

Crediting Yogurt in the Child and Adult Care Food Program

This guidance applies to reimbursable meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns and crediting foods for children, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages. For information on the CACFP meal patterns and crediting foods for adult participants, visit the CSDE’s [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



Contents

- Overview of Crediting Requirements2
 - Serving size2
 - Table 1. Meal pattern contribution of yogurt2
 - Nutrition guidance.....2
- Sugar Limit for Yogurt.....3
 - Table 2. Steps for calculating compliance with the CACFP sugar limit for yogurt.....3
- Fruits in Yogurt.....4
- Yogurt in Smoothies.....4
- Noncreditable Yogurt.....5
- Crediting Yogurt in the CACFP Infant Meal Patterns.....5
- Resources6



Crediting Yogurt in the Child and Adult Care Food Program

Overview of Crediting Requirements

Commercial yogurt and soy yogurt must meet the USDA's sugar limit to credit as meat alternates toward the meat/meat alternates (MMA) component of the CACFP meal patterns (refer to "[Sugar Limit for Yogurt](#)" in this document). Yogurt includes plain yogurt, flavored yogurt, and yogurt with added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt ([21 CFR 131.200](#)).



Serving size

The required serving for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the MMA component in the CACFP meal patterns. Table 1 shows the meal pattern contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt	
Serving size	MMA contribution
1/8 cup (1 ounce)	1/4 ounce (minimum creditable amount)
1/4 cup (2 ounces)	1/2 ounce
1/2 cup (4 ounces)	1 ounce
3/4 cup (6 ounces)	1 1/2 ounces
1 cup (8 ounces)	2 ounces

Nutrition guidance

The CSDE encourages CACFP facilities to read labels and consider fat content when purchasing yogurt for meals and snacks. The [Dietary Guidelines for Americans](#) recommends serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurts provide the same nutrients as whole milk yogurt but contain less saturated fat and fewer calories.

The CSDE encourages CACFP facilities to choose yogurts without nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as "light" or "lite."

Crediting Yogurt in the Child and Adult Care Food Program

Sugar Limit for Yogurt

Yogurt and soy yogurt served in CACFP meals and snacks cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Menu planners can use the Nutrition Facts panel to determine if yogurt meets the limit for sugars.

Table 2 shows how to calculate if a yogurt product meets the CACFP sugar limit, using the sample Nutrition Facts panel on the right. This yogurt contains 2.45 grams of sugars per ounce, which complies with the sugar limit for yogurt in CACFP meals and snacks.

For more information, refer to the handouts, training slides, and webinars in English and Spanish on the USDA's webpages, [Calculating Sugar Limits for Yogurt in the CACFP](#) and [Choose Yogurts that are Lower in Sugar](#).

Nutrition Facts	
Serving Size: 5.3 oz. container (113 g)	
Servings per Container: about 1	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Potassium 190mg	6%
Total Carbohydrates 15g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Including 0g Added Sugars	
Protein 13 g	26%

Table 2. Steps for calculating compliance with the CACFP sugar limit for yogurt

1. List the grams (g) of sugar per serving from the Nutrition Facts label.	A	13	grams of sugar
2. List the serving size in ounces (oz) from the Nutrition Facts label.	B	5.3	serving size (ounces)
3. Calculate the grams of sugars per ounce (Divide A by B).	C	2.45	grams of sugars per ounce
4. Is C equal to or less than 3.83? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If "yes," the product meets the CACFP sugar limit.			

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Fruits in Yogurt

Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.

Yogurt in Smoothies

Yogurt and soy yogurt that meets the CACFP sugar limit may credit as the MMA component when served in smoothies. To credit smoothies made from scratch, CACFP facilities must have a recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce of the MMA component, the CACFP facility's recipe must indicate that each serving contains $\frac{1}{2}$ cup of yogurt.



The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to section 2 of the CSDE's guides, [Meal Pattern Requirements for CACFP Child Care Programs](#) or [Meal Pattern Requirements for CACFP Adult Day Care Centers](#). Additional guidance is available in the "Standardized Recipes" section of the CSDE's webpages, [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#).

To credit yogurt in commercial smoothies, CACFP facilities must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the amount of yogurt (cups or weight) contained in one serving of the product. Commercial smoothies cannot credit as the MMA component without a CN label or PFS. For more information on smoothies, refer to the CSDE's resource, [Crediting Smoothies in the Child and Adult Care Food Program](#).

For information on CN labels and PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the Child and Adult Care Food Program](#), [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#), and the USDA's [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). Additional guidance on documentation for commercial products is available in the "[Crediting Commercial Processed Products in CACFP Child Care Programs](#)" or "[Crediting Commercial Processed Products in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpage.

The addition of yogurt to a smoothie is not a substitution for fluid milk in the CACFP meal patterns for children. Fluid milk must be offered in all meals to meet the milk component requirement. For the **CACFP adult meal patterns only**, $\frac{3}{4}$ cup of yogurt (6 ounces weight) that meets the CACFP sugar limit may substitute for 8 fluid ounces of milk at one meal per day.

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Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the CACFP meal patterns. The FDA's definition and standard of identity requires that yogurt must be "coagulated," not liquid. The FDA does not have a standard of identity for frozen yogurt. Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA's definition and standard of identity for yogurt, and do not credit in the CACFP meal patterns.

Crediting Yogurt in the CACFP Infant Meal Patterns

The CACFP infant meal pattern for birth through 11 months has different crediting requirements for yogurt. For developmentally ready infants (typically ages 6-11 months), low-fat, reduced-fat, and whole milk yogurt that meets the sugar limit credits at breakfast, lunch, and supper in the CACFP infant meal patterns. Yogurt does not credit at snack. Yogurt with added fruit (either blended or on the bottom) credits if it meets the sugar limit.

Soy yogurt does not credit in the CACFP infant meal patterns. Other noncreditable yogurt products include frozen yogurt, drinkable or liquid yogurt products, yogurt smoothies, homemade yogurt, yogurt flavored products, yogurt bars, and freeze-dried yogurt snacks. For guidance on crediting foods in the CACFP infant meal patterns, visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage.



Crediting Yogurt in the Child and Adult Care Food Program

Resources

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Crediting Smoothies in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Smoothies_CACFP.pdf

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#MMA>

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Serving Meat and Meat Alternates at Breakfast – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

Standardized Recipe Form for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx

Standardized Recipes in CACFP Adult Day Care Centers (Documents/Forms section of CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Standardized Recipes in CACFP Child Care Programs (Documents/Forms section of CSDE's Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#StandardizedRecipes>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

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USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

<https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

Crediting Yogurt in the Child and Adult Care Food Program



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Credit_Yogurt.pdf.

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