

## CACFP Sugar Limits IN CEREAL

Cereal must be whole grain, enriched or fortified



Threshold:  
No more than 6 grams  
sugar per dry ounce  
(dry ounce = 28.35 grams)

$$\frac{\text{Sugar (g)} = 6}{\text{Serving Size (g)} = 28.35} = \leq 0.212$$



NORTH DAKOTA DEPARTMENT OF  
PUBLIC INSTRUCTION  
[www.nd.gov/dpi/](http://www.nd.gov/dpi/)

Cereal Per Size	Sugars
If Serving Size Is:	No More Than:
5-9 grams	1 gram
10-14 grams	2 grams
15-18 grams	3 grams
19-23 grams	4 grams
24-28 grams	5 grams
29-32 grams	6 grams
33-37 grams	7 grams
38-42 grams	8 grams
43-47 grams	9 grams
48-51 grams	10 grams
52-56 grams	11 grams
57-61 grams	12 grams

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## CACFP Sugar Limits IN YOGURT

Yogurt may be plain or flavored; unsweetened, or sweetened



Threshold:  
No more than 23 grams sugar per 6 oz

$$\frac{\text{Sugar (g)} = 23}{\text{Serving Size (oz)} = 6} = < \mathbf{3.83}$$



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Yogurt Serving Size		Sugars
If the serving size is:		no more than:
1 oz	28 g	3 g
1.5 oz	43 g	5 g
2 oz	57 g	7 g
2.5 oz	71 g	9 g
3 oz	85 g	11 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
4.5 oz	128 g	17 g
5 oz	142 g	19 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
6 oz	170 g	23 g
6.5 oz	184 g	24 g
7 oz	198 g	24 g
7.5 oz	213 g	28 g
8 oz	227 g	30 g

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