

CACFP Yogurt Sugar Limit



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

Yogurt Sugar Limits		
Servings Size Quick-Reference Table		
Serving Size		Sugar Limit*
2.25 oz	64 grams	0-8 grams
3.5 oz	99 grams	0-13 grams
4 oz	113 grams	0-15 grams
5.3 oz	150 grams	0-20 grams
6 oz	170 grams	0-23 grams
8 oz	227 grams	0-30 grams

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

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.

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)

Nutrition Facts		
Serving Size 1 Cup (225g)		
Servings Per Container about 4		
Amount Per Serving		
Calories	120	Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	80mg	3%
Potassium	240mg	7%
Total Carbohydrate	9g	3%
Dietary Fiber	0g	0%
Sugars	9g	
Protein	22g	44%

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**

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{9 \text{ g}}{8 \text{ oz (or 225 g)}} = 1.125 \text{ (or 0.040)}$$
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 = $23 \div 6 = 3.83$

*Threshold formula grams = $23 \div 170 = 0.135$



COLORADO

Prevention Services Division

Department of Public Health & Environment

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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).

Serving Size ounce to cup conversion			
Oz	Cups	Oz	Cups
1 oz	1/8 cup	5 oz	5/8 cup
2 oz	1/4 cup	6 oz	3/4 cup
3 oz	3/8 cup	7 oz	7/8 cup
4 oz	1/2 cup	8 oz	1 cup

Example 1

Nutrition Facts	
Serving Size 6 oz	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.50 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 80 mg	3%
Potassium 260 mg	7%
Total Carbohydrate 33 g	11%
Sugars 27 g	
Protein 5 g	11%

- Find the Nutrition Facts Label on the package
 - Find the grams of **Sugars**
write the number here : _____ g
 - Find the **Serving Size** of the yogurt
write the number here : _____ oz
 - Divide the **Sugars** grams by the **Serving Size**
 $\frac{\text{Sugars}}{\text{Serving Size}} = \frac{\quad}{\quad} = \quad$
 - 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

Nutrition Facts	
Serving Size 1 cup (150g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 8g	

- Find the Nutrition Facts Label on the package
 - Find the grams of **Sugars**
write the number here : _____ g
 - Find the **Serving Size** of the yogurt
write the number here : _____ grams
 - Divide the **Sugars** grams by the **Serving Size**
 $\frac{\text{Sugars}}{\text{Serving Size}} = \frac{\quad}{\quad} = \quad$
 - If the number is **3.83** or less, the yogurt is within the sugar limit and is creditable.
- Final number: _____ Creditable? Yes or No

Answers: 1 = No, 2 = Yes