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

Sponsors of the Child and Adult Care Food Program (CACFP) must maintain documentation on file to verify that all yogurt and soy yogurt served in CACFP meals and snacks meets the limit for added sugars. This worksheet determines if yogurt and soy yogurt meet the limit for added sugars required by the 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*.

Storing Crediting Documentation

CACFP facilities must maintain all crediting documentation on file in accordance with the records retention requirements for the CACFP. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP. For more information, refer to the CSDE's resource, *Records Retention Requirements for 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: 0 divided by 28.38 = 0 ounces

Grams of added sugars per serving:	0
Serving weight (ounces):	0
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 ½ cup or 4 ounces. The minimum creditable amount is ⅛ 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.

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2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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