


Limiting Higher **SUGAR** Foods at Breakfast

Approximately **three out of four school-aged children** consume too much added sugar every day. Schools can play an important role by offering lower sugar options that provide important nutrients without too many calories.

Menu Strategies for Limiting Higher Sugar Foods at Breakfast:

 Offer “grain-based dessert” type foods fewer times per week.

“Grain-based desserts” that are permitted in the School Breakfast Program are listed on USDA’s *Exhibit A: Grain Requirements for Child Nutrition Programs* and include sweet rolls, doughnuts, fruit turnovers, toaster pastries, coffee cake, breakfast/cereal bars, and granola bars.

Table 1: Swap Out Grain-Based Desserts*

Instead of serving:	Offer instead:
Fruit turnover, sweet roll	Pancakes or waffles with sliced fruit
Toaster pastry	Whole wheat toast with peanut butter
Cereal bar, breakfast bar, granola bar	Whole-grain granola and yogurt
Coffee cake, funnel cake	<u>Pumpkin muffin squares</u>
Donut	Blueberry bagel with light cream cheese

*USDA requires at least 80% of grain foods offered at breakfast to be whole grain-rich. Any other grains offered must be enriched or fortified. Even though a product is whole grain-rich, it may still be higher in sugar.

 **Serve breakfast cereals that are lower in sugar.**

Use the Nutrition Facts label to find the Serving Size (grams) and the Total Sugars (grams). Use the table to select breakfast cereals with no more than 6 grams of sugar per dry ounce:

Table 2: Choose Cereals Lower in Total Sugars

Serving Size Grams (g)	Total Sugars Grams (g)
If the serving size is:	Total sugars should be this amount or less:
12–16 g	3 g
26–30 g	6 g
31–35 g	7 g
36–40 g	8 g
45–49 g	10 g
50–58 g	12 g
59–63 g	13 g
74–77 g	16 g

