

Sugar in Yogurt and Cereal

YOGURT

Serving Size (OUNCES)	Serving Size (GRAMS)	Sugar Limit Sugars Cannot be More Than:
2.25 ounces	64 grams	8.5 grams
4 ounces (1/2 cup)	113 grams	15 grams
5.3 ounces	150 grams	20 grams
6 ounces (3/4 cup)	170 grams	23 grams
8 ounces (1 cup)	227 grams	30.5 grams

- **CHART:** Use chart to determine if amount of sugar in yogurt is less than or equal to limit
- **CALCULATION:** If yogurt serving size is not listed above, calculate sugar threshold by dividing the amount of sugar (in grams) by the serving size (in grams or ounces):

$$\frac{\text{Sugar (grams)}}{\text{Serving Size (grams or ounces)}} = \begin{cases} \text{When yogurt is in GRAMS} \\ \text{Number must be } \mathbf{0.135 \text{ or less}} \\ \\ \text{When yogurt is in OUNCES} \\ \text{Number must be } \mathbf{3.83 \text{ or less}} \end{cases}$$

CEREAL

- **CALCULATION:** Calculate sugar threshold by dividing the amount of sugar (in grams) by the serving size (in grams):

$$\frac{\text{Sugar (grams)}}{\text{Serving Size (grams)}} = \text{Number must be } \mathbf{0.212 \text{ or less}}$$