

Crediting Yogurt in the Child and Adult Care Food Program

This guidance applies to 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). The CACFP breakfast meal patterns do not require the meat/meat alternates component. CACFP facilities may substitute the meat/meat alternates component (including yogurt) for the entire grains component at breakfast up to three times per week. For more information, see the USDA’s handout, *Serving Meat and Meat Alternates at Breakfast in the CACFP*.



Yogurt and soy yogurt must comply with the USDA’s sugar limit to credit as the meat/meat alternates component in the CACFP meal patterns see “Sugar Limit for Yogurt” on page 2). 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), low-fat yogurt (21 CFR 131.203), or nonfat yogurt (21 CFR 131.206).



Serving Size

The required serving size 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 of the meat/meat alternates component in the CACFP meal patterns.

Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the CACFP meal patterns. 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. Yogurt tubes must be fully defrosted before they can be served.

Yogurt in Smoothies

Yogurt and soy yogurt that meet the sugar limit may credit as the meat/meat alternates component when served in smoothies made on site by the CACFP facility. Yogurt in commercial smoothies does not credit as the meat/meat alternates component. For more information, see the Connecticut State Department of Education’s (CSDE) handout, *Crediting Smoothies in the CACFP*.



Crediting Yogurt in the CACFP

Sugar Limit for Yogurt

Yogurt and soy yogurt served in CACFP meals and snacks cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Menu planners can use the Nutrition Facts panel to determine if yogurt meets the limit for sugars.

Table 1 below shows how to calculate if a yogurt product meets the sugar limit, using the sample Nutrition Facts panel on the right. This yogurt contains 2.45 grams of sugars per ounce, which complies with the sugar limit for yogurt in CACFP meals and ASP snacks.

For more information, see the USDA’s handouts, *Calculating Sugar Limits for Yogurt in the CACFP* and *Choose Yogurts that are Lower in Added Sugars*. These handouts are available in English and Spanish on the USDA’s [CACFP Training Tools](#) webpage.

Nutrition Facts	
Serving Size 5.3 oz. container (113 g)	
Servings Per Container about 1	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40 mg	2%
Potassium 190 mg	6%
Total Carbohydrates 15g	5%
Dietary Fiber 0g 0%	
Sugars 13g	
Including 0g Added Sugars	
Protein 13 g	26%

Table 1. Steps for calculating compliance with the CACFP sugar limit for yogurt

1. List the grams (g) of sugar per serving from the Nutrition Facts label.	A	13	grams of sugar
2. List the serving size in ounces (oz) from the Nutrition Facts label.	B	5.3	serving size (ounces)
3. Calculate the grams of sugars per ounce (Divide A by B).	C	2.45	grams of sugars per ounce
4. Is C equal to or less than 3.83? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” the product meets the CACFP sugar limit.			

Crediting Yogurt in the CACFP

Resources

CACFP Training Tools (USDA).

<https://www.fns.usda.gov/cacfp-training-tools>

Calculating Sugar Limits for Yogurt in the CACFP (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/CACFPCalcYogurt.pdf>

Choose Yogurts that are Lower in Added Sugars (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-chooseyogurts.pdf>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Crediting Smoothies in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditsmoothieCACFP.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Serving Meat and Meat Alternates at Breakfast in the CACFP (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/CACFPMeatAlt.pdf>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products.

<https://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

Crediting Yogurt in the CACFP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditYogurtCACFP.pdf>.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (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 age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, 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: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 607, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.