of noncreditable grains for the CACFP meal patterns include legume flours, corn flour, corn grits, farina, malted barley flour, milled corn, nut or seed flours, oat fiber, potato flour, potato starch, rice, soy fiber, soy flakes, wheat flour, and yellow corn flour. Noncreditable grains listed after the statement “contains 2% or less” are insignificant, and are not considered for the “rule of three.” For example, if the ingredients list states “contains less than 2% of wheat flour and corn flour,” CACFP facilities can ignore the wheat flour and corn flour (noncreditable grains) when reviewing the cereal’s ingredients. CACFP facilities can also ignore noncreditable grains in the sublisting for a nongrain ingredient.
- CACFP facilities can also ignore grain derivatives when determining if cooked breakfast cereals meet the CACFP WGR criteria. Examples of grain derivatives for the CACFP meal patterns include corn dextrin, corn starch, cultured wheat starch, malt powder, maltodextrin, modified food starch, modified corn starch, modified rice starch, potato starch, tapioca starch, vital wheat gluten, wheat dextrin, wheat gluten, and wheat starch. For more information on noncreditable grains and grain derivatives, see the CSDE’s handout, [Whole Grain-rich Criteria for the CACFP](#).
- **RTE breakfast cereals (group I):** CACFP facilities can ignore noncreditable grains in the ingredients statement if a whole grain is the first ingredient and the RTE breakfast cereal is fortified. CACFP facilities can also ignore grain derivatives when determining if RTE breakfast cereals meet the CACFP WGR criteria.



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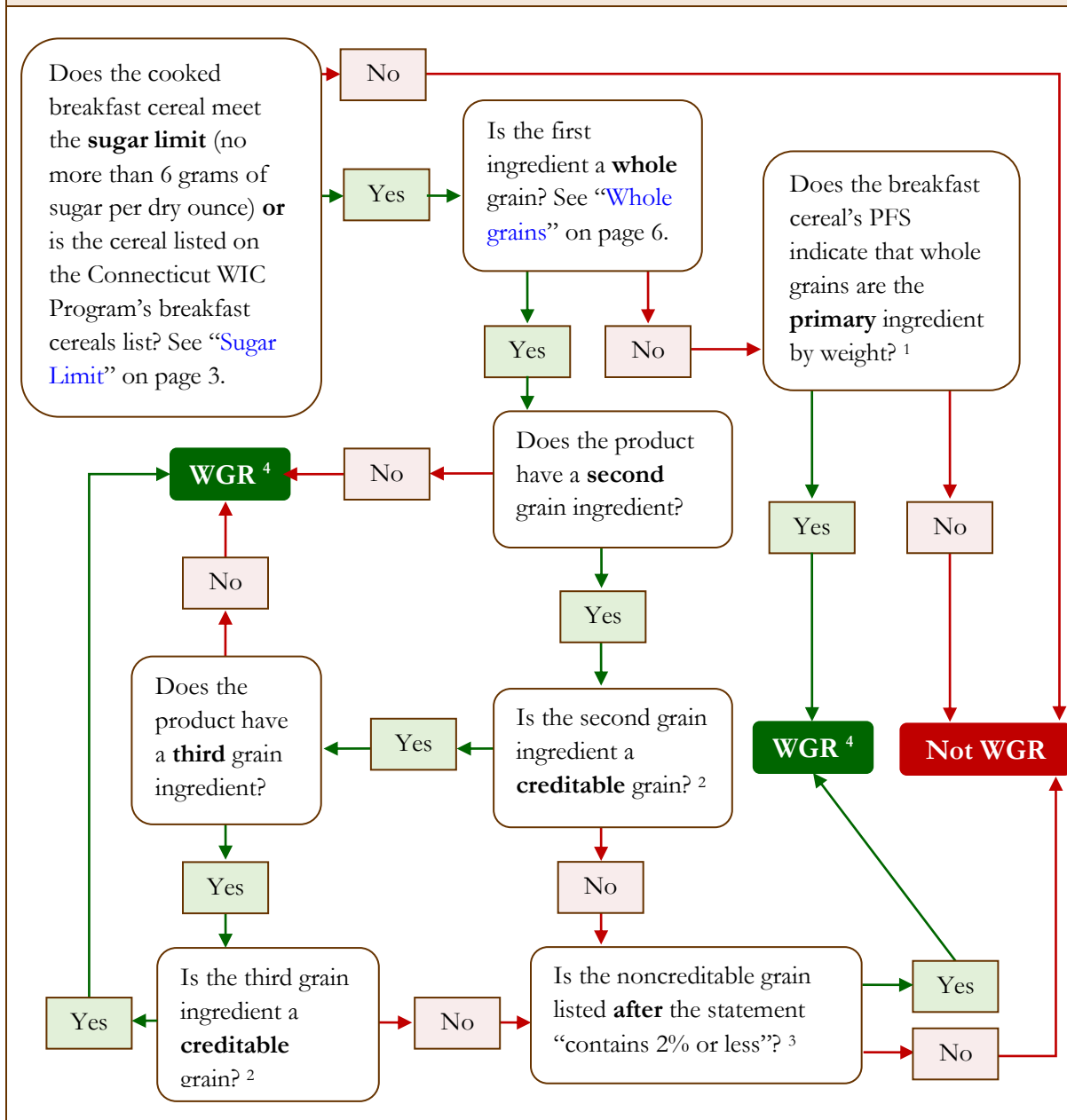
Table 4. Identifying WGR RTE breakfast cereals (group I) for the CACFP



¹ Through September 30, 2021, the CACFP grain serving must provide the required weight or volume for group I in the USDA's grain servings chart. For more information, see the CSDE's handout, *Grain Servings for the CACFP*.

Crediting Breakfast Cereals in the CACFP

Table 5. Identifying WGR cooked breakfast cereals (group H) for the CACFP



¹ The CACFP facility must obtain a PFS from the manufacturer. For more information, see the CSDE's handout, *Using Product Formulation Statements in the CACFP*.

² Creditable grains for the CACFP meal patterns are whole grains, enriched grains, bran, and germ.

³ Ignore noncreditable grains listed after "contains 2% or less" or in the sublisting for a nongrain ingredient (see "Noncreditable grains" on page 9).

⁴ The CACFP facility must provide the required CACFP serving. Through September 30, 2021, the serving must provide the required weight or volume for group H in the USDA's grain servings chart. For more information, see the CSDE's handout, *Grain Servings for the CACFP*.

Crediting Breakfast Cereals in the CACFP

Determining if Commercial Breakfast Cereals are WGR

The examples on pages 13-17 show how to evaluate commercial RTE and cooked breakfast cereals for compliance with the USDA's CACFP WGR criteria for breakfast cereals. The following guidance applies to the ingredients for these products.

- Creditable grains (whole, enriched, bran, and germ) in the product's ingredients statement are listed in **bold** text and whole grains are in bold **UPPERCASE** text. For examples of whole and enriched grains, see the CSDE's handouts, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).
- Noncreditable grains (such as wheat flour and yellow corn flour) are listed in listed in ***bold italicized*** text.
 - For **cooked breakfast cereals**, CACFP facilities must include noncreditable grains when reviewing a product's ingredients statement for compliance with the CACFP "rule of three" WGR criteria, unless the noncreditable grains are listed after the statement "contains 2% or less" or in the sublisting for a nongrain ingredient. For more information noncreditable grains, see "[Noncreditable grains](#)" on page 9.
 - For **fortified RTE breakfast cereals** that contain a whole grain as the first ingredient, CACFP facilities can ignore any noncreditable grains in the product's ingredients statement.

Crediting worksheets for breakfast cereals

The CSDE's CACFP crediting worksheets for breakfast cereals help CACFP facilities evaluate products for compliance with the CACFP crediting, WGR, and serving requirements; and the CACFP sugar limit. These worksheets include:



- Adult Center Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP;
- Adult Center Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP;
- Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP; and
- Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP.

The child care crediting worksheets are available in the "Documents/Forms" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage. The adult day care center crediting worksheets are available in the "Documents/Forms" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Crediting Breakfast Cereals in the CACFP

Product 1: Spiced instant oatmeal (commercial cooked breakfast cereal)

Ingredients: **WHOLE-GRAIN ROLLED OATS**, sugar, salt, cinnamon and other spices, calcium carbonate, guar gum, caramel color, niacinamide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

Part 1: Grain ingredients ^{1,2}

- A. **First ingredient:** Whole-grain rolled oats
- B. **Second grain ingredient:** None
- C. **Third grain ingredient:** None
- D. **Fortification nutrients:** Calcium carbonate, niacinamide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

Part 2: CACFP crediting criteria for group H (cooked breakfast cereals)

Creditable: *The first ingredient must be a creditable grain **or** the cereal must be fortified.*

1. Is the first ingredient a creditable grain ¹ (see Part 1A above)? Yes No
2. Is the cereal fortified (see Part 1D above)? Yes No
3. Is the answer “Yes” for *either* question 1 **or** 2 **OR** is the answer “Yes” for *both* questions 1 **and** 2?
 - Yes: Cereal is creditable if it meets the CACFP sugar limit ^{3,4}
 - No: Does the cereal contain more than one creditable grain?
 - Yes: Need PFS ⁵ No: Cereal is not creditable

Part 3: CACFP “rule of three” WGR criteria for group H (cooked breakfast cereals)

WGR: *The first ingredient must be a whole grain **and** the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient a whole grain (see Part 1A above)?
 - Yes No
2. Is the second grain ingredient (if any) a creditable grain ¹ (see Part 1B above)?
 - Yes No Not applicable (no second grain ingredient or can be ignored) ²
3. Is the third grain ingredient (if any) a creditable grain ¹ (see Part 1C above)?
 - Yes No Not applicable (no third grain ingredient or can be ignored) ²
4. Is the answer “Yes” for question 1 **AND** either “Yes” or “Not applicable” for questions 2 and 3?
 - Yes: Cereal is WGR if it meets the CACFP sugar limit ^{3,4}
 - No: Does the cereal contain more than one whole grain?
 - Yes: Need PFS ⁵ No: Cereal is not WGR

¹ Creditable grains for the CACFP meal patterns are whole grains, enriched grains, bran, and germ.
² Ignore noncreditable grains in cooked breakfast cereals listed after the statement “contains 2% or less, and ignore grain derivatives (such as wheat gluten and modified food starch) (see “[Noncreditable grains](#)” on page 9).
³ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (see “[Sugar Limit](#)” on page 3).
⁴ The CACFP facility must provide the required CACFP serving (see “[Serving Size](#)” on page 18).
⁵ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight (see “[Multiple creditable grains](#)” on page 9). To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight (see “[Multiple whole grains](#)” on page 8).

Crediting Breakfast Cereals in the CACFP

Product 2: Farina hot cereal (commercial cooked breakfast cereal)

Ingredients: *Wheat farina*, calcium carbonate, ferric orthophosphate (source of iron), niacinamide (vitamin B3), pyridoxine hydrochloride (vitamin B6), folic acid, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2).

Part 1: grain ingredients ^{1, 2}
<p>A. First ingredient: Wheat farina (noncreditable grain)</p> <p>B. Second grain ingredient: None</p> <p>C. Third grain ingredient: None</p> <p>D. Fortification nutrients: Calcium carbonate, ferric orthophosphate (source of iron), niacinamide (vitamin B3), pyridoxine hydrochloride (vitamin B6), folic acid, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2)</p>
Part 2: CACFP crediting criteria for group H (cooked breakfast cereals)
<p>Creditable: <i>The first ingredient must be a creditable grain or the cereal must be fortified.</i></p> <p>1. Is the first ingredient a creditable grain ¹ (see Part 1A above)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the cereal fortified (see Part 1D above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Is the answer “Yes” for <i>either</i> question 1 or 2 OR is the answer “Yes” for <i>both</i> questions 1 and 2? <input checked="" type="checkbox"/> Yes: Cereal is creditable if it meets the CACFP sugar limit ^{3, 4} <input type="checkbox"/> No: Does the cereal contain more than one creditable grain? <input type="checkbox"/> Yes: Need PFS ⁵ <input type="checkbox"/> No: Cereal is not creditable</p>
Part 3: CACFP “rule of three” WGR criteria for group H (cooked breakfast cereals)
<p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient a whole grain (see Part 1A above)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain ¹ (see Part 1B above)? <input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ²</p> <p>3. Is the third grain ingredient (if any) a creditable grain ¹ (see Part 1C above)? <input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ²</p> <p>4. Is the answer “Yes” for question 1 AND either “Yes” or “Not applicable” for questions 2 and 3? <input type="checkbox"/> Yes: Cereal is WGR if it meets the CACFP sugar limit ^{3, 4} <input checked="" type="checkbox"/> No: Does the cereal contain more than one whole grain? <input type="checkbox"/> Yes: Need PFS ⁵ <input checked="" type="checkbox"/> No: Cereal is not WGR</p>
<p>¹ Creditable grains for the CACFP meal patterns are whole grains, enriched grains, bran, and germ.</p> <p>² Ignore noncreditable grains in cooked breakfast cereals listed after the statement “contains 2% or less, and ignore grain derivatives (such as wheat gluten and modified food starch) (see “Noncreditable grains” on page 9).</p> <p>³ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (see “Sugar Limit” on page 3).</p> <p>⁴ The CACFP facility must provide the required CACFP serving (see “Serving Size” on page 18).</p> <p>⁵ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight (see “Multiple creditable grains” on page 9). To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight (see “Multiple whole grains” on page 8).</p>

Crediting Breakfast Cereals in the CACFP

Product 3: Whole-grain oat cereal (commercial RTE breakfast cereal)

Ingredients: **WHOLE-GRAIN OAT FLOUR**, sugar, *corn flour*, **WHOLE-WHEAT FLOUR**, *rice flour*, salt, calcium carbonate, disodium phosphate, reduced iron, niacinamide, zinc oxide, BHT (a preservative), yellow 5, yellow 6, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.

Part 1: Grain ingredients ^{1,2}
<p>A. First ingredient: Whole-grain oat flour</p> <p>B. Fortification nutrients: Calcium carbonate, reduced iron, niacinamide, zinc oxide, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, folic acid</p>
Part 2: CACFP crediting criteria for group I (RTE breakfast cereals)
<p>Creditable: <i>The first ingredient must be a creditable grain or the cereal must be fortified.</i></p> <p>1. Is the first ingredient a creditable grain ¹ (see Part 1A above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the cereal fortified (see Part 1B above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Is the answer “Yes” for <i>either</i> question 1 or 2 OR is the answer “Yes” for <i>both</i> questions 1 and 2?</p> <p style="padding-left: 20px;"><input checked="" type="checkbox"/> Yes: Cereal is creditable if it meets the CACFP sugar limit ^{3,4}</p> <p style="padding-left: 20px;"><input type="checkbox"/> No: Does the cereal contain more than one creditable grain?</p> <p style="padding-left: 40px;"><input type="checkbox"/> Yes: Need PFS ⁵ <input type="checkbox"/> No: Cereal is not creditable</p>
Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)
<p>WGR: <i>The first ingredient must be a whole grain and the cereal must be fortified.</i></p> <p>1. Is the first ingredient a whole grain (see Part 1A above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the cereal fortified (see Part 1B above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Is the answer “Yes” for questions 1 and 2?</p> <p style="padding-left: 20px;"><input checked="" type="checkbox"/> Yes: Cereal is WGR if it meets the CACFP sugar limit ^{3,4}</p> <p style="padding-left: 20px;"><input type="checkbox"/> No: Does the cereal contain more than one whole grain?</p> <p style="padding-left: 40px;"><input type="checkbox"/> Yes: Need PFS ⁵ <input type="checkbox"/> No: Cereal is not WGR</p>
<p>¹ Creditable grains for the CACFP meal patterns are whole grains, enriched grains, bran, and germ.</p> <p>² Ignore noncreditable grains in cooked breakfast cereals listed after the statement “contains 2% or less, and ignore grain derivatives (such as wheat gluten and modified food starch) (see “Noncreditable grains” on page 9).</p> <p>³ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (see “Sugar Limit” on page 3).</p> <p>⁴ The CACFP facility must provide the required CACFP serving (see “Serving Size” on page 18).</p> <p>⁵ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight (see “Multiple creditable grains” on page 9). To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight (see “Multiple whole grains” on page 8).</p>

Crediting Breakfast Cereals in the CACFP

Product 4: Crispy rice cereal (commercial RTE breakfast cereal)

Ingredients: **Rice**, sugar, contains 2% or less of salt, malt flavor. BHT added to packaging for freshness. Vitamins and Minerals: Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D

Part 1: Grain ingredients ^{1,2}

- A. **First ingredient:** Rice (noncreditable grain)
- B. **Fortification nutrients:** Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D

Part 2: CACFP crediting criteria for group I (RTE breakfast cereals)

Creditable: *The first ingredient must be a creditable grain **or** the cereal must be fortified.*

- 1. Is the first ingredient a creditable grain ¹ (see Part 1A above)? Yes No
- 2. Is the cereal fortified (see Part 1B above)? Yes No
- 3. Is the answer “Yes” for *either* question 1 **or** 2 **OR** is the answer “Yes” for *both* questions 1 **and** 2?
 - Yes: Cereal is creditable if it meets the CACFP sugar limit ^{3,4}
 - No: Does the cereal contain more than one creditable grain?
 - Yes: Need PFS ⁵ No: Cereal is not creditable

Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)

WGR: *The first ingredient must be a whole grain **and** the cereal must be fortified.*

- 1. Is the first ingredient a whole grain (see Part 1A above)? Yes No
- 2. Is the cereal fortified (see Part 1B above)? Yes No
- 3. Is the answer “Yes” for questions 1 and 2?
 - Yes: Cereal is WGR if it meets the CACFP sugar limit ^{3,4}
 - No: Does the cereal contain more than one whole grain?
 - Yes: Need PFS ⁵ No: Cereal is not WGR

¹ Creditable grains for the CACFP meal patterns are whole grains, enriched grains, bran, and germ.
² Ignore noncreditable grains in cooked breakfast cereals listed after the statement “contains 2% or less” (see “[Noncreditable grains](#)” on page 9). Ignore grain derivatives (such as wheat gluten and modified food starch) in cooked breakfast cereals.
³ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (see “[Sugar Limit](#)” on page 3).
⁴ The CACFP facility must provide the required CACFP serving (see “[Serving Size](#)” on page 18).
⁵ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight (see “[Multiple creditable grains](#)” on page 9). To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight (see “[Multiple whole grains](#)” on page 8).

Crediting Breakfast Cereals in the CACFP

Product 5: Crunchy wheat cereal (commercial RTE breakfast cereal)

Ingredients: **WHOLE-GRAIN WHEAT**, sugar, *rice flour*, *oat fiber*, sunflower oil, dextrose, molasses, baking soda, sea salt.

Part 1: Grain Ingredients ^{1,2}
<p>A. First ingredient: Whole-grain wheat</p> <p>B. Fortification nutrients: None</p>
Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)
<p>Creditable: <i>The first ingredient must be a creditable grain or the cereal must be fortified.</i></p> <p>1. Is the first ingredient a creditable grain ¹ (see Part 1A above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the cereal fortified (see Part 1B above)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>3. Is the answer “Yes” for <i>either</i> question 1 or 2 OR is the answer “Yes” for <i>both</i> questions 1 and 2? <input checked="" type="checkbox"/> Yes: Cereal is creditable if it meets the CACFP sugar limit ^{3,4} <input type="checkbox"/> No: Does the cereal contain more than one creditable grain? <input type="checkbox"/> Yes: Need PFS ⁵ <input type="checkbox"/> No: Cereal is not creditable</p>
Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)
<p>WGR: <i>The first ingredient must be a whole grain and the cereal must be fortified.</i></p> <p>1. Is the first ingredient a whole grain (see Part 1A above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the cereal fortified (see Part 1B above)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>3. Is the answer “Yes” for questions 1 and 2? <input type="checkbox"/> Yes: Cereal is WGR if it meets the CACFP sugar limit ^{3,4} <input checked="" type="checkbox"/> No: Does the cereal contain more than one whole grain? <input type="checkbox"/> Yes: Need PFS ⁵ <input checked="" type="checkbox"/> No: Cereal is not WGR</p>
<p>¹ Creditable grains for the CACFP meal patterns are whole grains, enriched grains, bran, and germ.</p> <p>² Ignore noncreditable grains in cooked breakfast cereals listed after the statement “contains 2% or less” (see “Noncreditable grains” on page 9). Ignore grain derivatives (such as wheat gluten and modified food starch) in cooked breakfast cereals.</p> <p>³ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (see “Sugar Limit” on page 3).</p> <p>⁴ The CACFP facility must provide the required CACFP serving (see “Serving Size” on page 18).</p> <p>⁵ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight (see “Multiple creditable grains” on page 9). To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight (see “Multiple whole grains” on page 8).</p>

Crediting Breakfast Cereals in the CACFP

Serving Size

The required amounts for the grains component are in servings through September 30, 2021, and change to ounce equivalent effective October 1, 2021. Table 7 shows the required amounts for RTE and cooked breakfast cereals, through September 30, 2021. CACFP menus must provide the required weight or volume for breakfast cereals groups H-I in *Grain Servings for the CACFP*.

Table 7. Serving size for breakfast cereals through September 30, 2021					
Type of cereal		½ serving		1 serving	
		Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ¹	Adult Participants ²
Group H	RTE flakes or rounds	¼ cup or ⅓ ounce ³	⅓ cup or ½ ounce ³	¾ cup or 1 ounce ³	¾ cup or 1 ounce ³
	RTE puffed	¼ cup or ⅓ ounce ³	⅓ cup or ½ ounce ³	¾ cup or 1 ounce ³	¾ cup or 1 ounce ³
	RTE granola	¼ cup or ⅓ ounce ³	⅓ cup or ½ ounce ³	¾ cup or 1 ounce ³	¾ cup or 1 ounce ³
Group I	Cooked hot	¼ cup cooked or 13 grams (½ ounce) dry	¼ cup cooked or 13 grams (½ ounce) dry	½ cup cooked or 25 grams (0.9 ounce) dry	½ cup cooked or 25 grams (0.9 ounce) dry
<p>¹ This age group applies only to at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18.</p> <p>² The amounts listed are for one serving of the grains component. The adult meal patterns require two servings of the grains component at breakfast, lunch, and supper.</p> <p>³ The serving size is based on weight or volume, whichever is less.</p>					

Crediting Breakfast Cereals in the CACFP

Table 8 shows the required ounce equivalents for RTE and cooked breakfast cereals, effective October 1, 2021. CACFP menus must provide the required weight or volume for breakfast cereals groups H-I in *Grain Ounce Equivalents for the CACFP*.

Table 8. Ounce equivalents for breakfast cereals effective October 1, 2021					
Type of cereal		$\frac{1}{2}$ serving		1 serving	
		Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ¹	Adult Participants ²
Group H	RTE flakes or rounds	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup	1 cup
	RTE puffed	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cups	1 $\frac{1}{4}$ cups
	RTE granola	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
Group I	Cooked hot	$\frac{1}{4}$ cup cooked or 14 grams ($\frac{1}{2}$ ounce) dry	$\frac{1}{4}$ cup cooked or 14 grams ($\frac{1}{2}$ ounce) dry	$\frac{1}{2}$ cup cooked or 28 grams (1 ounce) dry	$\frac{1}{2}$ cup cooked or 28 grams (1 ounce) dry

¹ This age group applies only to at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18.

² The amounts listed are for 1 ounce equivalent of the grains component. The adult meal patterns require 2 ounce equivalents of the grains component at breakfast, lunch, and supper.

Resources

Accepting Processed Product Documentation in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/AcceptDoc.pdf>

Adding Whole Grains to Your CACFP Menu (USDA):

https://www.fns.usda.gov/sites/default/files/tn/FNS_USDA_CACFP_11_AddingWholeGrains_04-508c.pdf

Adult Center Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit2.xlsx>

Adult Center Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit3.xlsx>

Crediting Breakfast Cereals in the CACFP

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_bestpractices.pdf

CACFP Halftime: Thirty on Thursdays Training Webinars (USDA website).

<https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>

CACFP Training Tools (USDA):

<https://www.fns.usda.gov/cacfp-training-tools>

Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/CACFPCalcCereal.pdf>

Calculation Methods for Grain Servings in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalcCACFP.pdf>

Child Care Worksheet 2: Crediting Ready-to-eat Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPcredit2.xlsx>

Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPcredit3.xlsx>

Choose Breakfast Cereals that are Lower in Added Sugar (English) (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/FNSCACFPcereal12.pdf>

Choose Breakfast Cereals that are Lower in Added Sugar (Spanish) (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-cereal-sp.pdf>

Choose Breakfast Cereals that are Lower in Added Sugars Webinar (English) (USDA):

<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-%E2%80%9Cchoose-breakfast-cereals-are-lower-added-sugars%E2%80%9D>

Choose Breakfast Cereals that are Lower in Added Sugars Webinar (Spanish) (USDA):

<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-choose-breakfast-cereals-are-lower-added-sugars-spanish>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

Grain Ounce Equivalents for the CACFP (effective October 1, 2021) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/OzEqCACFP.pdf>

Grain Servings for the CACFP (through September 30, 2021) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainsCACFP.pdf>

How to Identify Creditable Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf>

Crediting Breakfast Cereals in the CACFP

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<http://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<http://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Product Formulation Statement for Grains: Ounce Equivalents (through September 30, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_oz_eq.pdf

Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_Breads_Servings.pdf

Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (through September 30, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Sample_oz_eq.pdf

Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

USDA Final Rule (81 FR 24348): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/cacfp/fr-042516>

USDA Final Rule Corrections (81 FR 75671): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFSacfp.pdf>

Whole Grain-rich Criteria for the CACFP:

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGRCriteriaCACFP.pdf>

Crediting Breakfast Cereals in the CACFP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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