

# How to Determine Qualifying Cereals



## Breakfast cereal:

- $\leq 6$  grams TOTAL sugar per DRY ounce

## How to determine if cereal is within sugar limit:

1. Find the total sugars in grams and serving size in grams
2. Divide the total sugars by the serving size
3. If answer is  $\leq$  or  $= 0.212$ , cereal is within required sugar limit

## Example 2:

$$5 \div 30 \Rightarrow \underline{0.167}$$



Nutrition Facts		
Serving Size 3/4 cup (30g)		
Servings Per Container		
Amount Per Serving	Whole Grain Total	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	5	10
% Daily Value**		
Total Fat 0.5g *	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 100mg	3%	9%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 3g	12%	12%
Sugars 5g		
Other Carbohydrate 17g		
Protein 2g		