Starting October 1, 2017, yogurt (dairy & soy) must contain no more than 23 grams of sugar per 6 ounce serving (3.83 grams of sugar per ounce). Use this handout to help determine if the yogurts you purchase are allowable on the CACFP.

**Option 1—Reference Chart**

Using the Nutrition Facts label:
1. Find the **Serving Size** in ounces or grams
2. Find the **Sugars** line. Look at the number of grams next to **Sugars**.
3. Use the serving size identified in step 1 to find the serving size of your yogurt in the table.

In the table, look at the column Sugar Limit, if your yogurt is within the range listed, the yogurt meets the sugar requirement.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugar Limit*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 oz</td>
<td>64 grams</td>
</tr>
<tr>
<td>3.5 oz</td>
<td>99 grams</td>
</tr>
<tr>
<td>4 oz</td>
<td>113 grams</td>
</tr>
<tr>
<td>5.3 oz</td>
<td>150 grams</td>
</tr>
<tr>
<td>6 oz</td>
<td>170 grams</td>
</tr>
<tr>
<td>8 oz</td>
<td>227 grams</td>
</tr>
</tbody>
</table>

*Sugar limits are pre-calculated and set forth by the USDA

**Option 2—Complete a Calculation**

Complete the following calculation to determine if the yogurt contains no more than 23 grams of sugar per 6 ounce (within the threshold of 3.83* or less) or no more than 23 grams of sugar per 170 grams (within the threshold of 0.135* or less)

1. Find the Nutrition Facts Label on the package
2. Find the grams of **Sugars** (usually below the Total Carbohydrates line)
   write number in grams (g) here : 9 g
3. Find the **Serving Size** of the yogurt
   write number in ounces or grams here : 8 oz (or 225 g)
4. Divide the **Sugars** grams by the **Serving Size**
   \[
   \text{Sugars} = \frac{9 \text{ g}}{8 \text{ oz (or 225 g)}} = 1.125 \text{ (or 0.040)}
   \]
5. If the number is 3.83 or less for ounces or 0.135 or less for grams, the yogurt is within the sugar limit and is creditable.

Final number: 1.125 (or 0.040) Creditable? **Yes** or **No**

*(since 1.125 is lower than 3.83 and 0.040 is lower than 0.135)*

*Threshold formula ounces = 23/6 = 3.83
*Threshold formula grams = 23/170 = 0.135
Practice Your New Skills!

Review each label and use the Calculation Option to determine if each yogurt contains no more than 23 grams of sugar per 6 ounce (within the threshold of 3.83 or less) or no more than 23 grams of sugar per 170 grams (within the threshold of 0.135 or less).

### Example 1

1. Find the Nutrition Facts Label on the package
2. Find the grams of Sugars write the number here: ________g
3. Find the Serving Size of the yogurt write the number here: ________oz
4. Divide the Sugars grams by the Serving Size
   \[
   \text{Sugars} \div \text{Serving Size} = \text{________} = \text{________}
   \]
5. If the number is 3.83 or less, the yogurt is within the sugar limit and is creditable.

Final number: ________ Creditable? Yes or No

### Example 2

1. Find the Nutrition Facts Label on the package
2. Find the grams of Sugars write the number here: ________g
3. Find the Serving Size of the yogurt write the number here: ________ grams
4. Divide the Sugars grams by the Serving Size
   \[
   \text{Sugars} \div \text{Serving Size} = \text{________} = \text{________}
   \]
5. If the number is 3.83 or less, the yogurt is within the sugar limit and is creditable.

Final number: ________ Creditable? Yes or No

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This institution is an equal opportunity provider.