

YOGURT

Food	Creditable?	Notes
Yogurt (commercial, unflavored, flavored, sweetened)	Maybe	<ul style="list-style-type: none"> • Must contain no more than 23 grams of sugar per 6 oz. • Creditable yogurt may be frozen. • 4 oz of yogurt (1/2 cup) equals 1 oz meat / meat alternate.
Frozen Yogurt	No	Frozen yogurt (ice cream type) is not creditable.
Homemade Yogurt	No	Not creditable due to potential food safety concerns.
Yogurt in a Tube	Maybe	<ul style="list-style-type: none"> • Yogurt in a Tube (Gogurt) served from the refrigerator or freezer is creditable. • Must contain no more than 23 grams of sugar per 6 oz.
Yogurt Products (bars, yogurt covered fruit and/or nuts)	No	These are considered "other" foods due to the insufficient amounts of yogurt.



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Yogurt Sugar Limits

Yogurt must contain no more than 23 grams of sugar/6 oz.

How to calculate creditable yogurt.

OPTION 1:

1. Divide the grams of sugar by the serving size (in oz).
2. This will be the grams of sugar per ounce.

LESS THAN 3.83 gm/ oz - CREDITABLE
GREATER THAN 3.83 gm/ oz - NOT CREDITABLE

Nutrition Facts

Serving Size 8 oz (225g)
Servings Per Container 4

Amount Per Serving

Calories 210

% Daily Values*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Sodium 100mg **4%**

Total Carbohydrate 42g **14%**

Dietary Fiber 0g **0%**

Sugars 30g

Protein 7g **14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Example:

1. 30 grams sugar divided
by 8 oz serving size
2. 3.75 grams per oz.
(Creditable)

OPTION 2:

Use the table below to determine sugar limits.

YOGURT SUGAR LIMITS	
SERVING SIZE	SUGAR LIMITS
2.25 ounces	0-9 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
6 ounces	0-23 grams
8 ounces	0-31 grams

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