

Criteria for Crediting Cookies, Crackers and Cereals

To be creditable in the CACFP, all cookies, crackers and cereals must meet the three criteria specified below.

1. The product must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal (i.e., oats, barley, cornmeal or grits, bulgur or cracked wheat), the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

- ◆ **Whole-grain flours and cereals are products made from whole grains, and have not had any of the nutrients removed during processing. They contain the germ, endosperm and bran of the whole kernel of grain. The germ is the sprouting section of the kernel and is rich in vitamins and minerals. The endosperm is the soft, white inside portion of the kernel, containing starch and protein. The bran is a protective coating around the kernel which is rich in nutrients and fiber. Whole-grain products are therefore nutrient rich as they have been milled in their entirety (including the germ, endosperm and bran) and only the dry outermost layer of husk (chaff) has been removed.**

When a kernel of whole grain is refined or milled, the germ and the bran are removed leaving the endosperm. The resulting refined product does not have the nutrients found in the germ and bran. The addition of nutrients to a refined product replaces some but not all of the lost nutrients. This process is called enrichment (see below).

A number of items may or may not be whole-grain, depending on how they have been refined. If the ingredients list states "corn", "rice", "wheat", "wheat flour", for example, this does not indicate that the product is whole grain. For example, a product listing "rice" as the first ingredient is not whole grain, while a product listing "whole grain brown rice" is whole-grain. The list on page 5 indicates examples of terms which indicate a whole-grain or enriched product.

- ◆ **"Enriched" means that some of the nutrients, specifically the mineral, iron, and the B vitamins (thiamin, riboflavin and niacin) which are removed during the refining of the grain are added back. A product can be enriched because it uses some type of enriched flour (i.e., bread products), or in the case of many cereals, because the nutrients are added during refining or preparation. For example, when corn is processed into corn meal, the germ of the grain is removed. Unless the product indicates "enriched corn meal", or lists iron, thiamin, riboflavin and niacin in the ingredients, the product cannot be assumed to be enriched.**

The ingredient list on the product label may not specify "enriched" or "whole grain", but may simply list a grain, i.e., "wheat flour". To verify that the product

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is enriched, look for the four enrichment nutrients (iron, thiamin, riboflavin and niacin) on the ingredient list. There are several different names for these nutrients, so look for the following: iron (or reduced iron, ferrous sulfate); thiamin (or thiamin mononitrate, thiamin hydrochloride, vitamin B₁); riboflavin (vitamin B₂); niacin (or niacinamide). If iron and these vitamins are listed, this indicates that the product is enriched, and is therefore creditable in the CACFP.

Criteria for Crediting Cookies, Crackers and Cereals, continued

2. The label must indicate that the product is enriched or whole-grain, made from enriched or whole-grain meal or flour, as well as bran and/or germ; or fortified.

Terms Indicating a Product is Whole Grain or Enriched	
ACCEPTABLE	NOT ACCEPTABLE
<p><u>Whole Grain, Bran & Germ</u></p> <ul style="list-style-type: none"> • whole wheat flour • whole wheat • whole grain wheat • whole grain brown rice • whole grain corn, whole ground corn • whole oats, whole grain oats, rolled oats • oat bran/wheat bran • wheat germ <p><u>Enriched</u></p> <ul style="list-style-type: none"> • enriched wheat flour • unbleached enriched wheat flour • puffed wheat enriched with...<i>(nutrients listed)</i> • enriched rice • puffed rice enriched with...<i>(nutrients listed)</i> • enriched corn meal • enriched yellow corn meal • enriched corn grits • enriched corn flour • enriched oat flour 	<p><u>Not Whole Grain</u></p> <ul style="list-style-type: none"> • wheat flour • wheat • wheat/milled wheat • rice/milled rice • corn/milled corn, degerminated corn • ground corn • oats <p><u>Not Enriched</u></p> <ul style="list-style-type: none"> • wheat flour • unbleached wheat flour • puffed wheat • rice • puffed rice • corn meal • yellow corn meal • corn grits • corn flour • oat flour

Criteria for Crediting Cookies, Crackers and Cereals, continued

3. The product must provide the minimum required CACFP serving sizes.

For meals and snacks served in the CACFP, the serving size of cookies, crackers and cereals is based on a minimum weight of a product made with whole-grain or enriched flour or meal, and/or bran or germ. The serving size varies, depending on the type of product and the group it belongs to, as defined by the United States Department of Agriculture (USDA). The minimum CACFP serving sizes for each group of cookies, crackers and cereals are as follows:

NOTE: This chart is adapted from "Exhibit A: Serving Sizes for Grains/Breads in the CACFP" and only includes cookies, crackers and cereals. To determine the minimum serving size of other grains/breads items, consult "Exhibit A" in *Nutrition Policies and Guidance for the Child and Adult Care Food Program*.

Minimum Serving Sizes for Cookies, Crackers and Cereals	
<i>(Adapted from "Exhibit A: Servings Sizes for Grains/Breads in the CACFP")</i>	
Group A	Minimum Serving Size for Group A
<p><u>Crackers</u></p> <ul style="list-style-type: none"> • Saltines • Snack crackers • Hard pretzels • Hard bread sticks 	<p>Adults (1 serving) = 20 grams (0.7 oz) Ages 6-12 (1 serving) = 20 grams (0.7 oz) Ages 1-5 (½ serving) = 10 grams (0.4 oz)</p>
Group B	Minimum Serving Size for Group B
<p><u>Crackers</u></p> <ul style="list-style-type: none"> • Graham crackers (all flavors and shapes, except chocolate covered) • Animal crackers (all flavors and shapes) 	<p>Adults (1 serving) = 25 grams (1.1 oz) Ages 6-12 (1 serving) = 25 grams (1.1 oz) Ages 1-5 (½ serving) = 13 grams (0.6 oz)</p>
Group C	Minimum Serving Size for Group C
<p><u>Cookies</u></p> <ul style="list-style-type: none"> • Cookies, plain <p><u>Crackers</u></p> <ul style="list-style-type: none"> • Filled sandwich crackers (i.e., cheese, peanut butter) • Frosted animal crackers 	<p>Adults (1 serving) = 31 grams (1.1 oz) Ages 6-12 (1 serving) = 31 grams (1.1 oz) Ages 1-5 (½ serving) = 16 grams (0.6 oz)</p>
Group D	Minimum Serving Size for Group D
<p><u>Cookies</u></p> <ul style="list-style-type: none"> • Granola Bars, plain 	<p>Adults (1 serving) = 50 grams (1.8 oz) Ages 6-12 (1 serving) = 50 grams (1.8 oz) Ages 1-5 (½ serving) = 25 grams (0.9 oz)</p>

Criteria for Crediting Cookies, Crackers and Cereals, continued

Minimum Serving Sizes for Cookies, Crackers and Cereals	
<i>(Adapted from "Exhibit A: Servings Sizes for Grains/Breads in the CACFP")</i>	
Group E	Minimum Serving Size for Group E
<p><u>Cookies</u></p> <ul style="list-style-type: none"> • Cookies with fillings or coverings, nuts, raisins, chocolate pieces and/or fruit purees • Granola bars with nuts, raisins, chocolate pieces and/or fruit 	<p>Adults (1 serving) = 63 grams (2.2 oz) Ages 6-12 (1 serving) = 63 grams (2.2 oz) Ages 1-5 (½ serving) = 31 grams (1.1 oz)</p>
Group H	Minimum Serving Size for Group H
<p><u>Cereals</u></p> <ul style="list-style-type: none"> • Breakfast cereals (cooked) 	<p>Ages 6-12 & Adults (1 serving) = ½ cup cooked (or 25 gm dry) Ages 1-5 (½ serving) = ¼ cup cooked (or 13 gm dry)</p>
Group I	Minimum Serving Size for Group I
<p><u>Crackers</u></p> <ul style="list-style-type: none"> • Rice cakes <p><u>Cereals</u></p> <ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry) 	<p>Adults (1 serving) = 29 grams (2.2 oz) Ages 6-12 (1 serving) = 29 grams (2.2 oz) Ages 1-5 (½ serving) = 15 grams (1.1 oz)</p> <p>Ages 6-12 & Adults (1 serving) = ¾ cup or 1 oz. whichever is less Ages 3-5 (1/2 serving) = 1/3 cup or 1/2 oz. whichever is less Ages 1-2 (1/3 serving) = 1/4 cup or 1/3 oz. whichever is less</p>
<p>From Exhibit A of FCS Instruction 783-1 (dated January 8, 1997). "Grains/Breads for the Food Based Menu Planning Alternatives in the Child Nutrition Programs".</p>	

Determining Whether a Product is Creditable in the CACFP

Step 1. Verify that the product contains whole-grain or enriched flour or meal, bran and/or germ.

Check the ingredient list. If the product does not contain whole-grain or enriched flour or meal, bran and/or germ, it is not creditable. To help determine whether a product meets this requirement, see the definitions and examples of whole grain and enriched products (pages 3-4).

Example: The label indicates that enriched flour is the first ingredient in this cookie.

Step 2. Manufacturer's serving size information.

From the Nutrition Facts label, determine the weight of one item.

- A. **Serving Size: Number of Pieces** – Fill in the number of items per serving, as indicated on the product's label.

Example: The label indicates a serving size is 3 cookies.

- B. **Weight in grams (g)** – Fill in the weight in grams, as indicated on the product's label.

Example: The label indicates a serving size is 33 g.

- C. **Weight in grams (g) per item** – Divide the weight in grams (g) from B by the number of items from A. This indicates the weight of one item in grams.

Example: 33 grams divided by 3 cookies = 11 grams per cookie

Stop & Shop Ginger Snaps			
Nutrition Facts			
Serving Size: Approximately 3 cookies (33g)			
Servings Per Container: About 15			
Amount Per Serving			
Calories 140		Calories from Fat 25	
		% Daily Value*	
Total Fat	3 g		5%
Saturated Fat	0.5 g		3%
Cholesterol	0 mg		0%
Sodium	120 mg		5%
Total Carbohydrate	26 g		9%
Dietary Fiber	Less Than 1 g		4%
Sugars	11 g		
Protein	2 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR, SUGAR, UNSULPHURED MOLASSES, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS), SALT, GINGER, BAKING SODA.

Step 3. Determining CACFP serving size information

- A. Determine the minimum required CACFP serving size by reviewing "Minimum Serving Sizes for Cookies, Crackers and Cereals" (pages 6-7) for the appropriate group.
- B. Divide the required weight of the grains/breads serving (from 3A) by the weight per item as determined in Step 2C. Round up to the nearest whole number.

Example: For a 3 year old child, a serving of plain cookies (Group C) = 16 grams. 16 grams divided by 11 grams per cookie = 1.45 cookies. Therefore, 2 cookies would meet the requirements for this child. For a child age 6 and older or for an adult, a serving of plain cookies = 31 grams. 31 grams divided by 11 grams per cookie = 2.8 cookies. Therefore, 3 cookies would meet the requirements for these age groups.

Worksheet for Crediting Purchased Grains/Breads in the CACFP

Name of Product: Ginger Snaps Manufacturer: Stop & Shop

1. Verify product is made from whole grain or enriched flour or meal, bran or germ.

To be creditable as a Grains/Breads, the product must contain whole grain or enriched flour or meal, bran or germ. This product contains (CHECK ALL THAT APPLY):

- Enriched or whole grain flour or meal (specify type): Enriched Flour
 Bran Germ Cornmeal Oats Other (specify): _____

2. Manufacturer's Serving Size Information

(Located under "Nutrition Facts" label on product box. Use a calculator for all calculations.)

- A. Serving Size: Number of Pieces: 3 B. Weight in grams (g): 33
 C. Weight (B) ÷ Number of pieces (A) = 11 Weight in grams (g) per piece

3. Determining CACFP Serving Size Information

- A. Determine where the Grains/Breads product belongs in "Exhibit A: Serving Sizes for Grains/Breads in the CACFP" by reviewing the list of foods. Indicate the appropriate weight for each serving.

In "Exhibit A", the product is found in Group C

Ages 1-5: ½ serving =	<u>16</u>	grams
Ages 6-12: 1 serving =	<u>31</u>	grams

- B. Divide the required weight of the Grains/Breads serving (see Step 3A above) by the weight per piece as determined in Step 2C.

	Ages 1-5	Ages 6-12
1. Required weight of serving (from Step 3A above):	<u>16</u> grams	<u>31</u> grams
2. Weight per piece (from Step 2C):	<u>11</u> grams	<u>11</u> grams
3. Number of pieces per serving*: #3B1 (required weight) divided by #3B2 (weight per piece)	<u>1.45</u> pieces	<u>2.82</u> pieces

- C. *Round up this number to the nearest whole number and indicate in D below. This is the number of pieces that must be served to meet requirements.

	Ages 1-5	Ages 6-12
D. CACFP Serving Size:	<u>2</u> pieces	<u>3</u> pieces

Note: Dessert-type items (i.e., cookies, cake) may not be served at snack more than two times per week.

Worksheet for Crediting Purchased Grains/Breads in the CACFP

Name of Product: _____ Manufacturer: _____

1. Verify product is made from whole grain or enriched flour or meal, bran or germ.

To be creditable as a Grains/Breads, the product must contain whole grain or enriched flour or meal, bran or germ. This product contains (CHECK ALL THAT APPLY):

- Enriched or whole grain flour or meal (specify type): _____
- Bran Germ Cornmeal Oats Other (specify): _____

2. Manufacturer's Serving Size Information

(Located under "Nutrition Facts" label on product box. Use a calculator for all calculations.)

- A. Serving Size: Number of Pieces: _____ B. Weight in grams (g): _____
- C. Weight (B) ÷ Number of pieces (A) = _____ Weight in grams (g) per piece

3. Determining CACFP Serving Size Information

- A. Determine where the Grains/Breads product belongs in "Exhibit A: Serving Sizes for Grains/Breads in the CACFP" by reviewing the list of foods. Indicate the appropriate weight for each serving.

In "Exhibit A", the product is found in Group _____

Ages 1-5: ½ serving = _____ grams

Ages 6-12: 1 serving = _____ grams

- B. Divide the required weight of the Grains/Breads serving (see Step 3A above) by the weight per piece as determined in Step 2C.

	Ages 1-5	Ages 6-12
1. Required weight of serving (from Step 3A above):	_____ grams	_____ grams
2. Weight per piece (from Step 2C):	_____ grams	_____ grams
3. Number of pieces per serving*: #3B1 (required weight) divided by #3B2 (weight per piece)	_____ pieces	_____ pieces

- C. *Round up this number to the nearest whole number and indicate in D below. This is the number of pieces that must be served to meet requirements.

	Ages 1-5	Ages 6-12
D. CACFP Serving Size:	_____ pieces	_____ pieces

Note: Dessert-type items (i.e., cookies, cake) may not be served at snack more than two times per week.

Crediting Cookies in the CACFP

Additional Considerations:

In addition to the crediting criteria specified on pages 1-5, cookies must also meet the following requirements to be creditable as a grains/breads component.

- Cookies are creditable as a grains/breads at snack only.
- Dessert-type items (including cookies) may not be served at snack more than two times per week.

List of Creditable Cookies

Product Name & Manufacturer	# of Cookies & Weight (gram)	Serving Size (# of Cookies)	
		Ages 1 - 5	Ages 6 - Adult
Chips Ahoy, Nabisco	3 (32 g)	3	6
Chips Ahoy Bite Size, Nabisco	14 (31 g)	14	29
Chips Ahoy Chewy, Nabisco	2 (27 g)	3	5
Chips Ahoy Reduced Fat, Nabisco	3 (32 g)	3	6
Chips Deluxe, Keebler	1 (15 g)	3	5
Chocolate Chip, Famous Amos	4 (30 g)	5	9
Chocolate Chip and Pecan, Famous Amos	4 (30 g)	5	9
Coconut Bars, Mother's Cake & Cookie Co.	5 (32 g)	5	10
Diamond Assorted Cookies, Diamond Bakery	6 (30 g)	7	13
E.L. Fudge, Butter Sandwich w/Fudge Crème, Keebler	2 (25 g)	3	6
E.L. Fudge, Fudge Sandwich w/ Fudge Crème, Keebler	2 (25 g)	3	6
Fig Bars, Great Value (Wal-Mart)	1 (23 g)	2	3
Fig Newtons, Nabisco	2 (31 g)	2	5
Fig Newtons, Individual pkg, Nabisco	2 (59 g)	2	3
Fruit & Oatmeal Bar, Apple Cinnamon, Quaker	1 (37 g)	1	2
Fruit & Oatmeal Bar, Strawberry, Quaker	1 (37 g)	1	2
Ginger Snaps, Nabisco	4 (28 g)	3	5
Ginger Snaps, Sunshine	7 (29 g)	4	8
Granola Bar, Crunchy, Cinnamon or Oats 'n Honey, or Peanut Butter, Nature Valley	2 (47 g)	2	3
Iced Oatmeal Cookies, Great Value (Wal-Mart)	2 (32 g)	2	4
Lemon Coolers, Sunshine	5 (30 g)	3	6
Lorna Doone, Nabisco	4 (29 g)	3	5
Newtons Cobblers, Apple Cinnamon, Nabisco	1 (22 g)	2	3
Nilla Wafers, Nabisco	8 (32 g)	4	8
Nilla Wafers, Reduced Fat, Nabisco	8 (29 g)	5	9
Nutri-Grain Cereal Bars, Apple Cinnamon or Blue-Berry or Raspberry or Strawberry, Low-Fat, Kellogg's	1 (37 g)	1	2
Nutter Butter Bites, Nabisco	10 (30 g)	11	21
Nutter Butter Peanut Crème Patties, Nabisco	5 (31 g)	Not recommended	Not recommended
Nutter Butter Sandwich Cookies, Nabisco	2 (28 g)	3	5
Oatmeal, America's Choice	1 (16 g)	1	2
Oatmeal, Nabisco	1 (17 g)	1	2
Oatmeal with Raisin, Sunshine	3 (35 g)	2	3
Oreos, Nabisco	3 (33 g)	Not recommended	Not recommended
Oreos, Double Stuff, Nabisco	2 (28 g)	Not recommended	Not recommended
Oreos, Reduced Fat, Nabisco	3 (32 g)	3	6
Pecan Sandies, Keebler	1 (16 g)	2	4
Pecan Sandies, Reduced Fat, Keebler	1 (15 g)	3	5
Tru-Blue Cookies, 24 oz Duplex Sandwich	1 (16 g)	2	4
Vanilla Wafers, America's Choice	7 (31 g)	4	7
Vanilla Wafers, Keebler	8 (31 g)	5	8
Vanilla Wafers, Sunshine	7 (31 g)	4	8

Crediting Crackers in the CACFP

Additional Considerations:

In addition to the crediting criteria specified on pages 1-5, crackers must also meet the following requirements to be creditable as a grains/breads component.

- **At lunch or supper, the grains/breads must also be part of or accompany the main entrée.** Grains/breads served with lunch or supper must be typical accompaniments to the meal, for example, saltine crackers with a beef stew. If a creditable cracker would not be a typical accompaniment to the main entrée, it should not be served. For example, graham crackers would not be a typical accompaniment for beef stew.
- **Graham Crackers:** Graham crackers (all varieties) which meet the criteria for grains/breads are creditable as crackers and are found on the list of crackers. Fudge covered grahams, which meet the criteria for grains/breads are creditable as cookies.
- **Animal Crackers:** Animal crackers and animal-type crackers (i.e., bear, dinosaur, etc.) which meet the criteria for grains/breads are creditable as crackers.
- **Popcorn Cakes:** While rice cakes are creditable, popcorn cakes are not. Popcorn and popcorn cakes are not creditable due to the quantity required to provide the equivalent nutrition of a grains/breads serving.

List of Creditable Crackers

Product Name & Manufacturer	# of Cookies & Weight (gram)	Serving Size (# of Cookies)	
		Ages 1 - 5	Ages 6 - Adult
Alphabet Cookies, Laguna Cookie Co.	11 (30 g)	5	10
Animal Crackers, Stauffer's	16 (30 g)	7	14
Animal Crackers, Barnum's, Nabisco	12 (31 g)	7	14
Better Cheddars, Nabisco	22 (30 g)	8	15
Better Cheddars Reduced Fat, Nabisco	24 (30 g)	8	16
Cheddar Cheese, Stauffer's	25 (30 g)	9	17
Cheese & Peanut Butter, Austin	6 (39 g)	3	5
Cheese & Peanut Butter, Keebler	6 (38 g)	3	5
Cheese Nips Original, Nabisco	29 (30 g)	10	20
Cheese Nips Air Crisps, Nabisco	32 (30 g)	11	22
Cheese on Cheese Crackers, Austin	6 (37 g)	3	6
Cheez-it Snack Crackers, Sunshine	27 (30 g)	10	19
Chicken Flavored, Stauffer's	9 (29 g)	4	7
Chicken in a Biskit, Nabisco	14 (30 g)	5	10
Club & Cheddar, Keebler	6 (36 g)	3	5
Club Partners Original, Keebler	4 (14 g)	3	6
Dolphins & Friends, Austin	60 (30 g)	20	40
Endangered Species Cookie, Laguna	11 (30 g)	5	10
Goldfish Crackers Cheddar Cheese, Pepperidge Farm	55 (30 g)	19	37
Goldfish Crackers Original, Pepperidge Farm	55 (30 g)	19	37
Graham Crackers, Diamond Bakery	8 (31 g)	4	7
Harvest Crisps, 5-Grain, Nabisco	13 (31 g)	5	9
Harvest Crisps Garden Vegetable, Nabisco	15 (30 g)	5	10
Honey Grahams, Wal-Mart	2 whole (27 g)	1	2
Honey Maid Graham Cinnamon or Low Fat, Nabisco	8 (30 g)	4	8
Munch'Em's Baked Snacks, Keebler	40 (30 g)	14	27
Pretzels, Mini, Anderson	23 (30 g)	8	16
Pretzels, Mini, Shultz Food Co.	35 (28 g)	13	25
Ritz Air Crisps, Nabisco	24 (30 g)	8	16
Ritz Bits Sandwich, Cheese, Nabisco	14 (31 g)	8	15
Ritz Bits Sandwich, Peanut Butter, Nabisco	14 (31 g)	8	15
Ritz Crackers w/ whole wheat, Nabisco	5 (15 g)	4	7
Ritz Low Sodium, Nabisco	5 (16 g)	4	7
Ritz Original, Nabisco	5 (16 g)	4	7
Ritz Reduced Fat, Nabisco	5 (15 g)	4	7
Ritz Sandwich Crackers w/Cheese, Nabisco	6 (40 g)	3	5
Ritz Sandwich Cheese w/Peanut Butter, Nabisco	6 (40 g)	3	5
Royal Cream Crackers, Diamond Bakery	3 (28 g)	2	3
Saloon Pilot Crackers, Diamond Bakery	2 (34 g)	1	2
Saltines, Krispy Original, Sunshine	5 (14 g)	4	8
Saltines, Premium Original, Nabisco	5 (14 g)	4	8
Snack Crackers, Safeway	10 (30 g)	4	7
Sociables, Nabisco	7 (15 g)	5	10

List of Creditable Crackers

Product Name & Manufacturer	# of Cookies & Weight	Serving Size (# of Cookies)	
		Ages 1 - 5	Ages 6 - Adult
Soda Crackers, Diamond Bakery	3 (17 g)	2	4
Sour Cream & Chives, Stauffer's	9 (29 g)	4	7
Stauffer's Crackers	33 (30 g)	11	22
Stoned Wheat Thins Classic, Red Oval Farms	4 (16 g)	3	5
Teddy Grahams, Chocolate or Cinnamon or Honey, Nabisco	25 (30 g)	15	30
Toast & Peanut Butter, Keebler	6 (38 g)	3	5
Town House Original, Keebler	5 (16 g)	4	7
Town House Reduced Fat, Keebler	6 (15 g)	4	8
Triscuits Original, Nabisco	7 (31 g)	3	5
Vegetable Thins, Flavor Crisps, Nabisco	14 (31 g)	5	10
Wheat Crackers, Safeway	6 (30 g)	2	4
Wheat 'N Cheddar, Austin	6 (39 g)	3	5
Wheat Thins Big, Nabisco	10 (30 g)	4	7
Wheat Thins Low Sodium & Regular, Nabisco	16 (29 g)	6	12
Wheat Thins Multi-Grain, Nabisco	17 (30 g)	6	12
Wheat Thins Reduced Fat, Nabisco	18 (29 g)	7	13
Wheatables Savory Original, Keebler	26 (30 g)	9	18
Wheatworth, Nabisco	5 (16 g)	4	7
Whole Wheat Saltine Crackers, Diamond Bakery	4 (15 g)	3	6
Zoo Animal Crackers, Austin	16 (30 g)	7	14
Zwieback, Nabisco	1 (8 g)	2	3

Crediting Cereals in the CACFP

Additional Considerations

In addition to the crediting criteria specified on pages cereals must also meet the following requirements to be creditable as a grains/breads component.

- **Sugar Content:** *Cereals with 36% or more sugar per serving are not recommended in Child Nutrition Programs.* Sponsors are encouraged to choose cereals containing 35% or less sugar per manufacturer's serving. The ingredient list on the cereal box provides information on the type(s) of sugars in the cereal. Manufacturers must list ingredients in descending order by weight, so the closer an ingredient is to the beginning of the list, the more is present in the food. To be creditable, the cereal must contain *whole grain or enriched flour or meal, and/or bran or germ* (see pages 2-3). Cereals listing a whole grain as the first ingredient, i.e., whole wheat or whole oats, provide the largest variety of nutrients.

The amount of sugar from all sources is listed on the Nutrition Facts label under the category "Sugars". Sugars include those that are naturally occurring (in fruits, milk, some vegetables, breads and cereals) and those that are added to foods, such as table sugar (sucrose), dextrose, fructose, brown sugar, honey, maltose, molasses and syrups (i.e., corn syrup, high fructose corn syrup).

The amount of sugar in the cereal will be listed in grams (g). A teaspoon of sugar is equivalent to 4 grams. Three to five grams of sugar or less is an amount naturally found in grains. Added dried fruit will increase the sugar content to about ten grams. Amounts higher than this usually indicate added sugar. To determine the percent of sugar per serving, see "Determining if a Cereal is Creditable" on page 50.

- **Complex Carbohydrates:** The food label should also be reviewed for information on complex carbohydrates. Complex carbohydrates (or starches) are listed in the Nutrition Facts label as "Other Carbohydrates". A target amount for complex carbohydrates is about 14 to 17 grams per serving. Starches are the body's best source of energy, with whole grains being an excellent source.
- **Fortification:** Choose cereals without large amounts (i.e., 100 percent) of vitamins and minerals added (25 percent or less is acceptable). Children risk overdosing on vitamins and minerals if fortified cereals (100 percent) are a constant part of their diets. In the "List of Creditable Cereals for the Child and Adult Care Food Program" (beginning on page 52) fortified cereals are footnoted with the number 2.

Determining If a Cereal is Creditable

Determining the Percent (%) of Sugar in a Cereal: To determine the percent of sugar in a cereal, divide the *total grams (g) of sugar per serving size* by the *weight (g) of the manufacturer's serving size* and multiply by 100. For example, this cereal contains 3 grams of sugar with a serving size weight of 30 grams. The cereal is 10% sugar. (3 divided by 30 = .1 multiplied by 100 = 10%).

Determining If the Cereal is Enriched: Looking at the Percent Daily Value figures, note that the B vitamins (thiamin, riboflavin and niacin) are 25% and iron is 45%, indicating enrichment. In enriched cereals, the Percent Daily Value for these four nutrients will vary from cereal to cereal, but in general the Percent Daily Value for iron is usually 25% or 45%, and for thiamin, niacin and riboflavin usually 20%, 25% or 35%.

Note that the first ingredient is "corn meal". The label does not state "enriched corn meal" but check below the list of **INGREDIENTS** for the list of **VITAMINS AND MINERALS**, and the four enrichment nutrients are listed (iron, niacin, riboflavin and thiamin mononitrate). This indicates that the product is enriched.

Nutrition Facts			
Serving Size: 1 1/3 cup (30 g) Servings Per Container: About 12			
	Cereal	Cereal with 1/2 cup skim milk	
Calories	120	160	
Calories from Fat	10	10	
% Daily Value**			
Total Fat 1 g*	1%	2%	
Saturated Fat 0 g	0%	0%	
Cholesterol 0 mg	0%	1%	
Sodium 270 mg	11%	14%	
Potassium 50 mg	1%	7%	
Total Carbohydrate 26 g	9%	10%	
Dietary Fiber 1 g	4%	4%	
Sugars 3 g			
Other Carbohydrate 22 g			
Protein 2 g			
Vitamin A	25%	30%	
Vitamin C	25%	25%	
Calcium	4%	20%	
Iron	45%	45%	
Vitamin D	10%	25%	
Thiamin	25%	25%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Phosphorus	4%	15%	
Magnesium	2%	6%	
Zinc	0%	4%	
*Amount in cereal. A serving of cereal plus skim milk provides 1 g fat, <5 mg cholesterol, 340 mg sodium, 250 mg potassium, 32 g carbohydrate (9 g sugars) and 6 g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

INGREDIENTS: CORN MEAL, OAT FLOUR, SUGAR, WHEAT STARCH, SAL HIGH FRUCTOSE CORN SYRUP, CALCIUM CARBONATE, DEXTROSE, TRISODIUM PHOSPHATE.
VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE), IRON (A MINERAL NUTRIENT), A B VITAMIN (NIACIN), VITAMIN A (PALMITATE), VITAMIN B₆, (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID) AND VITAMIN D.

Tips to Increase Acceptance of Low Sugar Cereals

- 1. Mix a CACFP approved creditable sweetened cereal with a cereal lower in sugar. Children still have their favorite cereal, but only half as much. Gradually increase the amount of unsweetened cereal and decrease the sweetened cereal to help increase the children's acceptability of cereals with less sugar.**
- 2. Serve unsweetened cereals and let children add their own sugar. While Child Nutrition does not advocate excessive use of table sugar, it is unlikely that children will add as much sugar as manufacturers do, even with unrestricted access to the sugar bowl. Most children will not add more than 2 or 3 teaspoons. In addition, most of the sugar added to the cereal ends up in the milk at the bottom of the bowl. Unless the child is drinking this milk, much of the added sugar is not being consumed. Sweetened cereals may have as many as 4 or more teaspoons of sugar in a one ounce serving, and very little of this sugar is found in the bottom of the bowl.**
- 3. Add fresh fruit or raisins to the cereal. The naturally occurring sugars in fruit will give cereal the added sweetness children like.**

List of Creditable Cereals for the Child and Adult Care Food Program

This list indicates whether a cereal may be served to meet the grains/breads component. The "Creditable" column indicates "YES" the product is creditable, "NO" the product is not creditable, or "NR" the product is not recommended. If a cereal is not on this list, the percent of sugar per serving may be calculated using the instructions on page 6. *Cereals containing 36% or more sugar per manufacturer's serving size are not recommended.* Of the creditable cereals listed, sponsors are encouraged to choose lower sugar varieties.

Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
All Bran, Original, <i>Kellogg's</i>	1/2 cup/30 g	5 g	17%	YES
All Bran, Extra Fiber, <i>Kellogg's</i>	1/2 cup/30 g	0 g	0%	YES
Almond Delight, <i>Ralston Food</i>	1 cup/51 g	12 g	24%	YES
Alpen Natural Cereal, Original	2/3 cup/55 g	11 g	20%	YES
Alpen Natural Cereal, No Added Sugar or Salt	2/3 cup/55 g	7 g	13%	YES
Alpha-Bits, <i>Post</i>	1 cup/32 g	13 g	41%	NR
Alpha-Bits with Marshmallows, <i>Post</i>	1 cup/29 g	14 g	48%	NR
Apple Jack's, <i>Kellogg's</i>	1 cup/30 g	14 g	47%	NR
Apple Zaps, <i>Quaker</i>	1 cup/30 g	14 g	47%	NR
Banana Nut Bread Hot Cereal, <i>Nabisco</i>	1 pkg/40 g	14 g	35%	YES
Banana Nut Crunch, <i>Post</i>	1 cup/59 g	11 g	19%	YES
Basic 4, <i>General Mills</i>	1 1/4 cup/55 g	12 g	22%	YES
Berry Buddies, <i>Amway</i>	3/4 cup (30 g)	9 g	30%	YES
Blueberry Morning, <i>Post</i>	1 1/4 cup/57 g	14 g	25%	YES
Booberry, <i>General Mills</i>	1 cup/30 g	14 g	47%	NR
Bran 100%, <i>Nabisco</i>	1/3 cup/29 g	7 g	24%	YES
Bran Flakes, <i>Post</i>	3/4 cup/30 g	6 g	20%	YES
Bran Flakes, <i>Stop & Shop</i>	1 cup/30 g	6 g	20%	YES
Cap'n Crunch, <i>Quaker</i>	3/4 cup/27 g	12 g	44%	NR
Cap'n Crunch Crunchberries, <i>Quaker</i>	3/4 cup/26 g	11 g	42%	NR
Cap'n Crunch Peanut Butter Crunch, <i>Quaker</i>	3/4 cup/27 g	9 g	33%	YES
Cheerios, <i>General Mills</i>	1 cup/30 g	1 g	3%	YES
Cheerios, Apple Cinnamon, <i>General Mills</i>	3/4 cup/30 g	13 g	43%	NR
Cheerios, Frosted, <i>General Mills</i>	1 cup/30 g	13 g	43%	NR
Cheerios, Honey Nut, <i>General Mills</i>	1 cup/30 g	11 g	37%	NR
Cheerios, Multi Grain, <i>General Mills</i>	1 cup/30 g	6 g	20%	YES

¹Label does not indicate that product contains enriched or whole-grain flour or meal and/or bran or germ.

²Cereal is fortified.

Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Cinnamon Grahams, <i>General Mills</i>	¼ cup (30 g)	11 g	37%	NR
Cinnamon Mini Buns, <i>Kellogg's</i>	¾ cup/30 g	14 g	47%	NR
Cinnamon Toast Crunch, <i>General Mills</i>	¾ cup/30 g	10 g	33%	YES
Cinnamon Oat Squares, <i>Quaker</i>	1 cup/60 g	14 g	23%	YES
Clusters, <i>General Mills</i>	1 cup/55 g	13 g	24%	YES
Cocoa Blasts, <i>Quaker</i>	1 cup/33 g	16 g	48%	NR
Cocoa Dots, Millville, <i>Aldi Foods</i>	¾ cup (30 g)	13 g	43%	NR
Cocoa Krispies, <i>Kellogg's</i>	¾ cup/30 g	13 g	43%	NR
Cocoa Pebbles, <i>Post</i>	¾ cup/29 g	13 g	45%	NR
Cocoa Puffs, <i>General Mills</i>	1 cup/30 g	14 g	47%	NR
Cookie Crisp, Chocolate Chip, <i>Ralston Food</i>	1 cup/29 g	12 g	41%	NR
Complete Bran Flakes, <i>Kellogg's</i>	¾ cup/30 g	6 g	20%	YES
Cornfetti Cereal, <i>U.S. Mills</i>	¾ cup (28 g)	6 g	21%	YES
Crisp Rice, <i>ShopRite</i>	1 ¼ cup (33 g)	2 g	6%	YES
Corn Blasts, <i>Quaker</i>	¾ cup/30 g	11 g	37%	NR
Corn Chex, <i>Ralston Food</i>	1 ¼ cup/30 g	3 g	10%	YES
Corn Crisps, <i>Stop & Shop</i>	½ cup/30 g	3 g	10%	YES
Corn Flakes, <i>Grainfield's</i>	1 cup/30 g	1 g	3%	YES
Corn Flakes, <i>Kellogg's</i>	1 cup/30 g	2 g	6%	YES
Corn Flakes, <i>IGA</i>	1 ¼ cup/31 g	3 g	10%	YES
Corn Flakes, <i>Quaker</i>	¾ cup/17 g	1 g	6%	YES
Corn Flakes, <i>Shaw's</i>	1 ¼ cup/31 g	3 g	10%	YES
Corn Flakes, <i>Stop & Shop</i>	1 ¼ cup/31 g	3 g	10%	YES
Corn Pops, <i>Kellogg's</i>	1 cup/30 g	13 g	43%	NR
Corn Puffs, <i>Kingston</i>	1 ½ cup/30 g	3 g	10%	YES
Count Chocula, <i>General Mills</i>	1 cup/30 g	14 g	47%	NR
Country Corn Flakes, <i>Sensational</i>	⅔ cup/30 g	6 g	20%	YES
Cracked Wheat Hot Cereal, <i>Hodgson Mill</i>	¼ cup/40 g	0 g	0%	YES
Cracklin' Oat Bran, <i>Kellogg's</i>	¾ cup/55 g	18 g	33%	YES
Cranberry Almond Crunch, <i>Post</i>	1 cup/55 g	15 g	27%	YES
Cream of Rice, <i>Nabisco</i>	¼ cup/46 g	0 g	0%	YES
Cream of Wheat, <i>Nabisco</i>	3 Tbsp/33 g	0 g	0%	YES
Cream of Wheat, Instant Apple 'n Cinnamon, <i>Nabisco</i>	1 packet/35 g	13 g	37%	NR
Cream of Wheat, Instant Brown Sugar Cinnamon, <i>Nabisco</i>	1 packet/35 g	12 g	34%	YES

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²Cereal is fortified.

Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Cream of Wheat, Instant Maple Brown Sugar, <i>Nabisco</i>	1 packet/35 g	12 g	34%	YES
Cream of Wheat, Instant Mix-Ins Apple Granola Crunch, <i>Nabisco</i>	1 packet/43 g	16 g	37%	NR
Cream of Wheat, Instant Mixed Berry, <i>Nabisco</i>	1 packet/35 g	12 g	34%	YES
Cream of Wheat, Instant Original, <i>Nabisco</i>	1 packet/28 g	0 g	0%	YES
Cream of Wheat, Instant Orchard Peach, <i>Nabisco</i>	1 packet/35 g	12 g	34%	YES
Cream of Wheat, Instant Strawberry, <i>Nabisco</i>	1 packet/35 g	12 g	34%	YES
Crispix, <i>Kellogg's</i>	1 cup/30 g	4 g	13%	YES
Crispy Corn & Rice, <i>Sweet Life</i>	1 1/4 cup/30 g	3 g	10%	YES
Crispy Corn Puffs, <i>Shaw's</i>	1 1/2 cup/30 g	3 g	10%	YES
Crispy Corn Puffs, <i>Sweet Life</i>	1 1/2 cup/30 g	3g	10%	YES
Crispy Oatmeal & Raisin Chex, <i>Ralston Food</i>	1 cup/55 g	20 g	36%	NR
Crisp Rice, <i>ShopRite</i>	1 1/4 cup (33 g)	2 g	6%	YES
Crispy Rice, <i>Quaker</i>	3/4 cup/21 g	2 g	10%	YES
Crispy Rice, <i>Stop & Shop</i>	1 1/4 cup/33 g	2 g	6%	YES
Crispy Wheat & Raisin, <i>General Mills</i>	1 cup/55 g	20 g	36%	NR
Crunchy Corn Bran, <i>Quaker</i>	3/4 cup/27 g	6 g	22%	YES
Double Chex, <i>Ralston Food</i>	1 1/4 cup/30 g	8 g	27%	YES
Farina, <i>Pillsbury</i>	3 Tbsp/28 g	0 g	0%	YES
Fiber One, <i>General Mills</i>	1/2 cup/30 g	0 g	0%	YES
Froot Loops, <i>Kellogg's</i>	1 cup/30 g	14 g	47%	NR
Frosted Bran, <i>Kellogg's</i>	3/4 cup/30 g	10 g	33%	YES
Frosted Flakers, <i>Quaker</i>	3/4 cup/31 g	12 g	39%	NR
Frosted Flakes, <i>Kellogg's</i>	3/4 cup/30 g	13 g	43%	NR
Frosted Flakes, <i>Stop & Shop</i>	3/4 cup/31 g	11 g	35%	YES
Frosted Mini-Wheats, <i>Kellogg's</i>	1 cup/55 g	12 g	22%	YES
Frosted Mini-Wheats, Bite Size, <i>Kellogg's</i>	1 cup/55 g	12 g	22%	YES
Frosted Shredded Wheat, Bite Size, <i>Kingston</i>	1 cup/52 g	11g	21%	YES
Frosted Shredded Wheat, <i>Millville</i>	1 cup (55 g)	11 g	20%	YES
Frosted Wheat Bites, <i>Nabisco</i>	1 cup/52 g	11 g	21%	YES
Fruit & Fiber, Dates, Raisins & Walnuts, <i>Post</i>	1 cup/60 g	18 g	30%	YES

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²Cereal is fortified.

Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Fruit & Fiber, Peaches, Raisins, Almonds, <i>Post</i>	1 cup/60 g	15 g	25%	YES
Fruity Pebbles, <i>Post</i>	3/4 cup/27 g	12 g	44%	NR
Fruit Rings, <i>Stop & Shop</i>	3/4 cup/26 g	12 g	46%	NR
Fruit Tangy Ho's, <i>Quaker</i>	1 cup/31 g	13 g	42%	NR
Golden Crisp, <i>Post</i>	3/4 cup/27 g	15 g	56%	NR
Golden Grahams, <i>General Mills</i>	3/4 cup/30 g	11 g	37%	NR
Golden Raisin Crisp, <i>Post</i>	1 cup/60 g	18 g	30%	YES
Graham Chex, <i>Ralston Food</i>	1 cup/52 g	17 g	33%	YES
Granola, Low Fat, <i>Kellogg's</i>	2/3 cup/55 g	16 g	29%	YES
Granola, Bran, <i>Erewhon</i>	1/3 cup/48 g	6 g	13%	YES
Granola, Date Nut, <i>Erewhon</i>	1/3 cup/48 g	7 g	15%	YES
Granola, Honey Almond, <i>Erewhon</i>	1/3 cup/46 g	8 g	17%	YES
Granola, Maple, <i>Erewhon</i>	1/3 cup/50 g	7 g	14%	YES
Granola, Spiced Apple, <i>Erewhon</i>	1/3 cup/47 g	6 g	13%	YES
Granola with Raisins and Almonds, Low Fat, <i>Sensational</i>	2/3 cup/55 g	14 g	25%	YES
Granola without Raisins, <i>Kellogg's</i>	1/2 cup/55 g	16 g	29%	YES
Grape Nuts, <i>Post</i>	1/2 cup/58 g	7 g	12%	YES
Grape Nuts Flakes, <i>Post</i>	3/4 cup/29 g	5 g	17%	YES
Great Grains, Crunchy Pecan, <i>Post</i>	2/3 cup/53 g	8 g	15%	YES
Great Grains, Raisin, Date, Pecan, <i>Post</i>	2/3 cup/54 g	13 g	24%	YES
Grits, Instant, <i>Quaker</i>	1 pkg/28 g	0 g	0%	YES
Grits, Instant Country Bacon, <i>Quaker</i>	1 pkg/28 g	0 g	0%	YES
Grits, Instant Real Butter, <i>Quaker</i>	1 pkg/28 g	0 g	0%	YES
Grits, Instant Real Cheddar Cheese, <i>Quaker</i>	1 pkg/28 g	1 g	4%	YES
Grits, Instant Red Eye Gravy & Country Ham, <i>Quaker</i>	1 pkg/28 g	0 g	0%	YES
Grits, Old Fashioned, <i>Quaker</i>	1/4 cup/41 g	0 g	0%	YES
Grits, Quick, <i>Jim Dandy</i>	1/3 cup/46 g	0 g	0%	YES
Grits, Quick, <i>Quaker</i>	1/4 cup/37 g	0 g	0%	YES
Grits, Regular Enriched, <i>Jim Dandy</i>	1/3 cup/46 g	0 g	0%	YES
Grits, Yellow Enriched, <i>Martha White</i>	1/3 cup/46 g	0 g	0%	YES
Healthy Choice Multi-Grain Squares, <i>Kellogg's</i>	1 1/4 cup/55 g	8 g	15%	YES

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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Healthy Choice Multi-Grains, Raisins, Crunchy Oat Clusters & Almonds, <i>Kellogg's</i>	1 cup/55 g	16 g	29%	YES
Healthy Choice Multi-Grain Flakes, <i>Kellogg's</i>	1 cup/30 g	6 g	20%	YES
Heritage, <i>Nature Path</i>	3/4 cup/30 g	3 g	10%	NO ¹
Honey Bunches of Oats, Honey Roasted, <i>Post</i>	3/4 cup/30 g	6 g	20%	YES
Honey Bunches of Oats, Almonds, <i>Post</i>	3/4 cup/31 g	6 g	19%	YES
Honeycomb, <i>Post</i>	1 1/3 cup/29 g	11g	37%	NR
Honey & Nut Toasted Oats, <i>Shaw's</i>	1 cup/30 g	11g	37%	NR
Honey Nut Shredded Wheat, <i>Post</i>	1 cup (52 g)	12 g	23%	YES
Honey'd Corn Flakes, <i>Nature's Path</i>	3/4 cup (30 g)	4 g	13%	YES
Just Right Crunchy Nugget, <i>Kellogg's</i>	1 cup/55 g	12 g	22%	YES
Just Right Fruit & Nut, <i>Kellogg's</i>	1 cup/55 g	12 g	22%	YES
Kaboom, <i>General Mills</i>	1 1/4 cup/30 g	6 g	20%	YES
Kix, <i>General Mills</i>	1 1/3 cup/30 g	3 g	10%	YES
Kix, Berry Berry, <i>General Mills</i>	3/4 cup/30 g	9 g	30%	YES
Life, <i>Quaker</i>	3/4 cup/32 g	6 g	19%	YES
Life, Cinnamon, <i>Quaker</i>	1 cup/50 g	14 g	28%	YES
Low-Fat Granola, <i>Kellogg's</i>	1/2 cup/55 g	16 g	29%	YES
Low-Fat Granola with Raisins, <i>Kellogg's</i>	2/3 cup/55 g	16 g	29%	YES
Lucky Charms, <i>General Mills</i>	1 cup/30 g	13 g	43%	NR
Maltex, <i>American Home Foods</i>	1/3 cup/48 g	1 g	2%	YES
Maple Corns Cereal, <i>Arrowhead Mills</i>	1 cup/53 g)	11g	21%	YES
Marshmallow Safari, <i>Quaker</i>	3/4 cup/30 g	14 g	47%	NR
Maypo, Hearty Vermont Style, <i>American Home Foods</i>	1/2 cup/48 g	3 g	6%	YES
Maypo, Oatmeal Maple, <i>American Home Foods</i>	1/2 cup/48 g	3 g	6%	YES
Muesli, Country Crisp, <i>Ralston Food</i>	1 cup/55 g	8 g	15%	YES
Muesli, Multi Grain and Fruit, <i>Familia</i>	1 cup/55 g	18 g	33%	YES
Muesli, No Added Sugar, <i>Familia</i>	1/2 cup/57 g	8 g	14%	YES
Muesli, Original Recipe, <i>Familia</i>	1/2 cup/60 g	16 g	27%	YES
Muesli, Puffed Wheat, <i>Familia</i>	1/2 cup/47 g	5 g	11%	YES

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²Cereal is fortified.

Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Mueslix, Apple & Almond Crunch, <i>Kellogg's</i>	3/4 cup/55 g	10 g	18%	YES
Mueslix, Bran, <i>Kellogg's</i>	3/4 cup/55 g	11 g	20%	YES
Mueslix, Raisin & Almond Crunch, <i>Kellogg's</i>	2/3 cup/55 g	16 g	29%	YES
Multi-Bran Chex, <i>Ralston Food</i>	1 1/4 cup/58 g	11 g	19%	YES
Multi-Grain Flakes, <i>Grainfields</i>	3/4 cup/30 g	2 g	7%	YES
Multigrain Shredded Spoonfuls, <i>Barbara's Bakery</i>	3/4 cup (32 g)	5 g	16%	YES
Natural Cereal, Oats and Honey, <i>Stop & Shop</i>	1/2 cup/55 g	11 g	20%	YES
Natural Cereal, Oats, Honey Raisins, <i>Stop & Shop</i>	1/2 cup/55 g	14 g	25%	YES
Nature Valley Granola, Apple Cinnamon, <i>General Mills</i>	1 cup/55 g	16 g	29%	YES
Nature Valley Granola, Almond, <i>General Mills</i>	1 cup/55 g	11 g	20%	YES
Nature Valley Granola, Fruit Oatmeal Crisp, <i>General Mills</i>	2/3 cup/55 g	18 g	33%	YES
Nature Valley Granola, Low Fat Fruit, <i>General Mills</i>	2/3 cup/55 g	18 g	33%	YES
Nutri-Grain Almond Raisin, <i>Kellogg's</i>	1 1/4 cup/55 g	16 g	29%	YES
Nutri-Grain Golden Wheat, <i>Kellogg's</i>	3/4 cup/30 g	0 g	0%	YES
Oat Bran Flakes, <i>Health Valley</i>	3/4 cup/28 g	4 g	7%	YES
Oat Bran Hot Cereal, <i>Quaker</i>	1/2 cup/40 g	1 g	3%	YES
Oat Bran Hot Cereal, <i>Stop & Shop</i>	1/3 cup/33 g	0 g	0%	YES
Oat Bran Flakes, <i>Grainfields</i>	3/4 cup/ 30 g	2 g	7%	YES
Oatmeal Crisp, Almond, <i>General Mills</i>	1 cup/55 g	11 g	20%	YES
Oatmeal Crisp, Apple Cinnamon, <i>General Mills</i>	1 cup/55 g	16 g	29%	YES
Oatmeal Crisp, Raisin, <i>General Mills</i>	1 cup/55 g	19 g	35%	YES
Oatmeal, Instant, <i>America's Choice</i>	1 pkg/43 g	14 g	33%	YES
Oatmeal, Instant, <i>Quaker</i>	1 pkg/28 g	0 g	0%	YES
Oatmeal, Instant, <i>Stop & Shop</i>	1 pkg/28 g	2 g	7%	YES
Oatmeal, Instant, Apple Cinnamon, <i>Stop & Shop</i>	1 pkg/35 g	16 g	46%	NR
Oatmeal, Instant, Apples & Cinnamon, <i>Quaker</i>	1 pkg/35 g	10 g	29%	YES

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²Cereal is fortified.

Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Oatmeal, Instant, Apples & Cinnamon, <i>Stop & Shop</i>	1 pkg/35 g	10 g	29%	YES
Oatmeal, Instant, Bananas & Cream, <i>Quaker</i>	1 pkg/35 g	10 g	29%	YES
Oatmeal, Instant, Blueberries & Cream, <i>Quaker</i>	1 pkg/35 g	10 g	29%	YES
Oatmeal, Instant, Cinnamon & Spice, <i>Quaker</i>	1 pkg/46 g	15 g	33%	YES
Oatmeal, Instant, Cinnamon Toast, <i>Quaker</i>	1 pkg/35 g	10 g	29%	YES
Oatmeal, Instant, Kid's Choice Cookies 'n Cream, <i>Quaker</i>	1 pkg/40 g	12 g	30%	YES
Oatmeal, Instant, Kid's Choice Maple & Brown Sugar, <i>Quaker</i>	1 pkg/43 g	13 g	30%	YES
Oatmeal, Instant, Kid's Choice Radical Raspberry, <i>Quaker</i>	1 pkg/40 g	11 g	28%	YES
Oatmeal, Instant, Kid's Choice Strawberries 'n Stuff, <i>Quaker</i>	1 pkg/40 g	13 g	33%	YES
Oatmeal, Instant, Maple Brown Sugar, <i>Stop & Shop</i>	1 pkg/43 g	14 g	33%	YES
Oatmeal, Instant, Maple & Brown Sugar, <i>Quaker</i>	1 pkg/43 g	13 g	30%	YES
Oatmeal, Instant, Maple n' Brown Sugar, <i>IGA</i>	1 pkg/43 g	14 g	33%	YES
Oatmeal, Instant, Peaches & Cream, <i>Quaker</i>	1 pkg/35 g	12 g	34%	YES
Oatmeal, Instant, Raisin, Date & Walnut, <i>Quaker</i>	1 pkg/37 g	12 g	32%	YES
Oatmeal, Instant, Raisins & Spice, <i>Quaker</i>	1 pkg/43 g	15 g	35%	YES
Oatmeal, Instant, Strawberries & Cream, <i>Quaker</i>	1 pkg/35 g	12 g	34%	YES
Oatmeal Squares, <i>Quaker</i>	1 cup/56 g	9 g	16%	YES
Oatios, <i>New Morning</i>	1 cup/30 g	1 g	3%	YES
Oats, Old-Fashioned, <i>Quaker</i>	1/2 cup/40 g	1 g	3%	YES
Oats, Old-Fashioned, <i>Stop & Shop</i>	1/2 cup/40 g	0 g	0%	YES
Oats, Quick, <i>Price Chopper</i>	1 cup prepared/40 g	1 g	3%	YES
Oats, Quick, <i>Quaker</i>	1/2 cup/40 g	1 g	3%	YES
Oats, Quick, <i>Stop & Shop</i>	1/2 cup/39 g	0 g	0%	YES
Oh's, <i>Quaker</i>	3/4 cup/27 g	11 g	41%	NR
100% Natural, <i>Quaker</i>	1/2 cup/50 g	16 g	32%	YES
100% Natural Oats & Honey, <i>Quaker</i>	1/2 cup/48 g	12 g	25%	YES
100% Natural Honey, Oats & Raisins, <i>Quaker</i>	1/2 cup/51 g	14 g	27%	YES

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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Poptarts Crunch, Frosted Strawberry, <i>Kellogg's</i>	3/4 cup/30 g	14 g	47%	NR
Poptarts Crunch, Frosted Brown Sugar Cinnamon, <i>Kellogg's</i>	3/4 cup/30 g	12 g	40%	NR
Post Toasties	1 cup/28 g	2 g	7%	YES
Product 19, <i>Kellogg's</i>	1 cup/30 g	3 g	10%	YES ²
Puffed Kashi, <i>Kashi Company</i>	1 cup/25 g	0 g	0%	YES
Puffed Rice, <i>Finast</i>	1 cup/14 g	0 g	0%	NO ¹
Puffed Rice, <i>Quaker</i>	1 cup/14 g	0 g	0%	NO ¹
Puffed Wheat, <i>Finast</i>	1 cup/17 g	0 g	0%	NO ¹
Puffed Wheat, <i>Quaker</i>	1 1/4 cup/15 g	0 g	0%	NO ¹
Quisp, <i>Quaker</i>	1 cup/27 g	12 g	44%	NR
Raisin Bran, <i>America's Choice</i>	1 cup/55 g	16 g	30%	YES
Raisin Bran, <i>Grainfields</i>	2/3 cup/30 g	6 g	20%	YES
Raisin Bran, <i>IGA</i>	3/4 cup/54 g	16 g	30%	YES
Raisin Bran, <i>Kellogg's</i>	1 cup/55 g	18 g	33%	YES
Raisin Bran, <i>Post</i>	1 cup/59 g	20 g	34%	YES
Raisin Bran, <i>Quaker</i>	3/4 cup/38 g	11 g	29%	YES
Raisin Bran, <i>Shaw's</i>	3/4 cup/54 g	16 g	30%	YES
Raisin Bran, <i>Stop & Shop</i>	3/4 cup/54 g	16 g	30%	YES
Raisin Bran, Extra Raisin, <i>Sensational</i>	3/4 cup/55 g	20 g	36%	NR
Raisin Nut Bran, <i>General Mills</i>	1 cup/55 g	16 g	29%	YES
Raisin Squares, <i>Kellogg's</i>	3/4 cup/55 g	12 g	22%	YES
Razzle Dazzle Rice <i>Krispies</i>	3/4 cup (28 g)	10 g	36%	NR
Reeses Peanut Butter Puffs, <i>General Mills</i>	3/4 cup/30 g	12 g	40%	NR
Rice Chex, <i>Ralston Food</i>	1 cup/31 g	2 g	6%	YES
Rice Crisps, <i>Kingston</i>	1 1/4 cup/33 g	2 g	6%	YES
Rice Krispies, <i>Kellogg's</i>	1 1/4 cup/30 g	3 g	10%	YES
Rice Krispies, Apple Cinnamon, <i>Kellogg's</i>	3/4 cup/30 g	11 g	37%	NR
Rice Krispies Treats, <i>Kellogg's</i>	3/4 cup/30 g	9 g	30%	YES
Rice Puffs, <i>America's Choice</i>	1 cup/16 g	0 g	0%	YES
Shredded Wheat, <i>Nabisco</i>	2 biscuits/46 g	0 g	0%	YES
Shredded Wheat, <i>Post</i>	2 biscuits/46 g	0 g	0%	YES

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Shredded Wheat, <i>Sunshine</i>	2 biscuits/51 g	0 g	0%	YES
Shredded Wheat, Spoon Size, <i>Nabisco</i>	1 cup/49 g	0 g	0%	YES
Shredded Wheat, Spoon Size, <i>Post</i>	1 cup/49 g	0 g	0%	YES
Shredded Wheat and Bran, <i>Nabisco</i>	1 1/4 cup/59 g	1 g	2%	YES
Shredded Wheat and Bran, <i>Post</i>	1 1/4 cup/59 g	1 g	2%	YES
Special K, <i>Kellogg's</i>	1 cup/30 g	3 g	10%	YES
Spiderman, <i>Ralston Food</i>	1 cup/31 g	14 g	45%	NR
Smacks, <i>Kellogg's</i>	3/4 cup/30 g	16 g	53%	NR
Strawberry Squares, <i>Kellogg's</i>	3/4 cup/55 g	10 g	18%	YES
Sun Crunchers, <i>General Mills</i>	1 cup/55 g	16 g	29%	YES
Sweet Crunch, <i>Quaker</i>	1 cup/27 g	12 g	44%	NR
Sweet Puffs, <i>Quaker</i>	1 cup/34 g	16 g	47%	NR
Tasteeos, <i>Stop & Shop</i>	1 1/4 cup/32 g	2 g	6%	YES
Tasteeos, Honey Nut, <i>Stop & Shop</i>	1 cup/34 g	10 g	29%	YES
Temptations French Vanilla Almond, <i>Kellogg's</i>	3/4 cup/30 g	9 g	30%	YES
Temptations Honey Roasted Pecan, <i>Kellogg's</i>	1 cup/30 g	10 g	33%	YES
Toasted Oat, <i>Grainfields</i>	1 cup/30 g	1 g	3%	YES
Toasted Oats, <i>America's Choice</i>	1 cup/30 g	1 g	3%	YES
Toasted Oats, <i>Shaw's</i>	1 cup/30 g	1 g	3%	YES
Toasted Oats, <i>SweetLife</i>	1 cup/30 g	1 g	3%	YES
Toasted Oatmeal, <i>Quaker</i>	3/4 cup/31 g	7 g	23%	YES
Toasted Oatmeal, Honeynut, <i>Quaker</i>	1 cup/49 g	13 g	27%	YES
Toasted Puffed Wheat, <i>Shoptrite</i>	1 cup/15 g	0 g	0%	YES
Total, <i>General Mills</i>	3/4 cup/30 g	5 g	17%	YES ²
Total Corn Flakes, <i>General Mills</i>	1 1/3 cup/30g	3 g	10%	YES ²
Total Raisin Bran, <i>General Mills</i>	1 cup/55 g	20 g	36%	YES ²
Total Whole Grain, <i>General Mills</i>	3/4 cup/30 g	5 g	17%	YES ²
Triples, <i>General Mills</i>	1 cup/30 g	6 g	20%	YES
Trix, <i>General Mills</i>	1 cup/30 g	13 g	43%	NR

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Product Name and Manufacturer	Manufacturer's Serving Size and Weight	Amount Sugar per Serving (grams)	Percent Sugar	Creditable
Waffle Crisp, <i>Post</i>	1 cup/30 g	11 g	37%	NO
Wheat Chex, <i>Ralston Food</i>	3/4 cup/50 g	5 g	10%	YES
Wheat Flakes, <i>Stop & Shop</i>	1 cup/30 g	5g	17%	YES ²
Wheat Puffs, <i>America's Choice</i>	1 cup/14 g	0g	0%	YES
Wheetabix, <i>Wheetabix, Co.</i>	2 biscuits/35 g	2 g	6%	YES
Wheaties, <i>General Mills</i>	1 cup/30 g	4 g	13%	YES
Wheaties, Honey Gold, <i>General Mills</i>	3/4 cup/30 g	9 g	30%	YES
Wheatena, <i>American Home Foods</i>	1/3 cup/41 g	0 g	0%	YES
Whole Grain Toasted Oats, <i>Kingston</i>	1 cup/30 g	2 g	3%	YES

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Additional Cereals

Use this page to add cereals not included on the list (duplicate as necessary). To assist in updating the crediting lists, please provide a copy of this information (along with a copy of the product label) to Child Nutrition Programs.

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