**Child and Adult Care Food Program (CACFP) REFERENCE GUIDE**

**Identifying Whole Grain Rich Foods**

**Cereal & Yogurt Sugar Limits**

**Sugar Limits**

**Cereal**

No more than 6 grams of sugar per dry ounce (dry ounce = 28.35 grams). Cereals must be whole grain, enriched, or fortified.

**Yogurt**

No more than 23 grams of sugar per 6 ounces. Yogurt may be plain or flavored, unsweetened, or sweetened.

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**Sugar Limits**

<table>
<thead>
<tr>
<th>Sugars (g)</th>
<th>Serving size</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2 g</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>2-7 g</td>
<td>1 g</td>
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</tr>
<tr>
<td>7-11 g</td>
<td>2 g</td>
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</tr>
<tr>
<td>11-16 g</td>
<td>3 g</td>
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<tr>
<td>16-20 g</td>
<td>4 g</td>
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<tr>
<td>20-24 g</td>
<td>5 g</td>
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<tr>
<td>24-28 g</td>
<td>6 g</td>
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<tr>
<td>28-32 g</td>
<td>7 g</td>
<td></td>
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<tr>
<td>32-36 g</td>
<td>8 g</td>
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</tr>
<tr>
<td>36-40 g</td>
<td>9 g</td>
<td></td>
</tr>
<tr>
<td>40-44 g</td>
<td>10 g</td>
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<tr>
<td>44-48 g</td>
<td>11 g</td>
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<tr>
<td>48-52 g</td>
<td>12 g</td>
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<tr>
<td>52-56 g</td>
<td>13 g</td>
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<tr>
<td>56-60 g</td>
<td>14 g</td>
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<tr>
<td>60-64 g</td>
<td>15 g</td>
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<tr>
<td>64-68 g</td>
<td>16 g</td>
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<tr>
<td>68-72 g</td>
<td>17 g</td>
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<tr>
<td>72-76 g</td>
<td>18 g</td>
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<tr>
<td>76-80 g</td>
<td>19 g</td>
<td></td>
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<tr>
<td>80-84 g</td>
<td>20 g</td>
<td></td>
</tr>
<tr>
<td>84-88 g</td>
<td>21 g</td>
<td></td>
</tr>
</tbody>
</table>

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**WI WIC Approved Cereals**

You may use any state’s WIC approved cereal list. Any cereal served must contain no more than 6 grams of sugar per dry ounce. Cereals are whole grain rich if the first grain ingredient is a whole grain and the cereal is fortified.

**Cold Cereal**

**General Mills**

Cheerios (Plain, MultiGrain)*

Kix (Regular, Honey)*

Totals*<br>Wheaties*

**Kellogg’s**

Corn Flakes (Plain)

Crispix (Plain)

Mini Wheats (Original, Unfrosted, Little Bites, Touch of Fruit Raspberry)*

Special K

Rice Krispies (Plain)

**Sunbelt Bakery**

Simple Granola*

**Post**

Honey Bunches of Oats (Almond, Cinnamon, Vanilla*, Honey Roasted, Honey Crunch*, Almond Crunch*)

Great Grains Banana Nut*

Brain Flakes (Plain)*

Grape Nuts (Plain Flakes, Plain Original)*

**Quaker**

Life (Plain)*

Oatmeal Squares (Brown Sugar, Cinnamon)*

**Malt-O-Meal**

Crispy Rice

Frosted MiniSpooners*

**Store brands of the following types:**

- Tasteeo’s or Toasted Oats (Plain),
- Corn Flakes (Plain), Crisp or Crispy Rice (Plain), Frosted Shredded Wheat (Plain Frittering only)

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**Hot Cereal**

**Quaker (in packets only)**

Original Oatmeal (Plain)*

Instant Original Grits (All flavors)

**Malt-O-Meal (Original) (Plain)**

Chocolate

Original Farina

**Cream of Wheat**

One Minute

Two and Half Minutes

10 Minutes

**Post**

CoCo Wheats

Store Brands of Instant Oatmeal (Regular Flavor, in packet only; Essential Everyday, Food Club, Great Value, Hy-Vee, HGA, Kranger, Merson, Our Family, Roundy’s, Schnucks, Shurfine)

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*Whole grain rich (WGR)

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At least one serving of grains per day must be whole grain-rich (WGR). Any one of the following six options may be used to determine if a grain product meets the WGR criteria.

1. The grain product is found on any state agency's WIC approved whole grain food list.
2. Product is labeled “whole wheat.”
   - Only breads, buns, and rolls labeled as “whole wheat,” “entire wheat,” or “graham” are 100% whole wheat and WGR.
   - Only the following pastas labeled as “whole wheat” are 100% whole wheat and WGR; whole wheat macaroni product, macaroni, spaghetti, or vermicelli.
   - For other items labeled as “whole wheat” such as crackers, tortillas, bagels, and biscuits, you must use another method to determine if they are WGR.
3. The product includes one of the following FDA health claims on its packaging:
   - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” OR
   - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
4. The food meets the WGR criteria under the National School Lunch Program.
5. CN Label, Product Formulation Statement from the manufacturer, or a recipe demonstrates that the item is WGR.
6. The food meets the Rule of Three:
   - The first ingredient (or second after water) must be whole grain.
   - The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.
   - Non-creditable grains and flours cannot be one of the first three grain ingredients.

**Disregarded ingredients**
Any ingredients that are listed after the statement “contains 2% or less” are disregarded. Grain derivatives must be ignored and are not included in the Rule of Three.

**Rule of Three**

- **Is the 1st ingredient (2nd after water) a “whole grain”?
  - Yes
  - No

- **Are the 2nd and 3rd grain ingredients (if any)
  whole grains, enriched grains, bran, or germ?**
  - (Grain derivatives are disregarded and not included in the Rule of Three)
  - Yes
  - No

- **Are the 2nd or 3rd grain ingredients (if any)
  non-creditable grains or flours?**
  - Yes
  - No

- **Do they follow the statement, “contains 2% or less”?**
  - Yes
  - No

**Whole Grains**
- Amaranth
- Berries
- Brown rice
- Buckwheat
- Bulgur
- Cracked wheat
- Crushed wheat
- Graham flour

**Enriched Grains**
- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched rice flour
- Enriched white flour

**Bran & Germs**
- Corn bran
- Oat bran
- Rice bran

**Grain Derivatives**
- Corn starch
- Corn dextrin
- Modified food starch
- Potato starch
- Wheat gluten
- Wheat starch
- Tapioca starch
- Wheat dextrin

**Non-Creditable Grains & Flours**
- Any bean or nut flour
- Barley malt
- Bromated flour
- Corn
- Corn fiber
- Durum flour
- Degerminated corn meal
- Farina
- Malted barley flour
- Oat fiber
- Rice flour
- Semolina
- Soy flour
- Tapioca flour
- Wheat flour
- White flour
- Yellow corn flour
- Yellow cornmeal