

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

Serving Size 1 cup (227g)

Servings per container 2

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Values **

Total Fat 1.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 100mg 4%

Potassium 310mg 9%

Total Carbohydrate 39g 13%

Sugars 18g

Protein 6g 12%

Vitamin A 20% • Calcium 20%

Vitamin D 20% • Phosphorus 15%

Not a significant source of Dietary Fiber, Vitamin C and Iron.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



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