USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Choose Yogurt That Is Lower in Added Sugars in the CACFP

A Training Presentation for Child and Adult Care Food Program (CACFP) Operators

USDA's Team Nutrition

- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.

TeamNutrition.USDA.gov

Updated Nutrition Standards for Added Sugars

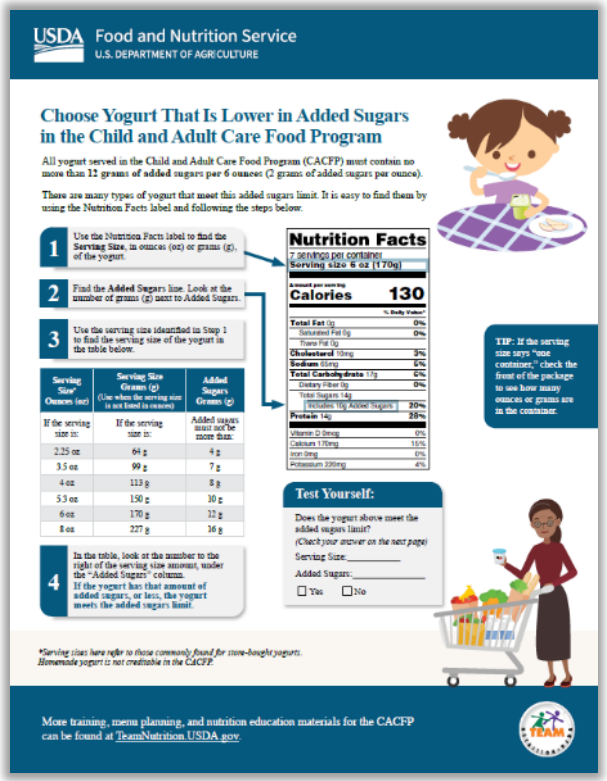
Sugar limits for breakfast cereals and yogurt will be based on **Added Sugars** rather than **Total Sugars**.

Must be implemented by October 1, 2025:

- Breakfast cereals
  - Must contain no more than 6 grams of **added sugars per dry ounce**.
- Yogurt
  - Must contain no more than 12 grams of **added sugars per 6 ounces** (2 grams of added sugars per ounce).

CACFP operators may continue to use any State's updated WIC list to help identify allowable breakfast cereals, and now, yogurt.

Yogurt Lower in Added Sugars



Tips!

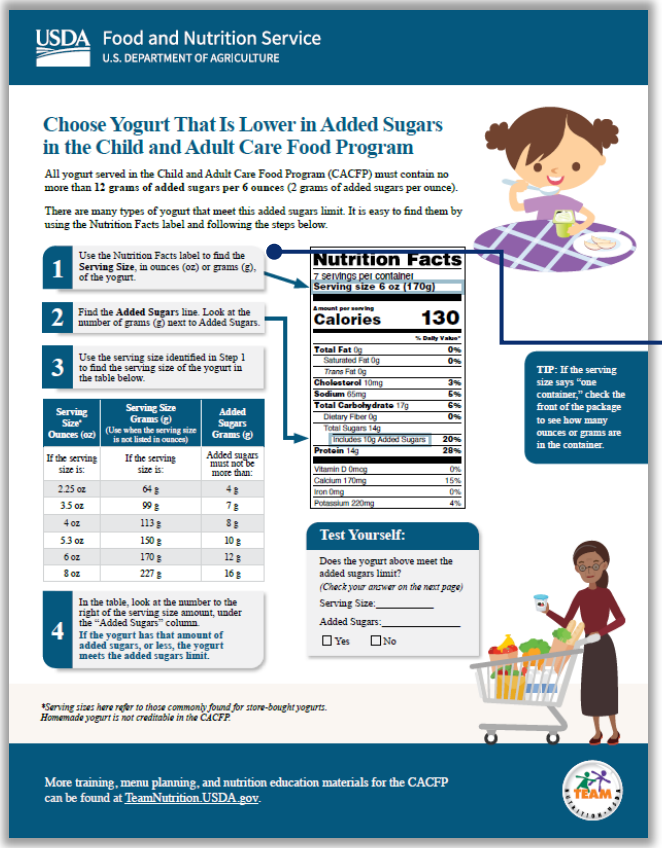
1. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces.*

2. Find yogurts that meet the added sugars limit by using the "Choose Yogurt That Is Lower in Added Sugars" worksheet.

*For more information about the implementation timeline for the *Final Rule–Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans*, please visit fns.usda.gov/cn/school-nutrition-standards-updates/implementation-timeline-cacfp-sfsp.

SCAN ME

Step 1



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Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. 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 **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 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

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts
7 servings per container
Serving size 6 oz (170g)
Amount per serving
Calories 130
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 65mg 5%
Total Carbohydrate 17g 6%
Dietary Fiber 0g 0%
Total Sugars 14g
Includes 10g Added Sugars 20%
Protein 14g 28%
Vitamin D 0mcg 0%
Calcium 170mg 15%
Iron 0mg 0%
Potassium 220mg 4%

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.

Test Yourself:
Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)
Serving Size:_____
Added Sugars:_____
☐ Yes ☐ No

Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.

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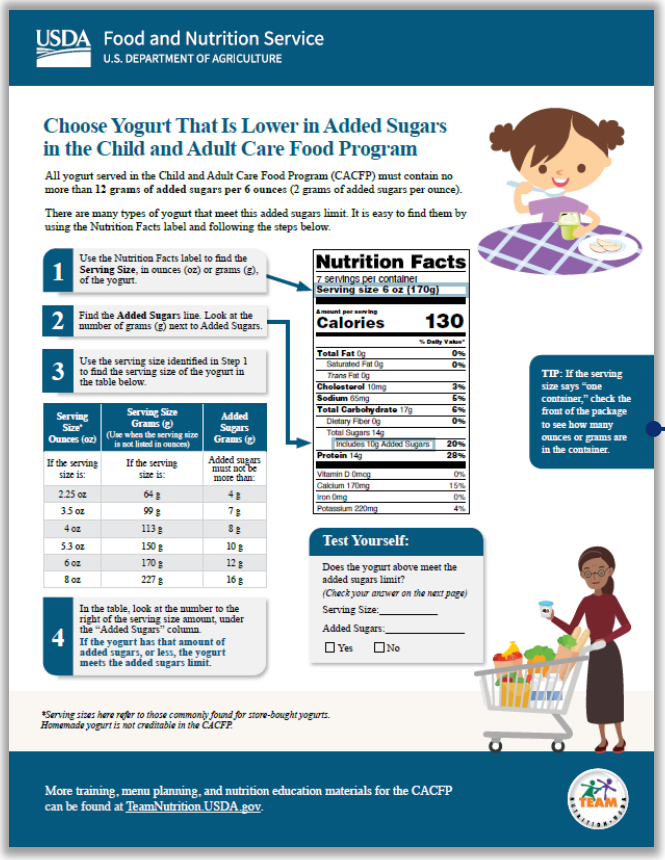
Step 1



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Nutrition Facts
7 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
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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.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size:_____

Added Sugars:_____

☐ Yes ☐ No

Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.

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.

?

Try It Out!

What is the Serving Size?

- ❑ 4 oz
- ❑ 6 oz
- ❑ 8 oz
- ❑ 130 oz

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**5%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
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Includes 10g Added Sugars	**20%**
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Potassium 220mg	4%

?

Answer

What is the Serving Size?

- ❑ 4 oz
- ☑ **6 oz**
- ❑ 8 oz
- ❑ 130 oz

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
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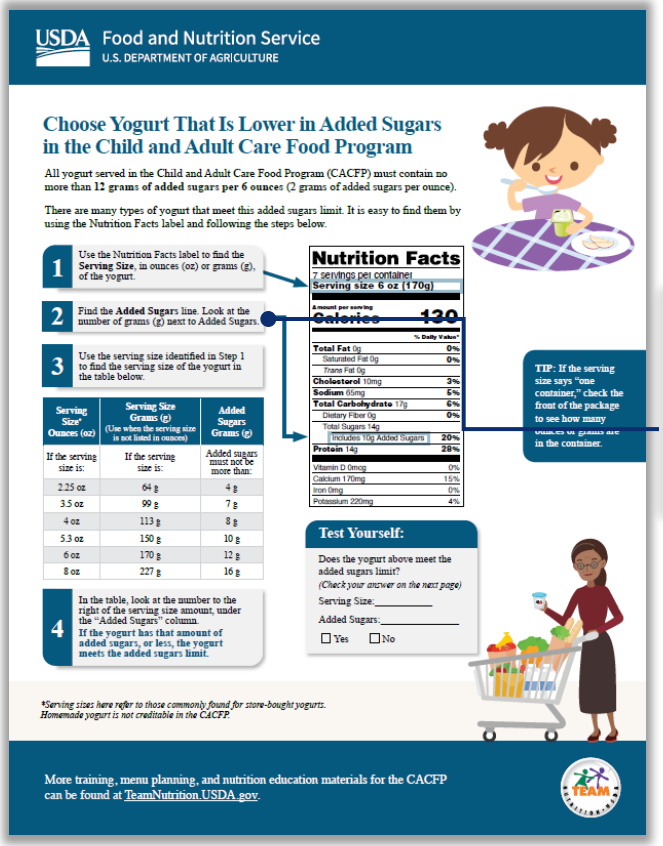
Step 2



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Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. 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 **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 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

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts
7 servings per container
Serving size 6 oz (170g)
Amount per serving
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% Daily Value*
Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g
Cholesterol 10mg **3%**
Sodium 65mg **5%**
Total Carbohydrate 17g **6%**
Dietary Fiber 0g **0%**
Total Sugars 14g
Includes 10g Added Sugars **20%**
Protein 14g **28%**
Vitamin D 0mcg 0%
Calcium 170mg 15%
Iron 0mg 0%
Potassium 220mg 4%

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.

Test Yourself:
Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)
Serving Size:_____
Added Sugars:_____
☐ Yes ☐ No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

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2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

Try It Out! Question

How much added sugar is in one serving of this yogurt?

- ❑ 4 g
- ❑ 10 g
- ❑ 21 g
- ❑ 40 g

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
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Try It Out! Answer

How much added sugar is in one serving of this yogurt?

- ❑ 4 g
- ☑ **10 g**
- ❑ 21 g
- ❑ 40 g

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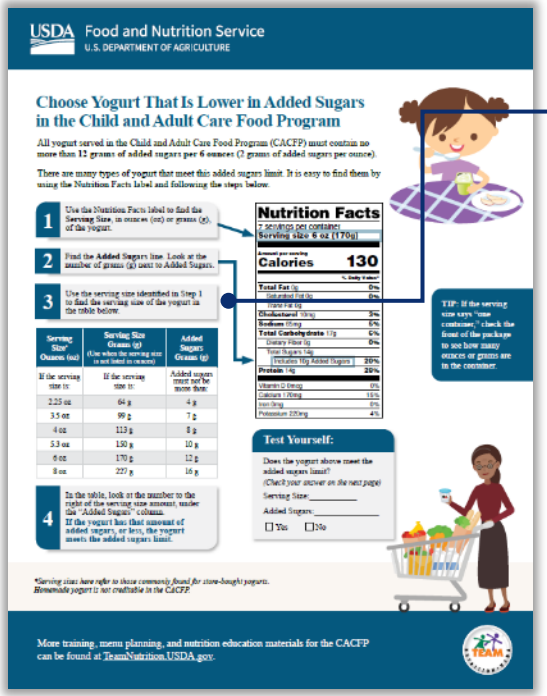

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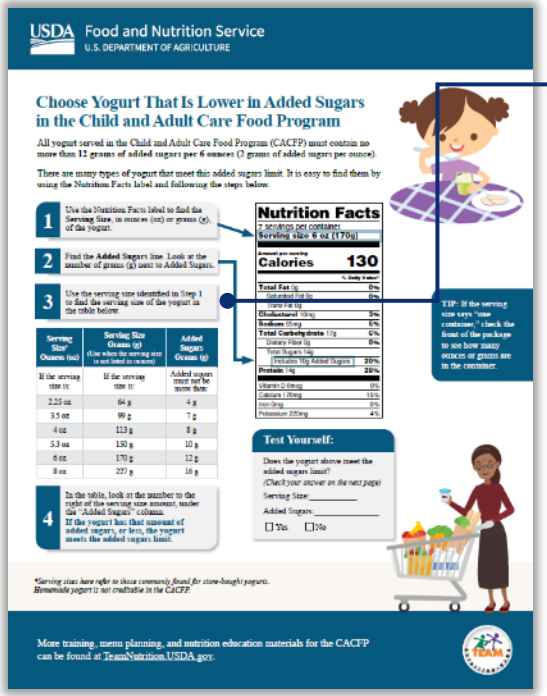

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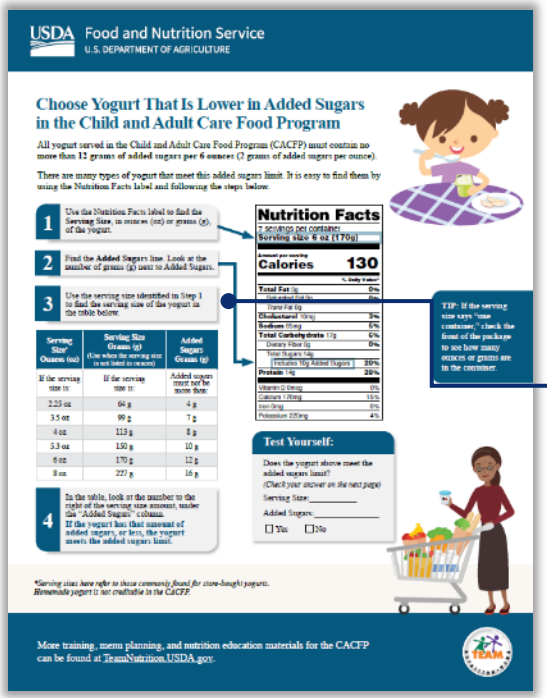

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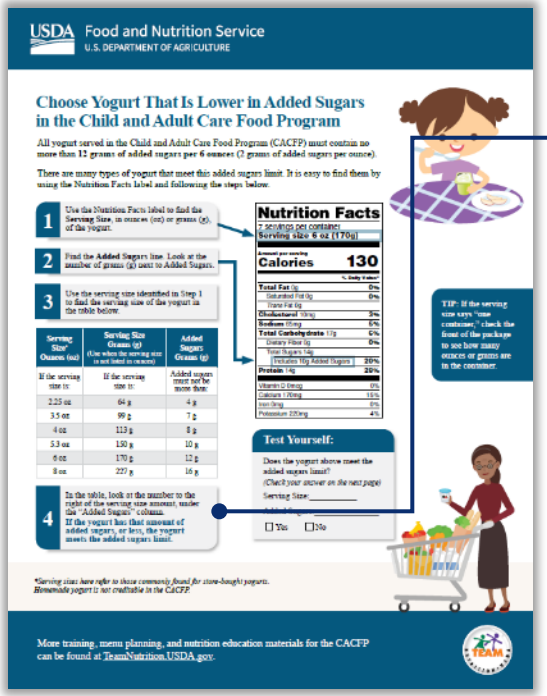

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

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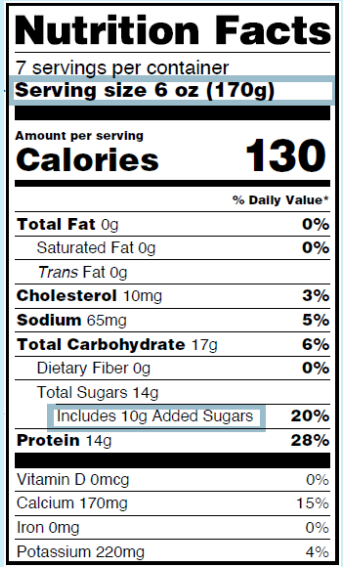
Try It Out! Question

Does this yogurt meet the added sugars limit?

- ❑ Yes
- ❑ No



Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**5%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Includes 10g Added Sugars	**20%**
Protein 14g	**28%**
Vitamin D 0mcg	0%
Calcium 170mg	15%
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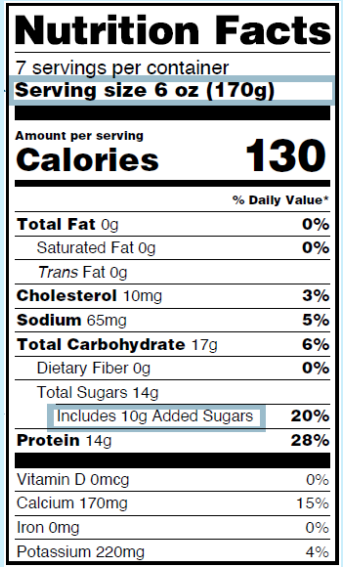
Try It Out! Answer

Does this yogurt meet the added sugars limit?

☑ **Yes**

☐ No



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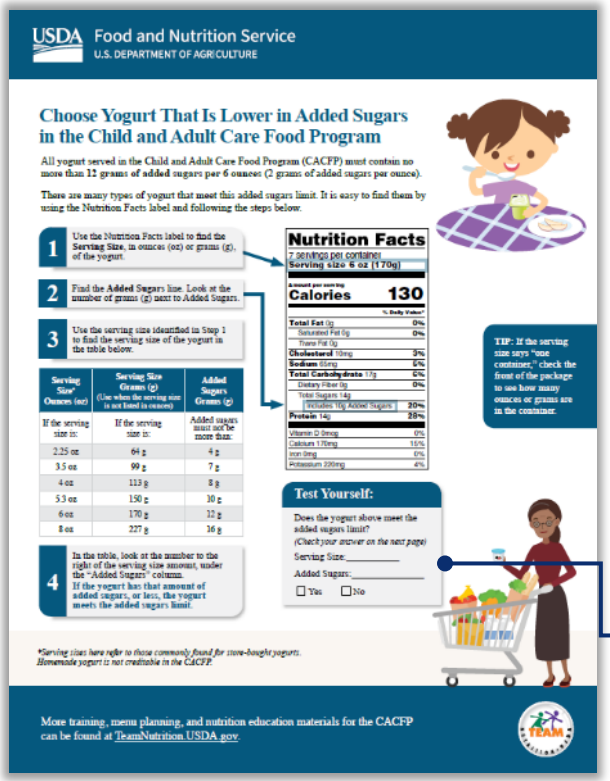
Choose Yogurt That Is Lower in Added Sugars



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1. Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
2. Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
3. Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.
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Nutrition Facts
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Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
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6 oz	170 g	12 g
8 oz	227 g	16 g

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.

Test Yourself:
Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)
Serving Size:_____
Added Sugars:_____
☐ Yes ☐ No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.

TEAM Nutrition

Test Yourself:

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

Serving Size: 6 oz/170 grams

Sugars: 10 grams

☑ Yes ☐ No

Try It Out!

Use the "Added Sugars Limit 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.

Added Sugars Limit in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz					
2.5 oz					
2.75 oz					
3 oz					
3.25 oz					
3.5 oz					
3.75 oz					
4 oz					
4.25 oz					
4.5 oz					

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g):
Yummy Yogurt	*Vanilla*	*6 oz*	*10*

*The amount of added sugars 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 added 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 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.*

FNS-652 October 2019 • Slightly Revised July 2024

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Answer to "Test Yourself" activity on page 1: *This yogurt has 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt is creditable.*

Try It Out!

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If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g):
Yummy Yogurt	*Vanilla*	*6 oz*	*10*

*The amount of added sugars 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 added 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 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.*

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Try It Out!
Which Yogurts Can You Add to Your List?

A Brand Strawberry Yogurt

Nutrition Facts

1 servings per container

Serving size	**6 oz (170g)**
Amount Per Serving	
Calories	**140**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 85mg	**4%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 13g Added Sugars	**26%**
Protein 5g	**10%**
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Try It Out! Question

Does this strawberry yogurt meet the added sugars limit?

- ❑ Yes
- ❑ No

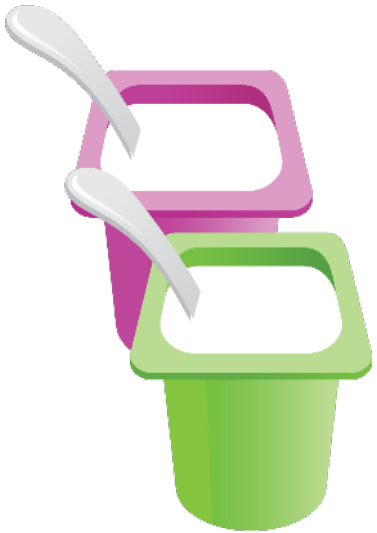
A Brand
Strawberry Yogurt

Nutrition Facts

1 servings per container

Serving size	**6 oz (170g)**
Amount Per Serving	
Calories	**140**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 85mg	**4%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 13g Added Sugars	**26%**
Protein 5g	**10%**
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Try It Out! Answer

Does this strawberry yogurt meet the added sugars limit?

- ❑ Yes
- ☑ **No**

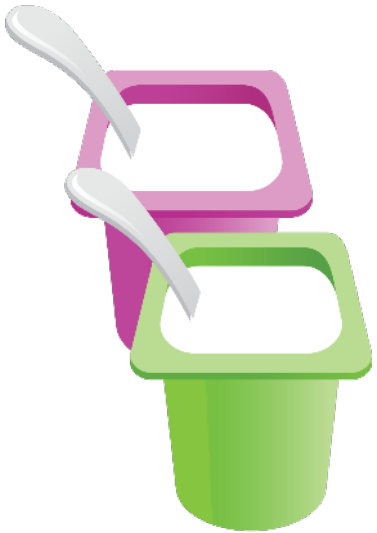
A Brand
Strawberry Yogurt

Nutrition Facts

1 servings per container

Serving size	**6 oz (170g)**
Amount Per Serving	
Calories	**140**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 85mg	**4%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 13g Added Sugars	**26%**
Protein 5g	**10%**
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Try It Out!
Which Yogurts Can You Add to Your List?

Nutrition Facts

1 servings per container

Serving size 6 oz (170g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 85mg	**4%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 13g Added Sugars	**26%**
Protein 5g	**10%**
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A Brand Strawberry Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars cannot be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 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

Try It Out!
Which Yogurts Can You Add to Your List?

B Brand
Peach Yogurt

Nutrition Facts

1 servings per container

Serving size	**(113g)**
Amount Per Serving	
Calories	**90**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Includes 7g Added Sugars	**14%**
Protein 4g	**8%**
Vitamin D 3mcg	15%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 188mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Try It Out! Question

Does this peach yogurt meet the added sugars limit?

- ❑ Yes
- ❑ No

B Brand
Peach Yogurt

Nutrition Facts

1 servings per container

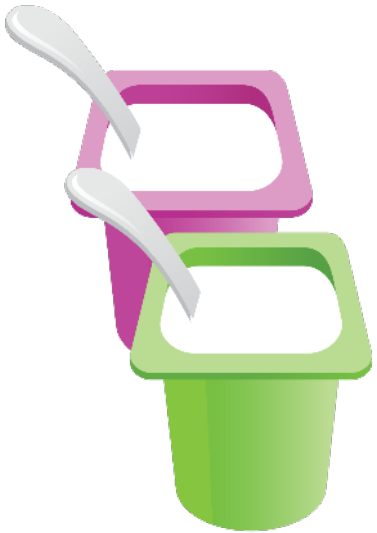
Serving size **(113g)**

Amount Per Serving

Calories **90**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Includes 7g Added Sugars	**14%**
Protein 4g	**8%**
Vitamin D 3mcg	15%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 188mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Try It out! Answer

Does this peach yogurt meet the added sugars limit?

- ☑ **Yes**
- ❑ No

B Brand
Peach Yogurt

Nutrition Facts

1 servings per container

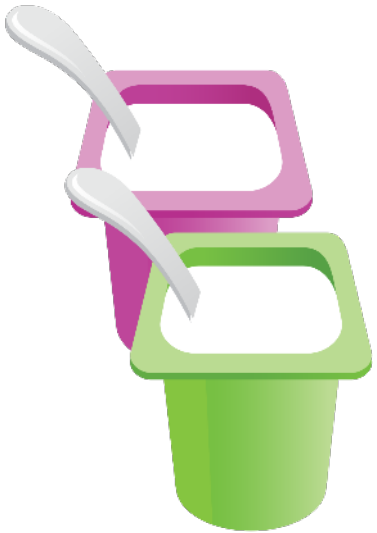
Serving size **(113g)**

Amount Per Serving

Calories **90**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Includes 7g Added Sugars	**14%**
Protein 4g	**8%**
Vitamin D 3mcg	15%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 188mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Try It Out!
Which Yogurts Can You Add to Your List?

Nutrition Facts

1 servings per container

Serving size **(113g)**

Amount Per Serving

Calories **90**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Includes 7g Added Sugars	**14%**
Protein 4g	**8%**
Vitamin D 3mcg	15%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 188mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

B Brand Peach Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars cannot be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 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

Try It Out!

Use the "Added Sugars Limit 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.

Added Sugars Limit in Yogurt

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

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g):
Yummy Yogurt	*Vanilla*	*6 oz*	*10*

*The amount of added sugars 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 added 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 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.*

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Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g)
Yummy yogurt	Vanilla	6 oz	10
B Brand	Peach	113 g	7

Servings Per Container

Nutrition Facts

2 servings per container

Serving size 6 oz (170g)

Amount Per Serving

Calories 120

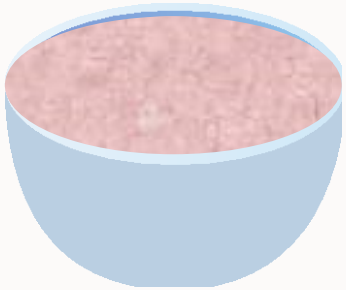
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 180mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Shows the total number of servings in the entire food package or container.
- One package of food may contain more than one serving.

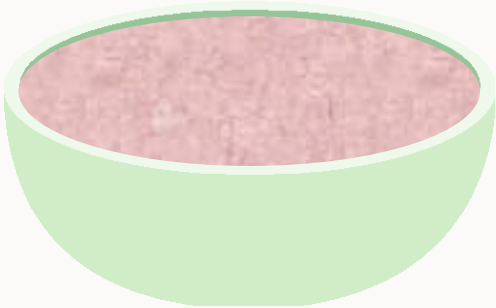
Serving Sizes Explained

1 serving
6 ounces



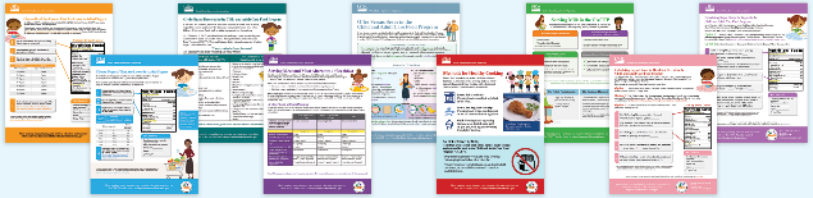
120 calories and
9 grams of added sugars

2 servings
12 ounces



240 calories and
18 grams of added sugars

More Team Nutrition Resources!



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- Sponsoring Organizations and State agencies can also order in bulk by sending an email to:

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Thank you!

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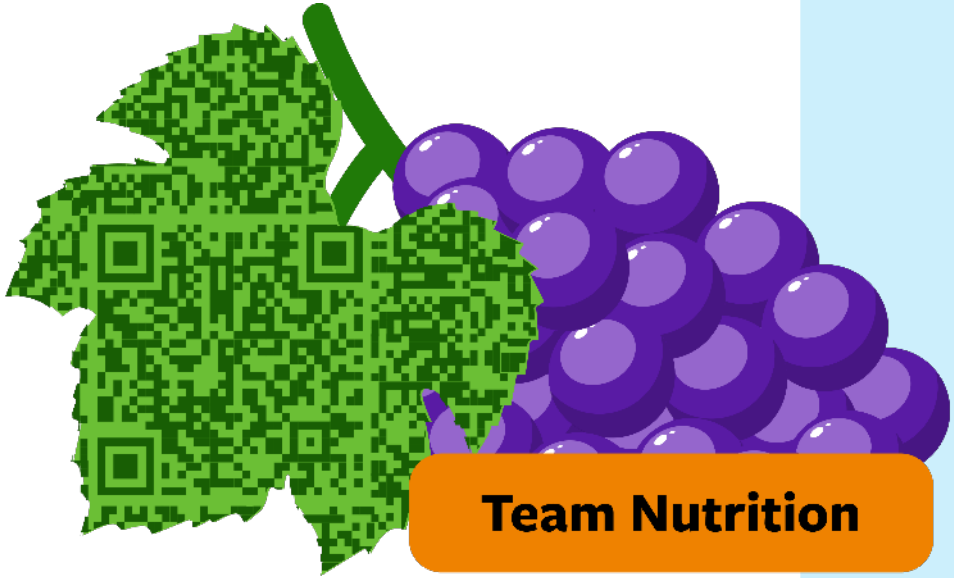
THE TEAM NUTRITION *E-newsletter*



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