

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

This worksheet determines if yogurt and soy yogurt meet the limit for added sugars required by 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](#).

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

Name of product: _____

Manufacturer: _____

Date reviewed: _____

Added Sugars Limit

Review the Nutrition Facts label. Enter the grams of added sugars per serving and the serving size weight in ounces (oz) below. The grams of added sugars per ounce will calculate automatically.

Note: If the serving weight is listed in grams, enter the grams below to convert to ounces.

Grams: _____ divided by 28.38 = _____ ounces

Grams of added sugars per serving: _____

Serving weight (ounces): _____

Grams of added sugars per ounce (cannot exceed 2 grams): _____

Note: Yogurt and soy yogurt that meet the limit for added sugars credit as the meats/meat alternates component in the CACFP meal patterns. 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.

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

For more information, visit the CSDE's [Credit 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.



Worksheet for 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.

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.