

# CACFP Sugar Limits IN YOGURT



Threshold:  
No more than 12 grams  
added sugar per 6 oz

$$\frac{\text{Sugars (g)} = 12}{\text{Serving Size (oz)} = 6} \leq 2$$

*Yogurt may be plain  
or flavored, unsweetened  
or sweetened*

SERVING SIZE		ADDED SUGARS
If the serving size is:		Sugars no more than:
1 oz	28 g	2 g
1.25 oz	35 g	3 g
1.5 oz	43 g	3 g
1.75 oz	50 g	4 g
2 oz	57 g	4 g
2.25 oz	64 g	5 g
2.5 oz	71 g	5 g
2.75 oz	78 g	6 g
3 oz	85 g	6 g
3.25 oz	92 g	7 g
3.5 oz	99 g	7 g
3.75 oz	106 g	8 g
4 oz	113 g	8 g
4.25 oz	120 g	9 g
4.5 oz	128 g	9 g

SERVING SIZE		ADDED SUGARS
If the serving size is:		Sugars no more than:
4.75 oz	135 g	10 g
5 oz	142 g	10 g
5.25 oz	149 g	11 g
5.3 oz	150 g	11 g
5.5 oz	156 g	11 g
5.75 oz	163 g	12 g
6 oz	170 g	12 g
6.25 oz	177 g	13 g
6.5 oz	184 g	13 g
6.75 oz	191 g	14 g
7 oz	198 g	14 g
7.25 oz	206 g	15 g
7.5 oz	213 g	15 g
7.75 oz	220 g	16 g
8 oz	227 g	16 g