

Choose Yogurts That Are Lower in Sugar

All yogurts 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 sugar 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 **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.

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

| Nutrition Facts | |
|------------------------------------|------------|
| 4 servings per container | |
| Serving size 8 oz (227g) | |
| Amount per serving | |
| Calories | 130 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 1.5g | 8% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 10mg | 3% |
| Sodium 160mg | 7% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 4g | 17% |
| Total Sugars 9g | |
| Includes 0g Added Sugars 0% | |
| Protein 10g | |
| Vitamin D 2mcg | 10% |
| Calcium 257mg | 20% |
| Iron 0mg | 0% |
| Potassium 344mg | 8% |

| Serving Size* Ounces (oz) | Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small> | Total Sugars Grams (g) |
|------------------------------|---|-------------------------------------|
| If the serving size is: | If the serving size is: | Total 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 "Total Sugars" column.
If the yogurt has that amount of sugar, or less, the yogurt meets the sugar limit.

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 sugar limit?
(Check your answer on the next page)

Serving Size: _____

Total Sugars: _____

Yes No



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





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 Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Total Sugars Grams (g) | Serving Size Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Total Sugars Grams (g) |
|--------------------------|---|-------------------------------------|--------------------------|---|-------------------------------------|
| If the serving size is: | If the serving size is: | Total sugars must not be more than: | If the serving size is: | If the serving size is: | Total 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) | Total Sugars (g): |
|---------------------|----------------|------------------------|-------------------|
| <i>Yummy Yogurt</i> | <i>Vanilla</i> | <i>6 oz</i> | <i>13</i> |
| | | | |
| | | | |
| | | | |
| | | | |

*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 total 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 total sugars per 8 ounces (227 grams). The maximum amount of total sugars allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt meets the sugar limit.