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](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.

*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.

Test Yourself:

Does the yogurt above meet the sugar limit?
- (Check your answer below)
  - Serving Size:___________
  - Sugars:_______________
  - ☐ Yes ☐ No

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