

Worksheet for Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program

This worksheet determines if cooked breakfast cereals meet the two crediting criteria below for the grains component of the [Child and Adult Care Food Program \(CACFP\) meal patterns for children](#) and the [CACFP adult meal patterns](#).

1. **Creditable grains:** Cooked cereals must be whole grain-rich (WGR), enriched, or fortified.
 - **WGR** cooked cereals contain a whole grain as the first ingredient and the next two grain ingredients (if any) are whole grain, enriched, bran, or germ. Noncreditable grains (such as yellow corn flour, wheat flour, and soy flour) cannot be one of the first three grain ingredients.
 - **Enriched** cooked cereals contain thiamin, riboflavin, niacin, folic acid, and iron.
 - **Fortified** cooked cereals typically contain the five enrichment nutrients plus other vitamins and minerals.
2. **Limit for added sugars:** Effective October 1, 2025, breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.

For crediting guidance, refer to the Connecticut State Department of Education's (CSDE) resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

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Name of product: _____

Manufacturer: _____

Date reviewed: _____

Criterion 1: Creditable Grains

The first ingredient must be a creditable grain (whole grain, enriched grain, bran, or germ) **or** the cereal must be fortified.

1. Is the first ingredient a creditable grain?

☐ Yes ☐ No

2. Is the cereal fortified?

☐ Yes ☐ No

Criterion 2: Added Sugars Limit

Added sugars cannot exceed 6 grams per dry ounce. Review the Nutrition Facts label. Enter the grams of added sugars per serving and the serving size weight in ounces (oz) below. The grams of added sugars per ounce will calculate automatically.

Note: If the serving weight is listed in grams, enter the grams below to convert to ounces.

Grams: _____ divided by 28.38 = _____ ounces

Grams of added sugars per serving: _____

Serving weight (ounces): _____

Grams of added sugars per ounce (cannot exceed 6 grams): _____

Note: The required quantity for 1 ounce equivalent (oz eq) of a creditable cooked breakfast cereal is $\frac{1}{2}$ cup cooked or 28 grams (1 ounce) dry. The minimum creditable amount is $\frac{1}{4}$ oz eq.

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For more information, visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_cooked_breakfast_cereals_cacfp.pdf.



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