

# 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](#).

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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.

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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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1400 Independence Avenue, SW  
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