



Home Made Granola in the CACFP

Granola is considered a cereal, therefore any granola served in CACFP meals or snacks needs to follow the food program’s sugar limitations. In order to credit in a reimbursable meal or snack, cereal must contain no more than 6 grams of sugar per ounce of cereal.

If purchasing granola, refer to the package label for sugar content. Use the Cereal Sugar Limits chart or follow the math instructions found in the HCN Provider Book.

When making homemade granola, the provider must calculate the sugar content of the granola based on the recipe they use. The recipe should be kept on file to demonstrate the granola meets the breakfast cereal sugar limit.



The steps:

1) Determine how many ounce servings your recipe yields. On a food scale, measure the total weight of the prepared granola. As an option, determine the weight of each ingredient of the recipe; then add to find the total weight. For example: one cup of oats generally weights 2.8 ounces. Small amounts, such as cinnamon, do not need to be included.

2) The number of ounces the total recipe weighs is the number of servings it yields. This is because a serving is generally one ounce.

3) Now determine the weights of the sugars in the recipe. The weights below may be used or the sugars may be weighed on a scale.

- 1 cup honey = 339 g* *1 Tbsp. honey = 21 g*
- 1 cup brown sugar = 220 g* *1 Tbsp. brown sugar = 14 g*
- 1 cup granulated sugar = 200 g* *1 Tbsp. granulated sugar = 13 g*
- 1 cup maple syrup = 315 g* *1 Tbsp. maple syrup = 20 g*

4) Take the total grams of sugars and divide by the total servings the granola recipe yields. For example, if the total sugar was 200 grams and the recipe weighs 15 ounces: 200 divided by 15 = 13.3 grams per ounce. The sugar limit is 6 grams sugar or less per ounce of cereal. Therefore, the example would not be creditable.

If the recipe is too high in sugar to count as a creditable cereal, consider lowering the amount of sweeteners to the point of making the recipe creditable.

Granolas generally have oats as their main ingredient, with perhaps wheat germ or bran also in the recipe. Most granolas would be considered a whole grain-rich food.

Cereal Sugar Limits	
Serving Size	Sugar Limit
24-28 grams	0-5 grams
29-33 grams	0-6 grams
34-37 grams	0-7 grams
38-42 grams	0-8 grams
43-47 grams	0-9 grams
48-51 grams	0-10 grams
52-55 grams	0-11 grams
56-60 grams	0-12 grams