

# Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



- 1** Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- 2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- 3** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| Serving Size 8 oz (227g)      |                      |
| Servings about 4              |                      |
| Amount Per Serving            |                      |
| <b>Calories</b> 130           | Calories from Fat 20 |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 2g           | <b>3%</b>            |
| Saturated Fat 1.5g            | <b>8%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 10mg       | <b>3%</b>            |
| <b>Potassium</b> 400mg        | <b>1%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 21g | <b>7%</b>            |
| Dietary Fiber 4g              | <b>17%</b>           |
| <b>Sugars</b> 9g              |                      |
| <b>Protein</b> 10g            |                      |
| Vitamin A 6%                  | Vitamin C 4%         |
| Calcium 35%                   | Iron 0%              |
| Vitamin D 6%                  |                      |

**TIP:** If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

| Serving Size*<br>Ounces (oz) | Serving Size<br>Grams (g)<br>(Use when the serving size is not listed in ounces) | Sugars<br>Grams (g)           |
|------------------------------|--|-------------------------------|
| If the serving size is:      |  | Sugars must not be more than: |
| 2.25 oz                      | 64 g   | 9 g                           |
| 3.5 oz                       | 99 g   | 13 g                          |
| 4 oz                         | 113 g  | 15 g                          |
| 5.3 oz                       | 150 g  | 20 g                          |
| 6 oz                         | 170 g  | 23 g                          |
| 8 oz                         | 227 g  | 31 g                          |

- 4** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

**Test Yourself:**

Does the yogurt above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars : \_\_\_\_\_

Yes  No



\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.





# Try It Out!



Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.

## Sugar Limits in Yogurt

| Serving Size<br>Ounces (oz) | Serving Size<br>Grams (g)<br><small>(Use when the serving size is not listed in ounces)</small> | Sugars                        | Serving Size<br>Ounces (oz) | Serving Size<br>Grams (g)<br><small>(Use when the serving size is not listed in ounces)</small> | Sugars                        |
|-----------------------------|---|-------------------------------|-----------------------------|---|-------------------------------|
| If the serving size is:     |   | Sugars must not be more than: | If the serving size is:     |   | Sugars must not be more than: |
| 1 oz                        | 28 g  | 4 g                           | 4.75 oz                     | 135 g   | 18 g                          |
| 1.25 oz                     | 35 g  | 5 g                           | 5 oz                        | 142 g   | 19 g                          |
| 1.5 oz                      | 43 g  | 6 g                           | 5.25 oz                     | 149 g   | 20 g                          |
| 1.75 oz                     | 50 g  | 7 g                           | 5.3 oz                      | 150 g   | 20 g                          |
| 2 oz                        | 57 g  | 8 g                           | 5.5 oz                      | 156 g   | 21 g                          |
| 2.25 oz                     | 64 g  | 9 g                           | 5.75 oz                     | 163 g   | 22 g                          |
| 2.5 oz                      | 71 g  | 10 g                          | 6 oz                        | 170 g   | 23 g                          |
| 2.75 oz                     | 78 g  | 11 g                          | 6.25 oz                     | 177 g   | 24 g                          |
| 3 oz                        | 85 g  | 11 g                          | 6.5 oz                      | 184 g   | 25 g                          |
| 3.25 oz                     | 92 g  | 12 g                          | 6.75 oz                     | 191 g   | 26 g                          |
| 3.5 oz                      | 99 g  | 13 g                          | 7 oz                        | 198 g   | 27 g                          |
| 3.75 oz                     | 106 g   | 14 g                          | 7.25 oz                     | 206 g   | 28 g                          |
| 4 oz                        | 113 g   | 15 g                          | 7.5 oz                      | 213 g   | 29 g                          |
| 4.25 oz                     | 120 g   | 16 g                          | 7.75 oz                     | 220 g   | 30 g                          |
| 4.5 oz                      | 128 g   | 17 g                          | 8 oz                        | 227 g   | 31 g                          |

## Yogurts To Serve in the CACFP\*

| Yogurt Brand | Flavor  | Serving Size (oz or g) | Sugars (g): |
|--------------|---------|------------------------|-------------|
| Yummy Yogurt | Vanilla | 6 oz                   | 13          |
|              |         |                        |             |
|              |         |                        |             |
|              |         |                        |             |
|              |         |                        |             |

\*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

**Answer to “Test Yourself” activity on page 1:** This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.