FINAL RULE REQUIREMENT:

Grains on Exhibit A in the Food Buying Guide with a superscript of 3 or 4 will no longer be creditable.

Group B
• Bagels
• Batter type coating
• Biscuits
• Breads (sliced white, whole wheat, French, Italian)
• Buns (hamburger and hot dog)
• Sweet Crackers[3] (graham crackers - all shapes, animal crackers)
• Egg roll skins
• English muffins
• Pita bread (white, whole wheat, whole grain-rich)
• Pizza crust
• Pretzels (soft)
• Rolls (white, whole wheat, whole grain-rich)
• Tortillas (wheat or corn)
• Tortilla chips (wheat or corn)
• Taco shells
Group C
• Cookies[3] (plain - includes vanilla wafers)
• Cornbread
• Corn muffins
• Croissants
• Pancakes
• Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies)
• Waffles
Group D
• Doughnuts[3] (cake and yeast raised, unfrosted)
• Cereal bars, breakfast bars, granola bars[4] (plain)
• Muffins (all, except corn)
• Sweet roll[4] (unfrosted)
• Toaster pastry[4] (unfrosted)
Group E
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces)
• Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees)
• Doughnuts[4] (cake and yeast raised, frosted or glazed)
• French toast
• Sweet rolls[4] (frosted)
• Toaster pastry[4] (frosted)
Group F *(These items are only allowed under the NSLP and SBP)*
• Cake[3] (plain, unfrosted)
• Coffee cake[4]

Group G *(These items are only allowed under the NSLP and SBP)*
• Brownies[3] (plain)
• Cake[3] (all varieties, frosted)

The highlighted items will no longer be creditable for Pre K/CACFP meals.

1. Circle highlighted items that will need to be removed or no longer offered for Pre K menus.

2. List possible changes to grain offerings.

_____

_____

_____

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Grain Group Resource:

Exhibit A located in Policy Memo CACFP 02-2017, Attachment 1

FINAL RULE REQUIREMENT:

Serve RTE cereals that have no more than 6 grams of sugar per dry ounce or no more than 21.2g of sugar per 100 grams of cereal. Serve yogurt that has no more than 23 grams of sugar per 6 ounces.

Nutrition Facts

Serving Size 1/4 cup (30 g)
Servings per container approx 16

Amount Per Serving	
Calories 144	Calories from Fat 71
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 31mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 4g	
Vitamin A 0% • Vitamin C 1%	
Calcium 2% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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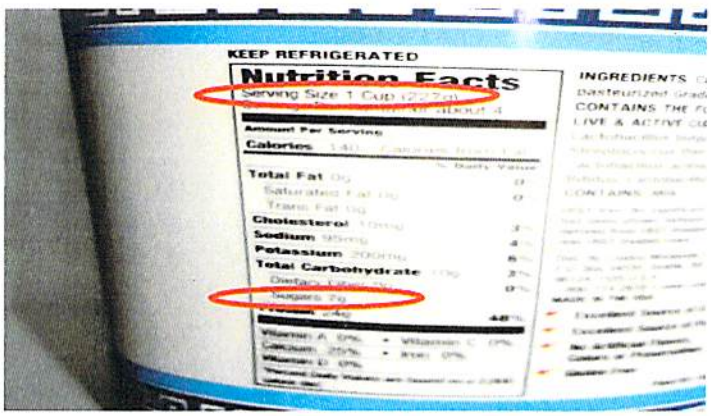
Requirement: Must contain no more than 6 grams Sugar/dry ounce or no more than 21.2g Sugar/100g.

Formula:
Total Sugar/Serving Size in Grams must be ≤ .212

Example:
__5__ g sugar / __30__ g serving size = _.166_

Conclusion: .166 is ≤ to .212; therefore, this cereal is meets the limited sugar requirement.

Resource for Creditable Breakfast Cereals:
WIC-34-Texas-WIC-Shopping-Guide-brochure.pdf



Yogurt Sugar Limits

Serving Size	Sugar Limits*
2.25 ounces	0–8 grams
3.5 ounces	0–13 grams
4 ounces	0–15 grams
5.3 ounces	0–20 grams
6 ounces	0–23 grams
8 ounces	0–30 grams

* Sugar limits are pre-calculated and set forth by the USDA.

Requirement: Must contain no more than 23 grams Sugar/6 ounces.

Formula:
Total Sugar grams/Serving Size in Ounces must be ≤ 3.83

Example:
__7__ g sugar / __8__ oz serving size (1 cup = 8 oz) = _.875_

Conclusion: .875 is ≤ to 3.83; therefore, this yogurt meets the limited sugar requirement.