Choose Yogurts That Are Lower in Added Sugars

A Training Presentation for Child and Adult Care Food Program (CACFP) Operators

USDA's Team Nutrition

- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.

TeamNutrition.usda.gov

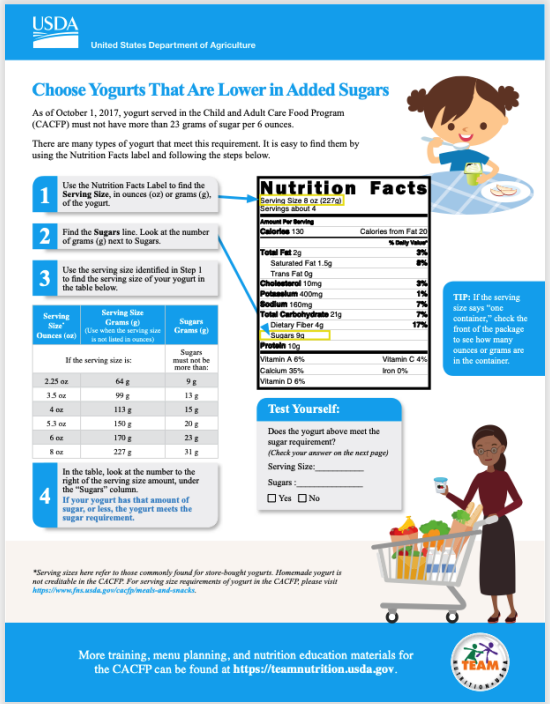
@TeamNutrition

Let Us Know Who You Are!

I work for a…

- ❑ Child care center
- ❑ Family child care home
- ❑ At-risk afterschool care center
- ❑ Adult day care center
- ❑ Sponsoring organization
- ❑ Emergency shelter
- ❑ School food authority
- ❑ State agency
- ❑ USDA Regional Office
- ❑ Other

Lowering Added Sugars



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United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

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.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

1. Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
2. Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
3. Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
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

4. In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
   If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

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%

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.

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size:_____
Sugars :_____
☐ Yes ☐ No

**Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.*

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

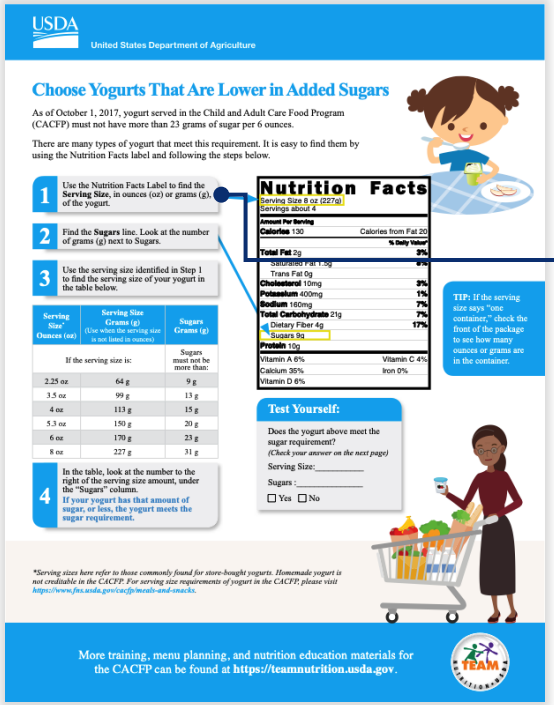
Tips!

1 In the CACFP, yogurt must contain no more than 23 grams of sugar per 6 ounces.

2 You can find yogurts that meet the sugar limit by using the "Choose Yogurts That Are Lower in Added Sugars" worksheet.

TeamNutrition.usda.gov

Step 1



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% Daily Value*
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Trans Fat 0g
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Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size:_____
Sugars :_____
☐ Yes ☐ No

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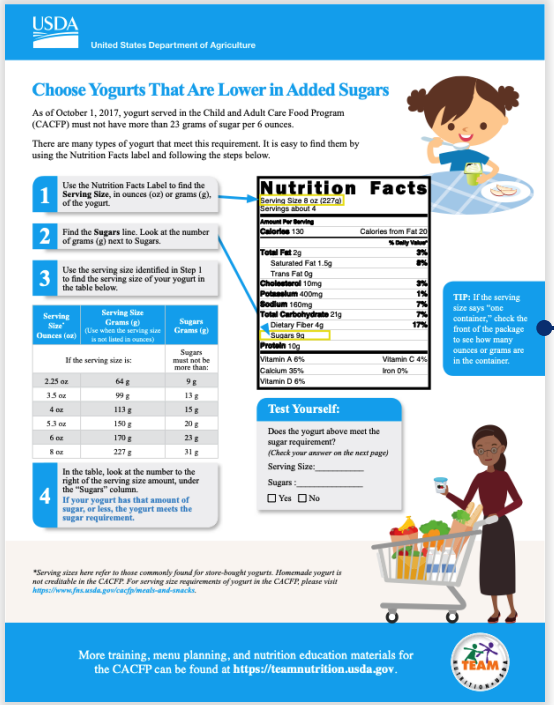
1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

Step 1



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Choose Yogurts That Are Lower in Added Sugars

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Servings about 4
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% Daily Value*
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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%
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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.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
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Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size:_____
Sugars :_____
☐ Yes ☐ No

Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

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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.

fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

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Try It Out!

What is the Serving Size?

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%	

What is the serving size?

- ❑ 4 oz.
- ❑ 8 oz.
- ❑ 6 oz.
- ❑ 227 oz.

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Answer

What is the Serving Size?

Nutrition Facts

Serving Size 8 oz (227g)
Servings about 4

Amount Per Serving	
Calories 130	Calories from Fat 20
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Total Fat 2g	**3%**
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Cholesterol 10mg	**3%**
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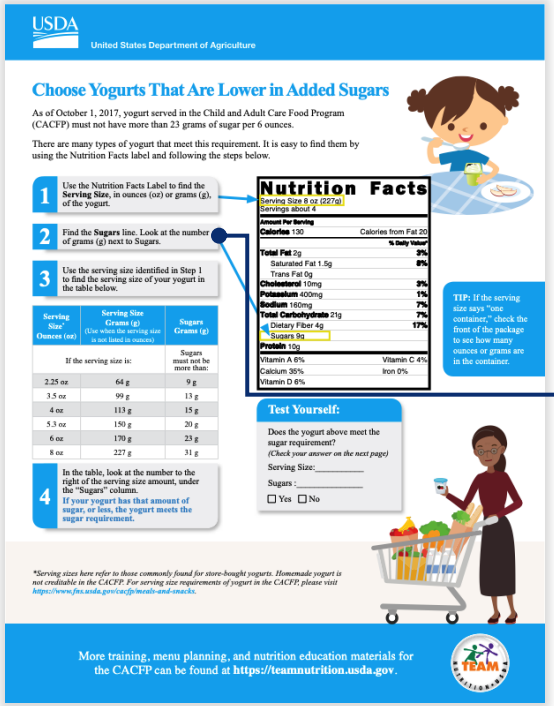
Sodium 160mg	**7%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**17%**
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

What is the serving size?

- ❑ 4 oz.
- ☑ **8 oz.**
- ❑ 6 oz.
- ❑ 227 oz.

Step 2



2

Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

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Try It Out!

How much sugar is in one serving of this yogurt?

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%**
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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%	

How much sugar is in one serving?

- ❑ 4 g
- ❑ 9 g
- ❑ 21 g
- ❑ 40 g

Answer

How much sugar is in one serving of this yogurt?

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Serving Size 8 oz (227g)
Servings about 4

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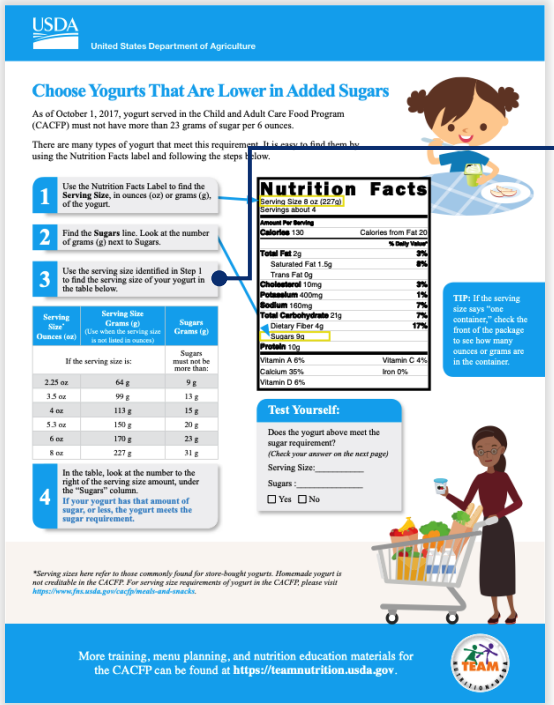
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

How much sugar is in one serving?

- ❑ 4 g
- ☑ **9 g**
- ❑ 21 g
- ❑ 40 g

Step 3



3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

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If the serving size is:	If the serving size is:	Sugars cannot be more than:
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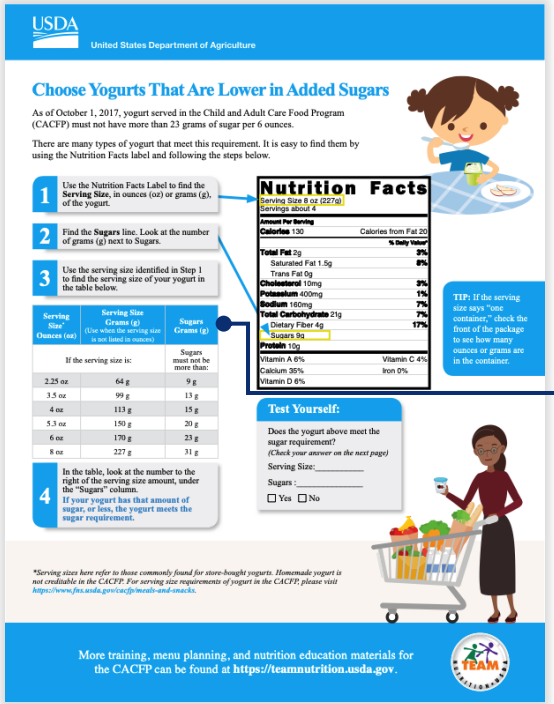

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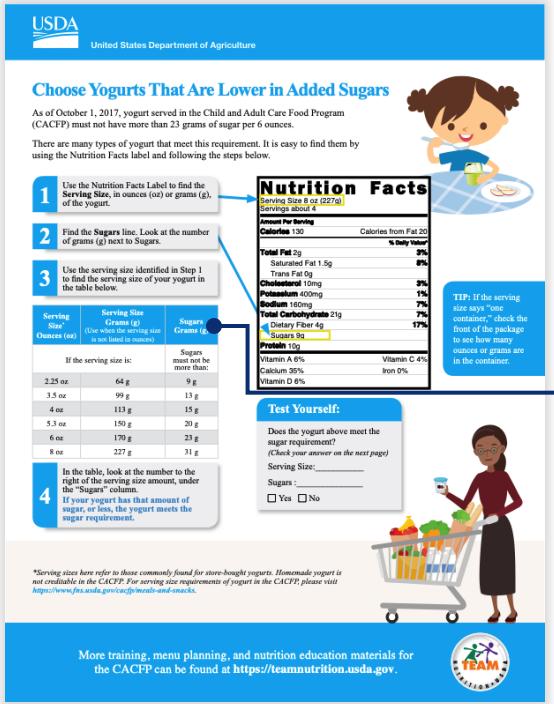

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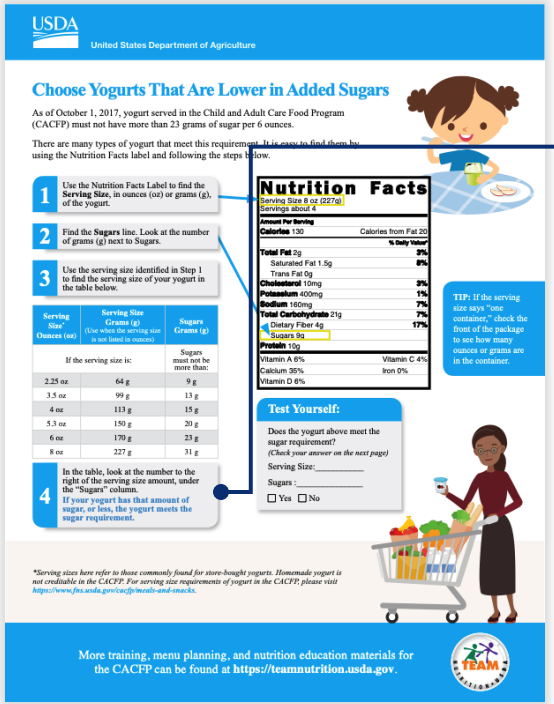

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

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Try It Out!

Is this yogurt creditable?

- ❑ Yes
- ❑ No

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%**
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Trans Fat 0g	
Cholesterol 10mg	**3%**
Potassium 400mg	**1%**
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Total Carbohydrate 21g	**7%**
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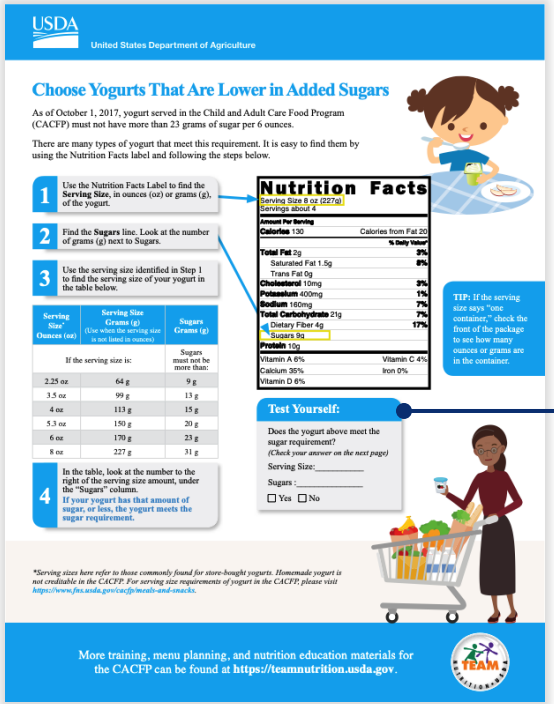
Choose Yogurts That Are Lower in Added Sugars



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If the serving size is:		Sugars must not be more than:
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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.

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size:_____
Sugars :_____
☐ Yes ☐ No

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TEAM Nutrition

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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

Test Yourself:

Does the cereal above meet the sugar requirement?
(*Check your answer on the next page*)

Serving Size: 8 oz/227 grams

Sugars: 9 grams

☑ Yes ☐ No

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz					
2.75 oz					
3 oz					
3.25 oz					
3.5 oz					
3.75 oz					
4 oz					
4.25 oz					
4.5 oz					

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

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Try It Out!

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1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

FNS-652 April 2017

Try It Out!
Which Yogurts Can You Add to Your List?

A Brand Strawberry Yogurt

Nutrition Facts

1 serving per container

Serving size **5.3 oz (150g)**

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**3%**
Total Sugars 15g	
Protein 12g	
Vitamin A**	0%
Calcium	15%
Vitamin C	6%
Iron**	0%

** Contains less than 2 percent of the Daily Value of these nutrients.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

?

Try It Out!

Is this yogurt creditable?

- ❑ Yes
- ❑ No

A Brand Strawberry Yogurt

Nutrition Facts

1 serving per container

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Amount per serving

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Iron**	0%

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?

Answer

Is this yogurt creditable?

- ☑ **Yes**
- ❑ No

A Brand Strawberry Yogurt

Nutrition Facts

1 serving per container

Serving size **5.3 oz (150g)**

Amount per serving

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Iron**	0%

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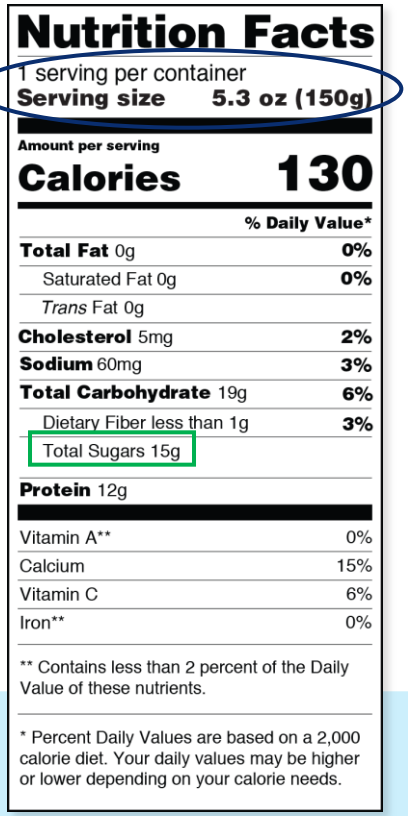
Try It Out!
Which Yogurts Can You Add to Your List?



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A Brand Strawberry Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:	If the serving size is:	Sugars cannot be more than:
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

Try It Out!
Which Yogurts Can You Add to Your List?

B Brand
Peach Yogurt

Nutrition Facts

1 serving per container
Serving size **(170g)**

Amount per serving
Calories **100**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 85mg	**4%**
Potassium 250mg	**7%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Protein 6g	
Vitamin A	15%
Vitamin C	0%
Calcium	20%
Vitamin D	20%
Folic Acid	0%
Phosphorus	15%

?

Try It Out!

Is this yogurt creditable?

- ❑ Yes
- ❑ No

B Brand
Peach Yogurt

Nutrition Facts

1 serving per container

Serving size **(170g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 85mg	**4%**
Potassium 250mg	**7%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Protein 6g	
Vitamin A	15%
Vitamin C	0%
Calcium	20%
Vitamin D	20%
Folic Acid	0%
Phosphorus	15%

?

Answer

Is this yogurt creditable?

- ☑ **Yes**
- ☐ No

B Brand
Peach Yogurt

Nutrition Facts

1 serving per container

Serving size **(170g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 85mg	**4%**
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Calcium	20%
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Folic Acid	0%
Phosphorus	15%

B Brand Peach Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:	If the serving size is:	Sugars cannot be more than:
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

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

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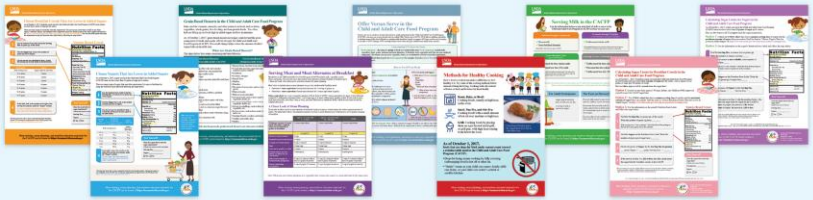
Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g)
Yummy yogurt	Vanilla	6 oz	13
A Brand	Strawberry	5.3oz/150g	15
B Brand	Peach	170 g	14

More Team Nutrition Resources!



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