

Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

All yogurts 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 limit.

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 Sugar” at <https://www.fns.usda.gov/cacfp-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 **Total Sugars** on the Nutrition Facts label. Write the number of grams (g) of total sugars here: _____

3 Divide the grams of **Total Sugars** by the **Serving Size**.
____ grams Total 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**.

Nutrition Facts	
4 servings per container	
Serving size 8 oz cup (227g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 10g	

Test Yourself:

Does the yogurt above meet the sugar limit?
(Check your answer below)

Serving Size: _____

Total Sugars: _____

Yes No

**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.*

Answer Key: Yes, this yogurt meets the sugar limit. This yogurt has 9 grams of total sugars per 8 oz. 9 ÷ 8oz = 1.125, which is less than 3.83. If dividing by 227 grams of yogurt, 9 ÷ 227g = .0396, which is less than .135.

