

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

This worksheet determines if yogurt and soy yogurt meet the added sugars limit for the [Child and Adult Care Food Program \(CACFP\) meal patterns for children](#) and the [CACFP adult meal patterns](#).

- Effective October 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), requires that yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce).
- For crediting guidance, refer to the Connecticut State Department of Education's (CSDE) resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).

Name of product: \_\_\_\_\_

Manufacturer: \_\_\_\_\_

Date reviewed: \_\_\_\_\_

### Calculation of Added Sugars Per Ounce

Review the Nutrition Facts label. Enter the grams (g) of added sugars per serving and the serving size weight in ounces (oz) below. If the serving weight is listed in grams, divide by 28.35 to convert to ounces. The grams of added sugars per ounce will calculate automatically below.

Grams of added sugars per serving: \_\_\_\_\_

Serving weight (ounces): \_\_\_\_\_

Grams of added sugars per ounce (cannot exceed 6 grams): \_\_\_\_\_

**Note:** Yogurt and soy yogurt credit as the meats/meat alternates component. The required quantity for 1 ounce equivalent (oz eq) of a creditable yogurt or soy yogurt is  $\frac{1}{2}$  cup or 4 ounces. The minimum creditable amount is  $\frac{1}{8}$  cup or 1 ounce.

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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/worksheet\\_credit\\_yogurt\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_yogurt_cacfp.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](mailto:program.intake@usda.gov)

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