

OSSE Nutrition Standards for CACFP

D.C. CACFP CEREAL STANDARD

Sugary cereals should be served *no more than* 2 times per month.

Sugary cereals have more than 6 grams of sugar per ounce.

This standard applies to cold dry cereals and hot cooked cereals (oatmeal, grits, etc.).

Infants ages 4 months to 1 year may be served only iron-fortified infant cereal.

Choose Low-Sugar
Cereals



Why is this standard important?

- Children need a healthy breakfast so they can start the day ready to learn, play and grow.
- Children have small bellies, so they can't eat a lot of food at one time.
 - Make every calorie count by providing foods packed with fiber, vitamins and minerals.
 - Sugary cereals are high in calories and may provide less of the nutrients children need.
 - Too many calories can cause excess weight gain, overweight and even obesity.

Just because a cereal is lower in sugar doesn't mean children won't like it — you may be surprised at the variety of yummy but affordable low-sugar cereals!



Office of the State Superintendent of Education
DISTRICT OF COLUMBIA

DC Office of the State Superintendent
of Education
Wellness and Nutrition Services
Child and Adult Care Food Program

810 First Street, N.E
Washington, D.C. 20002

Phone: 202.442.4010
Fax: 202.724.7656
www.osse.dc.gov



I Am Healthy, I Am Happy

Serve Cereal the CACFP Way



Always check the list or the label.

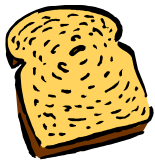
Don't just buy cereals that look healthy.

- Check the list of acceptable cereals (released with State Agency Memo CACFP #18-09, "Creditable Food Item—Sugary Cereal"), or look on the Nutrition Facts label for a sugar content of 6 or less grams per ounce.
- The package may say "organic" or "good source of fiber," but the cereal may still have more than 6 grams of sugar per ounce.

Stay consistent with WIC.

OSSE's CACFP cereal standard and list reflect the cereals in the WIC food package.

- Children who benefit from WIC eat these same healthy cereals at home.
- Reinforce the message that children should eat low-sugar cereals.



Think beyond the box.

You are not required to serve cereal as the bread or bread alternate at breakfast or any other meal. You can serve any whole grain or enriched grain item, such as:

- Toast ▪ Tortillas ▪ Grits ▪ Pancakes ▪ Waffles ▪ English muffins ▪ Oatmeal ▪

Watch out for sugar from other sources.

Many breakfast foods and condiments are loaded with sugar.

- Avoid items like donuts, Danish, cinnamon rolls, and coffee cake.
- Muffins can be as sugary as cupcakes, so check the label or recipe.



Choose whole grains.

When possible, serve whole grain bread, pasta, rice and other bread alternates.

- Whole grains have more nutrients and fiber than refined enriched grains.
 - For children over age 3, daily fiber needs are estimated as age + 5 to 10. For example, a 4 year old needs 9 to 14 grams of fiber per day.
- Just because the package says "wheat" doesn't mean it's whole grain.
 - Look for "100% whole wheat" on the label. Or, "whole wheat flour" or "whole grain" should be the first ingredient on the ingredient list.
- Try whole grains besides wheat, like barley, bulgur, quinoa and oats.

Acceptable Cereals

This is a partial List. Check the full list in Memo #18-09 for more options, or look for WIC-approved cereals at the store.



Kix



Product 19



Original Cheerios



Multigrain Cheerios



Whole Grain Total



Corn Flakes



Wheaties



Rice Krispies



Corn Chex



Wheat Chex



Multigrain Chex



Rice Chex



All-Bran Flakes



Grape Nuts



Cream of Wheat



Special K