

Yogurt

Yogurt must contain no more than 23 grams of sugar per 6 ounce serving in order to be creditable in the CACFP.



Tip: You may freeze and serve creditable yogurt!

Is it Creditable?

Frozen yogurt, homemade yogurt, and other yogurt products such as bars, yogurt covered fruit and/or nuts are **NOT** creditable.

Commercial, unflavored, flavored, sweetened, and yogurt in a tube are creditable as long as they meet sugar limits.

Finding Yogurt Sugar Limits

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



Tip: 4 oz of yogurt (1/2 cup) equals 1 oz of Meat/Meat Alternate

OPTION 2:

Use the table below to determine sugar limits.

<u>Serving Size</u>	<u>Sugar Limit</u>
2.25 ounces	9 grams
3.5 ounces	13 grams
4 ounces	15 grams
6 ounces	23 grams
8 ounces	31 grams