

# Yogurt - Is it Creditable?

**Instructions:** Review each label and then use method 1 or method 2 to determine if each yogurt meets sugar limits.

## Yogurt with Mixed Berry

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Find the amount for *Sugars*.

Write it here: \_\_\_\_\_

**Step 3:** Look at the *Serving Size* on the yogurt. What is the serving size in ounces or grams?

Write it here: \_\_\_\_\_

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Is it creditable? \_\_\_\_\_

Nutrition Facts	
Serving Size 2.5 oz (70g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 120	
	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein</b> 2g	<b>4%</b>

## Strawberry Yogurt

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Find the amount for *Sugars*.

Write it here: \_\_\_\_\_

**Step 3:** Look at the *Serving Size* on the yogurt. What is the serving size in ounces or grams?

Write it here: \_\_\_\_\_

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Is it creditable? \_\_\_\_\_

Nutrition Facts	
Serving Size 1 Container (100g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	<b>16%</b>

