

# IS YOUR YOGURT CACFP *Creditable?*

## How to identify if your yogurt is within the Added Sugar Limit

**Step 1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

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

**Step 3** Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

Limits on Added Sugars in Yogurt

SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(use when serving size is not listed in ounces)</small>	<u>ADDED SUGARS</u>
If the serving size is:		Added sugars cannot be more than:
2.25 oz	64 grams	4 grams
3.5 oz	99 grams	7 grams
4 oz	113 grams	8 grams
5.3 oz	150 grams	10 grams
6 oz	170 grams	12 grams
8 oz	227 grams	16 grams

**Step 4** Once you have identified the Serving Size, look at the number to the right under the “Added Sugars” column.

**If the yogurt has that amount of added sugars, or less, your yogurt meets the added sugar limit and is creditable.**



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



product example

## Nutrition Facts

About 5 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

**Calories** **130**

% Daily Value\*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **5%**

Total Carbohydrate 19g **7%**

Dietary Fiber <1g **2%**

Total Sugars 17g

Include **12g Added Sugars** **24%**

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 162mg **10%**

Iron 0mg **0%**

Potassium 210mg **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.



NATIONAL  
CACFP  
ASSOCIATION

cacfp.org

CACFP is an indicator of quality care.

This institution is an equal opportunity provider.

JAN25