

PRODUCT-BASED ADDED SUGAR LIMITS FOR USDA SCHOOL MEAL PROGRAMS

Breakfast Cereal



≤ 6 grams added sugars per dry ounce

Serving Size	Max Added Sugars
12-16 g (~1/2 dry oz)	3 g
26-30 g (~1 dry oz)	6 g
31-35 g	7 g
36-40 g	8 g
45-49 g	10 g
55-58 g (~2 dry oz)	12 g
59-63 g	13 g
74-77 g	16 g

Yogurt



≤ 12 grams added sugars per 6 ounces

Serving Size	Max Added Sugars
2 oz / 57 g	4 g
3 oz / 85 g	6 g
4 oz / 113 g	8 g
5.3 oz / 150 g	10 g
6 oz / 170 g	12 g
8 oz / 227 g	16 g

Flavored Milk



≤ 10 grams added sugars per 8 fluid ounces

Serving Size	Max Added Sugars
8 fl oz	4 g
12 fl oz	6 g

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WEEKLY MENU ADDED SUGAR LIMITS FOR USDA SCHOOL MEAL PROGRAMS

Effective SY 27-28, added sugars will be limited to 10% of calories on average over the week. Your weekly calorie average will fall within the following ranges by grade level and meal:

Calorie Ranges by Grade Level and Meal

	Grades K-5	Grades 6-8	Grades 9-12
Breakfast	350 - 500	400 - 550	450 - 600
Lunch	550 - 650	600 - 700	750 - 850

HOW TO FIND THE ADDED SUGAR LIMIT FOR A WEEKLY MENU:

STEP 1: Multiply your calorie average by 10%. EXAMPLE: Your breakfast menu for K-5 has an average of 410 calories. $410 \times 0.10 = 41$ calories from added sugars.

STEP 2: Divide the calories from added sugars by 4 (1 gram of sugar = 4 calories). 41 calories from added sugars / 4 = 10.25 grams added sugars.

STEP 3: Tally the added sugars for each weekly menu and divide by the number of days. This number must not exceed the number found in Step 2.

Added Sugar Ranges by Grade Level and Meal

	Grades K-5	Grades 6-8	Grades 9-12
Breakfast	35-50 kcal; 8.75-12.5 g	40-55 kcal; 10-13.75 g	45-60 kcal; 11.25- 15 g
Lunch	13.75 g - 16.25 g	15 - 17.5 g	18.75 - 21.25 g

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