

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.



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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. Table 1 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

Nutrition guidance

The CSDE encourages CACFP facilities to read labels and consider fat content when purchasing yogurt for reimbursable 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 yogurt without nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as “light” or “lite.”

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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).

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 resources, [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.



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Method 2: Calculation of grams of sugars per serving

The steps below show how to 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.

- List the grams (g) of added sugars per serving from the Nutrition Facts label.
 - 12 grams
- List the serving size in ounces (oz) from the Nutrition Facts label.
 - 5.3 ounces
- 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
- 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

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%

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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.

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.

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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). CACFP facilities must have appropriate crediting documentation. 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 $\frac{3}{4}$ cup (volume) of yogurt credits as 8 fluid ounces of 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.

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 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 sugars limit 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.

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Resources

Accepting Processed Product Documentation in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting_processed_product_documentation_snp.pdf

Calculating the Added Limit for Added Sugars in the Child and Adult Care Food Program (USDA):

<https://www.fns.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.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar>

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: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

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>

Worksheet for Crediting Yogurt in the Child and Adult Care Food Program (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 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.

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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

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