

IS YOUR YOGURT CACFP *Creditable?*

How to identify if your yogurt is within the 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 Sugars line. Look at the number of grams (g) next to the sugars.

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

Sugar Limits in Yogurt

| SERVING SIZE OUNCES (OZ) | SERVING SIZE GRAMS (G) <small>(use when serving size is not listed in ounces)</small> | SUGARS |
|-----------------------------|---|-----------------------------|
| If the serving size is: | | Sugars cannot be more than: |
| 2.25 oz | 64 grams | 9 grams |
| 3.5 oz | 99 grams | 13 grams |
| 4 oz | 113 grams | 15 grams |
| 5.3 oz | 150 grams | 20 grams |
| 6 oz | 170 grams | 23 grams |
| 8 oz | 227 grams | 31 grams |

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

If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.



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.



sample yogurt

Nutrition Facts

2 Servings Per Container
Serving size 1 cup (227g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 100mg 4%

Total Carbohydrate 39g 13%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 5g Added Sugars 10%

Protein 6g 12%

Vitamin D 4mcg 20%

Calcium 260mg 20%

Iron 0mg 0%

Potassium 310mg 6%

Vitamin A 180mcg 20%

* 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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