

Creditable Yogurts

The CACFP Meal Pattern allows for creditable yogurt products to be served as a meat/meat alternate to infants, children and adults.

- **To be creditable, yogurt must be commercially prepared, ready to serve, plain or flavored, sweetened or unsweetened (includes Greek yogurt) and contain no more than 23 grams of sugar per 6 oz. serving.**

Plain, unflavored yogurt contains natural (lactose) sugar. Both the natural and added sugars will be included in the "sugar" content listed on the label. Yogurts come packaged in a variety of container sizes. To determine if a yogurt product is creditable, the sugar content must be standardized to a 6 oz. portion.

For example:

1. A 6 oz. portion of yogurt must contain no more than 23 grams of sugar. ($23 \div 6 = 3.8$), this means each ounce of a creditable yogurt product must contain less than 3.8 grams of sugar.
 2. If the nutrient label on a yogurt product is based on a 4 oz. portion, you would multiply 4 (ounces) x 3.8 (grams of sugar per ounce) to equal = 15.2. This yogurt product must contain less than 15 grams of sugar in its 4 ounce container (round down to the nearest whole number).
 3. Is the product creditable? If yes, you may offer it in the appropriate, planned serving size. If the sugar content is above this level, the product is not creditable. Additionally, liquid/drinkable yogurts and frozen yogurt products are not creditable.
- **Adults may substitute 6 oz. (weight) or $\frac{3}{4}$ cup (volume) of a creditable yogurt for 8 oz. of fluid milk at one meal each day. Yogurt cannot be offered as a meat/meat alternate at the same meal.**

CREDITABLE EXAMPLES					
Common packaging:	2.2 oz. tubes (Cannot be served frozen)	4 oz. container	6 oz. container	32 oz. tub	5.3 oz. container (Greek yogurts)
Serving size:	1-2.2 oz. tube	1-4 oz. container	1-6 oz. container	4-8 oz. servings/container	1-5.3 oz. container
Maximum sugar content per serving:	$2.2 \times 3.8 =$ 8 grams per tube	$4 \times 3.8 =$ 15 grams per container	$6 \times 3.8 =$ 23 grams per container	$8 \times 3.8 =$ 30 grams per serving	$5.3 \times 3.8 =$ 20 grams per container
M/MA ounce equivalents:	0.5 M/MA	1.0 M/MA	1.5 M/MA	2.0 M/MA	1.25 M/MA

Fill in the fields below to determine if yogurt is creditable based on sugar content.

Number of grams of sugar in container

Ounces in container

Is product creditable based on sugar content?

*Pictures are included to illustrate potential container sizes, the Iowa Department of Education does not endorse any particular brand of yogurt.