

Serving Yogurt in 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 or one of the calculators 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): 6 oz
2. Find the amount of *Sugars*: 19 g
3. Find the *Serving Size* and compare to the **Yogurt Sugar Limits Chart** (below): 19 g is between 0-23 g for 6 oz

Yogurt Sugar Limits Chart	
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

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 19g	

This yogurt is **creditable**

Method 1: Yogurt Sugar Limits Chart

Serving Size in GRAMS

1. Identify the *Serving Size* (in grams): 170 g
2. Find the amount of *Sugars*: 19 g
3. Find the *Serving Size* and compare to the **Yogurt Sugar Limits Chart** (below): 19 g is between 0-23 g for 170 g

Yogurt Sugar Limits Chart	
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

Nutrition Facts	
Serving Size 1 Container (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 19g	

This yogurt is **creditable**

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Method 2: Sugar Calculation

Serving Size in OUNCES

1. Find the amount of *Sugars*: 16 g
2. Identify the *Serving Size*: 4.5 oz
3. Calculate the amount of sugar per ounce

For this example:

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16 \text{ g}}{4.5 \text{ oz}} = 3.55$$

Threshold: 3.83 or less

3.55 is less than 3.83

**This yogurt is
credible**

Nutrition Facts	
Serving Size 4.5 oz (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 8g	16%

Method 2: Sugar Calculation

Serving Size in GRAMS

1. Find the amount of *Sugars*: 19 g
2. Identify the *Serving Size*: 85 g
3. Calculate the amount of sugar per gram

For this example:

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{19 \text{ g}}{85 \text{ g}} = 0.22$$

Threshold: 0.135 or less

0.22 is greater than 0.135

**This yogurt is
NOT credible**

Nutrition Facts	
Serving Size 1/2 Cup (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Potassium 190mg	5%
Sodium 65mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 6g	12%

Sugar Calculator: Fill in the fields below to determine if the yogurt is credible based on sugar content

Enter in the required information in the tables below to determine if the yogurt is credible.

Number of grams of sugar per serving	Yogurt Serving Size in OUNCES	Is product credible based on sugar content?
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Number of grams of sugar per serving	Yogurt Serving Size in GRAMS	Is product credible based on sugar content?
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