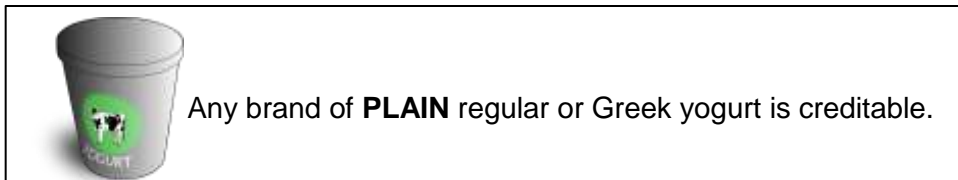


Providers Choice Approved Yogurt List

The yogurts listed below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. Yogurts must contain no more than 23 grams of total sugar per 6 oz. Please contact Providers Choice with questions.



Name Brands

	Annie's Organic Quarts, Pouches, & Tubes All flavors creditable		Chobani Fruit on the Bottom, Blended, & Smooth All flavors creditable		Chobani Kids & Tots All flavors creditable		Danimals Squeezables, Yo-Tubes, & Nonfat All flavors creditable
	Dannon Whole Milk & Low Fat Blended All flavors creditable <i>(except coffee and low fat vanilla)</i>		Dannon Oikos Greek Traditional & Nonfat All flavors creditable		HappyTot & HappyBaby Yogurt Cups & Pouches All flavors creditable		siggi's Cups & Tubes All flavors creditable
	Silk Soy Yogurt All flavors creditable		Stonyfield Greek & Grassfed All flavors creditable		Stonyfield Soy Yogurt Only vanilla is creditable		Stonyfield Smooth & Creamy All flavors creditable
	Stonyfield Kids Cups, Pouches & Tubes All flavors creditable		Stonyfield YoBaby All flavors creditable		Yoplait Original & Lactose-Free All flavors creditable		Yoplait GoGurt, Simply GoGurt & Go Big Pouches All flavors creditable
	Yoplait Kids All flavors creditable		Yoplait Trix All flavors creditable				

Store Brands

	Aldi Friendly Farms Greek Traditional & Fruit on the Bottom All flavors creditable		Aldi Friendly Farms Original Low Fat & Moo Tubes All flavors creditable		Aldi Simply Nature All flavors creditable		Cub Essential Everyday Greek Blended & Fruit on the Bottom All flavors creditable <i>(except honey salted caramel)</i>
	Cub Essential Everyday Low Fat Yogurt Tubes All flavors creditable		Cub Essential Everyday Regular Blended All flavors creditable		Hy-Vee Blended & Yogurt Tubes All flavors creditable		Hy-Vee Greek & Fruit on the Bottom All flavors creditable <i>(except honey salted caramel)</i>
	Target Simply Balanced Fruit on the Bottom Greek All flavors creditable		Target Simply Balanced Greek Vanilla creditable		Target Simply Balanced Yogurt Pouches All flavors creditable		Walmart Great Value Greek and Original All flavors creditable <i>(except mixed berry)</i>

Note: Products change frequently. Check labels to confirm that a yogurt is creditable.

*Seasonal, limited edition, or specialty flavors are not included on this list.



This institution is an equal opportunity provider.

How to Identify if a Yogurt is Within the Sugar Limit:

Additional yogurts may be creditable! Use this table to determine if a yogurt is less than 23 grams of sugar per 6 oz.

1. Use the Nutrition Facts label to find the **Serving Size**, in grams (g) or ounces (oz), of the yogurt.
2. Find the **Sugars** or **Total Sugars** line. Look at the number of grams (g) next to Sugars or Total Sugars.
3. Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below. (Once you have identified the serving size, look at the number to the right under the "Sugars or Total Sugars" column.)

If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.

Sugar Limits in Yogurt

Serving Size (oz.)	Serving Size (g) (Use when the serving size is not listed in oz.)	Sugars or Total Sugars (g)
If the serving size is:		Sugars cannot be more than:
2 oz	57 g	8 g
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

This table and information to identify creditable yogurts has been adapted from USDA FNS-652 April 2017.

Example Yogurt

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Potassium 350mg	10%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	14%
Sugars 29g	
Protein 8g	

Yogurt in the CACFP

- Creditable yogurt can be served frozen
- Homemade yogurt is not creditable due to potential food safety concerns
- Can replace the grain at breakfast up to three times per week
- Drinkable yogurt is not creditable

1. Determine Serving Size in ounces or grams _____
2. Find the Sugars in grams _____

Does this yogurt meet the sugar requirement? _____

(Answer: Yes, the maximum sugar allowed for 8 oz. (or 1 cup) serving of yogurt is 31 grams. This yogurt is 29 grams, so this is creditable.)

Yogurt Serving Sizes by Age

	Toddler 1-2 years	Preschool 3-5 years	School Age 6-12 years
Breakfast*	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)
Lunch/Dinner	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Snack	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)

* Can replace the grain component a maximum of 3 times per week