

Yogurt (cow's milk)

1. Must be pasteurized
2. Must conform to FDA standard of identity at:
 - 21 CFR 131.203 (Low fat milk)
 - 21 CFR 131.206 (Nonfat milk)
3. Less than or equal to \leq 40 grams of total sugars per 1 cup
4. Nonfat or lowfat
5. Plain, vanilla, or any blended flavored
6. Any brands are eligible.
7. No whole milk yogurt
8. No Greek yogurt
9. No yogurt with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
10. No drinkable yogurt
11. No organic yogurt