

Approved Yogurt List

This list includes the most cost-effective, widely available yogurts sold at most retail stores that meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. **Yogurts must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).**

NAME BRANDS

Yoplait



Light All Flavors GoGurt Simply All Flavors Greek 100 All Flavors

Chobani



Greek Yogurt
Blueberry, Blackberry, Black Cherry, Coconut, Lemon, Mango, Mixed Berry, Peach, Pineapple, Raspberry, Strawberry, Strawberry Banana, and Vanilla

Dannon



Light & Fit Original and Greek All Flavors

STORE BRANDS

Aldi

Friendly Farms



Simply Nature



Walmart

Great Value



Cub Foods

Essential Everyday



Target

Good & Gather



Hy-Vee

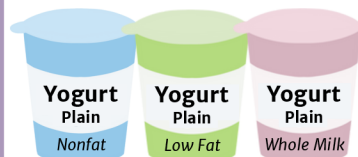
Hy-Vee



Note: Products change frequently and this is not a comprehensive list of available creditable yogurts. Check labels to confirm that a yogurt is creditable and contact Providers Choice with questions.

PLAIN YOGURT

All Plain Yogurt
Any Brand



Scan the QR code to access the current version of this list.



- ✓ Creditable yogurt can be served frozen.
- ✓ Homemade yogurt is not creditable due to food safety concerns.
- ✓ Drinkable yogurt is not creditable.
- ✓ Soy yogurt that meets the sugar limit is creditable.



Additional yogurts may be creditable! Use the Sugar Limits in Yogurt table below to determine if a yogurt is less than 12 grams of added sugar per 6 oz.

How to Determine if a Yogurt Meets the Sugar Limit:

- Find the Nutrition Facts label of the yogurt container and locate the following information:
 - Serving Size in ounces (oz) or grams (g).
 - Grams (g) of Added Sugars.
- Compare the Serving Size and grams of Added Sugars with the numbers in the Sugar Limits in Yogurt chart (below).
- The yogurt meets the sugar limit if the grams of added sugars on the Nutrition Facts label is the same or less than the number in the "Added Sugars Grams" column of the chart.

Sugar Limits in Yogurt

Serving Size (oz)	Serving Size (g) Use when serving size is not listed in oz.	Added Sugars Grams (g)
If the serving size is:		Added sugars cannot be more than:
2 oz	57 grams	4 grams
2.25 oz	64 grams	4 grams
3 oz	85 grams	6 grams
3.5 oz	99 grams	7 grams
4 oz	113 grams	8 grams
4.5 oz.	128 grams	9 grams
5.3 oz	150 grams	10 grams
6 oz	170 grams	12 grams
8 oz	227 grams	16 grams

This is a condensed version of the table from USDA FNS-652 Sept. 2024.

Minimum Serving Sizes by Age

	Toddler 1-2 years	Preschool 3-5 years	School Age 6-12 years
Breakfast*	1/4 cup (2 oz)	1/4 cup (2 oz)	1/2 cup (4 oz)
Lunch/ Dinner	1/2 cup (4 oz)	3/4 cup (6 oz)	1 cup (8 oz)
Snack	1/4 cup (2 oz)	1/4 cup (2 oz)	1/2 cup (4 oz)

** May be served as meat/meat alternate in place of grain component at breakfast up to 3 times per week*

Try it out!

- Serving Size in grams (g): _____
- Grams (g) of Added Sugars: _____
- Does the yogurt meet the sugar limit? _____

(Answer: Yes, the maximum added sugars allowed for 150 g of yogurt is 10 grams. This yogurt is 9 grams, so this is creditable.)

Example Yogurt

Nutrition Facts	
Serving size: 1 Container (150g),	
Amount per serving: Calories 110 , Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 5mg (2% DV), Sodium 55mg (2% DV), Total Carb. 15g (5% DV), Fiber 0g (0% DV), Total Sugars 14g (Incl. 9g Added Sugars, 18% DV), Protein 12g (24% DV), Vit. D (0% DV), Calcium (10% DV), Iron (0% DV), Potas. (4% DV).	