Worksheet for Determining WIC Iron and Sugar Requirements of Cereals

A. **Known Information**:

Regulatory requirements for all WIC eligible cereals: 28 milligrams (mg) of iron and no more than 21.2 grams (g) of sucrose and other sugars per 100 g of dry product.

Daily Value (DV) for Iron: 15 mg for infants 0 to 12 months; 18 mg for adults and children 4 or more years.

B. **Product Name**:_____

C. **Nutrition Facts Label information**:

Weight of one serving_____grams
(a)

Iron content of one serving_____%Daily Value (DV)
(b)

Amount of sugar in one serving_____grams
(c)

D. **Calculations**:

Daily Value for iron is_____mg.
(d) – [see known information above]

1. Determine the amount of iron in one serving:
_____% ÷ 100 x ___ mg =_____ mg of iron in one serving
(b) (d) (e)

2. Determine the amount of iron in 100 grams of cereal:
_____ mg x 100 g ÷ _____ g = _____mg
(e) (a) (f)
X=_____mg of iron per 100 grams.
(f)

3. Determine the amount of sugar in 100 grams of cereal:
_____g x 100 g ÷ _____g = _____g
(c) (a) (g)
X = _____g of sugar per 100 grams.
(g)

Status_____Cereal contains
(product name)
_____mg of iron and _____g of sucrose and other sugars per 100 grams of dry product.
(f) (g)

_____Product is not WIC eligible.

_____Product is WIC eligible based on calculated data.

_____Product is WIC eligible based on written verification by product manufacturer.