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.

**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.

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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.