

Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than **23 grams of sugar** per 6 ounces.

Here are **two ways** to tell if a **yogurt** meets the sugar requirement.

Option 1*: Check out **USDA’s chart** that shows **common serving sizes** of yogurt and the **maximum amount of sugars** they can contain. Find the chart in “Choose Yogurts That Are Lower in Added Sugars” at <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>.



Option 2: Use the information on the yogurt’s Nutrition Facts Label, and follow the steps below:

1 Find the **Serving Size**, in ounces (oz) or grams (g).
Write the number of ounces (oz) here: _____
If weight in ounces is **not available**, write number of grams (g) here: _____
If the serving size is “one container,” check the front of the package to find out how many ounces or grams are in the container.

2 Find the **Sugars** on the Nutrition Facts Label. Write the number of grams (g) of sugars here: _____

3 Divide the grams of **Sugars** by the **Serving Size**.
_____ grams Sugars ÷ _____ Serving Size = _____

4 Compare the answer in Step 3 with the numbers below. The yogurt meets the sugar limit for yogurt in the CACFP if:
a. For **ounces** of yogurt, the answer is **3.83 or less**.
b. For **grams** of yogurt, the answer is **.135 or less**.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

Test Yourself:

Does the yogurt above meet the sugar limit?
(Check your answer below)

Serving Size: _____
Sugars: _____

Yes No

*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the sugar limit, then the yogurt may credit towards a reimbursable meal.

Answer Key: Yes, this yogurt meets the sugar limit. This yogurt has 9 grams of sugar per 8 oz. 9 ÷ 8oz = 1.125, which is less than 3.83. If dividing by 227 grams of yogurt, 9 ÷ 227g = .0396, which is less than .135.

