

Yogurt and Sugar Guide

Requirement: Yogurt should contain no more than 23 grams of sugar per 6 ounces.

Method #1 Example 1 - Serving size in Ounces		
<p>Step 1: Find the Nutrition Facts Label on the package.</p>		
<p>Step 2: Look at the Serving Size on the Label. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?</p> <p>Write it here: <u>6 ounces</u></p>		
<p>Step 3: Find the amount for Sugars. It is below the "Total Carbohydrate" line.</p> <p>Write it here: <u>19 grams</u></p>		
<p>Step 4: Find the Serving Size (identified in Step 2) in the chart below. If the serving size is in ounces, use the Serving Size (Ounces) column. If it is not in ounces, use the Serving Size (Grams) column. Then, look in the column labeled Sugar Limit for the identified Serving Size. If the Sugars amount (identified in Step 3) is between the sugar limit, the yogurt is creditable.</p>		
Serving Size (OUNCES)	Serving Size (GRAMS) (Use when the serving size is not listed in ounces)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams
<p>Is it creditable? <u>Yes, this yogurt is creditable because it has a 6 ounce per Serving Size and 19 grams of sugar. Therefore, it does not exceed the sugar limit of 23 grams.</u></p>		

Method #2

Example 1 - Serving Size in Ounces

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Look at the Serving Size on the yogurt. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?

Write it here: 4.5 ounces

Step 3: Find the amount for Sugars. It is usually below the "Total Carbohydrate" line.

Write it here: 16 grams

Nutrition Facts

Serving Size 4.5 oz (128g)

Servings Per Container 1

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 90mg 4%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Sugars 16g

Protein 8g 16%

Step 4: Divide the Sugars number by the Serving Size number.

In this example, it would be:

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = \underline{3.55}$$

Step 5: If the Serving Size is in ounces and the answer identified in Step 4 is 3.83 or less, the yogurt is within the sugar limit. If the Serving Size is in grams and the answer identified in Step 4 is 0.135 or less, the yogurt is within the sugar limit.

Is it creditable? Yes, this yogurt is creditable because 3.55 is less than the 3.83 threshold for serving sizes in ounces.

Yogurt - Is it Creditable?

Purpose: The purpose of this activity is to determine if each yogurt meets the sugar limit requirements for the CACFP.

Instructions: Review each label and then use method 1 or method 2 to determine if each yogurt contains no more than 23 grams of sugar per 6 ounces.

Greek Yogurt with Banana

Step 1: Find the Nutrition Facts Label on the package.

Step 2: Look at the Serving Size on the yogurt. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?

Write it here: _____

Step 3: Find the amount for Sugars.

Write it here: _____

Step 4: Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

Is it creditable? _____

Nutrition Facts

1 servings per container	
Serving size	5.3 oz (150g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 11g	22%