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 for children and the CACFP adult meal patterns, visit the Connecticut State Department of Education's (CSDE) Meal Patterns for the Child and Adult Care Food Program webpage. For information on the crediting requirements, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage and Crediting Documentation for the Child Nutrition Programs webpage.

Contents

Overview of Crediting Requirements 2
Serving size 2
Limit for Added Sugars 3
Storing crediting documentation for yogurt 3
Methods to Determine Added Sugars 3
Method 1: USDA's added sugars limit chart 3
Method 2: Calculation of grams of sugars per serving 4
Fruits in Yogurt 6
Yogurt in Smoothies 6
Yogurt Substitution for Milk in CACFP Adult Meal Patterns 6
Noncreditable Yogurt 7
Crediting Yogurt in the CACFP Infant Meal Patterns 7
Resources 7



Crediting Yogurt in the Child and Adult Care Food Program

Overview of Crediting Requirements

Commercial yogurts and soy yogurts that meet the USDA's limit for added sugars credit toward the meats/meat alternates (MMA) component of the CACFP meal patterns. 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 equivalent (oz eq) of the MMA component.

The table below shows the meal pattern contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt

Serving size (volume or weight)	MMA contribution
⅛ cup or 1 ounce	¼ oz eq (minimum creditable amount)
¼ cup or 2 ounces	½ oz eq
½ cup or 4 ounces	1 oz eq
¾ cup or 6 ounces	1½ oz eq
1 cup or 8 ounces	2 oz eq

Crediting Yogurt in the Child and Adult Care Food Program

Limit for Added Sugars



Effective July 1, 2025, the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*, requires a limit for added sugars in yogurt and soy yogurt. Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). This limit also applies to yogurt used as an ingredient in other foods, such as a yogurt-fruit parfait and a smoothie made with yogurt and fruit.

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

Storing crediting documentation for yogurt

CACFP facilities must maintain documentation on file to verify that yogurt served in CACFP meals and snacks meets the limit for added sugars. This documentation must be current and must be maintained in accordance with the records retention requirements for the CACFP. For more information, refer to the CSDE's resource, *Records Retention Requirements for the Child and Adult Care Food Program*. The CSDE will review the crediting documentation for yogurt during the Administrative Review of the CACFP.

Methods to Determine Added Sugars

CACFP facilities may use any of the methods below to determine if breakfast cereals meet the limit for added sugars. For more information, refer to the USDA's resource, *Calculating the Added Limit for Added Sugars in the Child and Adult Care Food Program*.

Method 1: USDA's added sugars limit chart

Serving sizes for yogurt (in ounces and grams) and the corresponding limit for grams of added sugars per serving are provided in the USDA's resource, *Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program*. CACFP facilities may use these charts to compare the added sugars per serving in the Nutrition Facts label with the added sugars limit for the specific serving size of yogurt.

Crediting Yogurt in the Child and Adult Care Food Program

Method 2: Calculation of grams of sugars per serving

The steps below show how to use the use the Nutrition Facts panel to calculate the grams of added sugars per serving based on the ounces or grams of the yogurt's serving size. CACFP facilities may use either calculation method to document that yogurt meets the added sugars limit. CACFP facilities may also use the CSDE's *Worksheet for Crediting Yogurt in the Child and Adult Care Food Program* to determine if a product meets the limit for total sugars.

Steps for serving size in ounces

Yogurt and soy yogurt served in reimbursable meals and snacks cannot exceed 2 grams of added sugars per ounce. Menu planners can use the Nutrition Facts panel to determine if yogurt meets this limit.

Nutrition Facts	
Serving Size: 5.3 oz. container (150 g)	
Servings per container: 1	
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	0%
Total Sugars 15g	
Added Sugars 12 g	24%
Protein 5 g	10%

1. List the grams (g) of added sugars per serving from the Nutrition Facts label.
    - 12 grams
2. List the serving size in ounces (oz) from the Nutrition Facts label.
    - 5.3 ounces
3. Divide the grams of added sugars per serving (from step 1) by the ounces of the serving size (from step 2).
    - 12 grams divided by 5.3 ounces = **2.25 grams** of added sugars per ounce
4. Does serving contain 2 grams or less of added sugars per ounce?

    ☐ Yes: This yogurt meets the limit for added sugars.
    ☑ No: This yogurt does not meet the limit for added sugars.

Crediting Yogurt in the Child and Adult Care Food Program

Steps for serving size in grams

Yogurt meets the limit for added sugars if it does not exceed 0.0702 grams of added sugars per gram of yogurt. This is the gram equivalent of no more than 2 grams of added sugars per ounce (28.35 grams).

1. List the grams (g) of added sugars per serving from the Nutrition Facts label.
    - 12 grams
2. List the serving size in grams from the Nutrition Facts label.
    - 150 grams
3. Divide the grams of added sugars per serving (from step 1) by the grams of the serving size (from step 2).
    - 12 grams divided by 150 grams = **0.08 grams** of added sugars per gram of yogurt
4. Does serving meet the limit of no more than 0.0702 gram of added sugars per gram of yogurt?

    ☐ Yes
    ☑ No: This yogurt does not meet the limit for added sugars.

Nutrition Facts	
Serving Size: 1 container (150 g)	
Servings per container: 1	
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	0%
Total Sugars 15g	
Added Sugars 12 g	24%
Protein 5 g	10%

This yogurt does not meet the limit for added sugars.

Crediting Yogurt in the Child and Adult Care Food Program

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 meal 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 limit for added sugars may credit toward the MMA component when used as an ingredient in smoothies (refer to "Limit for Added Sugars" in this document). For more information, refer to the CSDE's resource, *Crediting Smoothies in the Child and Adult Care Food Program.*

Yogurt Substitution for Milk in CACFP Adult Meal Patterns

For the CACFP adult meal patterns only, yogurt may substitute for the milk component at one meal per day. Six ounces (weight) or ¾ cup (volume) of yogurt credits as 8 fluid ounces of milk.

- **Example:** The menu planner substitutes 1 cup of yogurt for milk at lunch. This lunch must also contain at least the full serving of 2 oz eq of another meat or meat alternate. The breakfast or supper menu for that same day cannot include yogurt as a substitute for milk.

Yogurt cannot credit as the milk component and meats/meat alternates component during the same meal. However, yogurt may be served in place of fluid milk at one meal, and as the meats/meat alternates component in another meal on the same day.

> Yogurt does not substitute for milk in the CACFP meal patterns for children.

Crediting Yogurt in the Child and Adult Care Food Program

Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in reimbursable meals and snacks. 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 credit because they do not meet the FDA's definition and standard of identity for yogurt.

Crediting Yogurt in the CACFP Infant Meal Patterns

Yogurt and soy yogurt that meet the limit for added sugars may credit at breakfast, lunch, and supper for developmentally ready infants (typically ages 6-11 months). This includes products with added fruit, either blended or on the bottom. Yogurt and soy yogurt do not credit at snack for infants. For guidance on crediting foods in the CACFP infant meal patterns, visit the "Crediting Foods" section of the CSDE's Feeding Infants in CACFP Child Care Programs webpage.

Resources

Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting_processed_product_documentation_cacfp.pdf

Bite Size Module 11: Meats/Meat Alternates (MMA) Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module11

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/calculating-sugar-limits-yogurt

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/yogurts-lower-sugar

Crediting Yogurt in the Child and Adult Care Food Program

Crediting Smoothies in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_smoothies_cacfp.pdf

USDA Final Rule: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24347):
https://www.fna.usda.gov/cacfp/fr-042516

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program:
https://www.fna.usda.gov/cn/crediting-tofu-soy-yogurt-products-school-meals-cacfp

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:
https://www.fna.usda.gov/cn/smoothies-offered

Worksheet for Crediting Yogurt in the CACFP (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_yogurt_cacfp.pdf

Yogurt and Soy Yogurt ("Meats and Meat Alternates" section of CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/meats-and-meat-alternates#Yogurt



Crediting Yogurt in the Child and Adult Care Food Program

For more information, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage 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.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

CONNECTICUT
Education

Crediting Yogurt in the Child and Adult Care Food Program

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.