

Serving Yogurt in the CACFP: Methods to Determine Sugar Amounts

The CACFP Meal Pattern allows for creditable yogurt products to be served as a meat/meat alternate to infants, children and adult participants. To be creditable, yogurt must be commercially prepared and contain no more than 23 grams of sugar per 6 ounces. 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. Use one of the 2 methods to determine if the amount of sugar in the yogurt is no more than the sugar limit.

Method 1: Yogurt Sugar Limits Chart, Serving Size in Ounces

1. Identify the *Serving Size* (in ounces).
2. Find the amount of *Sugars*.
3. Find the *Serving Size* and compare to **Table 1: Yogurt Sugar Limits Chart (ounces)**

Table 1: Yogurt Sugar Limits Chart (ounces)

Serving Size	Sugar Limits
2.25 ounce	8 g
3.5 ounce	13 g
4 ounce	15 g
5.3 ounce	20 g
6 ounce	23 g
8 ounce	30 g

Method 1: Yogurt Sugar Limits Chart, Serving Size in Grams

1. Identify the *Serving Size* (in grams).
2. Find the amount of *Sugars*.
3. Find the *Serving Size* and compare to **Table 2: Yogurt Sugar Limits Chart (grams)**.

Table 2: Yogurt Sugar Limits Chart (grams)

Serving Size	Sugar Limits
64 grams	8 g
99 grams	13 g
113 grams	15 g
150 grams	20 g
170 grams	23 g
227 grams	30 g

Method 2: Sugar Calculation, Serving Size in Ounces

1. Find the amount of *Sugars*.
2. Identify the *Serving Size*.
3. Calculate the amount of sugar per ounce, Sugars divided by Serving Size.
4. The number must be less than the threshold of 3.83 or less.

Method 2: Sugar Calculation, Serving Size in Grams

1. Find the amount of *Sugars*.
2. Identify the *Serving Size*.
3. Calculate the amount of sugar per gram, Sugars divided by Serving Size.
4. The number must be less than the threshold of 0.135 or less.