

“How to choose the right “reimbursable” YOGURT, with the correct sugar content?”

NEW CCFP meal pattern requires that yogurt must contain **23 GRAMS OF SUGAR OR LESS PER 6 OZ. SERVING**. Below are some quick tips that will help you determine, “if” the yogurt you are planning to serve meets the criteria.

APPROVED OPTIONS:

25g = 8oz.



30g = 8oz.



25g = 8oz.



21g = 8oz.



22g = 8oz.



23g = 8oz.



Utilize the chart below to determine *if* the yogurt you want to purchase meets the State requirement.

Read the Nutrition Facts label and do the following calculation:

YOGURT SUGAR LIMITS	
SERVING SIZE(S)	SUGAR LIMIT:
4 ounces	<15 grams
5.3 ounces	<20 grams
6 ounces	<23 grams
8 ounces	<30 grams

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serving Size 1 Cup (236ml)	Total Fat 2.5g	4%	Total Carb. 28g
Calories 170 Fat Cal. 20	Sat. Fat 1.5g	8%	Fiber Less than 1g	2%
	Trans Fat 0g		Sugars 26g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholest. 10mg	4%	Protein 9g	17%
	Sodium 200mg	8%		

INGREDIENTS: SKIM MILK, MILK, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED SKIM MILK, CREAM, FLAVORED BASE POWDER (COCOA (PROCESSED WITH ALKALI), COCOA, CORN STARCH, SALT, CARRAGEENAN, VANILLIN), VITAMIN A PALMITATE, VITAMIN D₃.

34g = 8oz.



33g = 8oz.



Grams of Sugar / Serving Size = must be equal to or less than **<3.83**

For example:

26 grams of sugar / 8 ounces = **3.25** grams of sugar



ALL PLAIN YOGURTS MEET THE CRITERIA AUTOMATICALLY!

For additional flavor you can add fresh/frozen fruit, honey or granola.

If you have questions please call Regional Nutrition Health Educator.