

# The CACFP Breakfast Meal Pattern

Components (Select at least 3)	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
<p><u>Milk, fluid</u>            Unflavored Whole milk for children age 1.            Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5.            Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.</p>	½ cup	¾ cup	1 cup	1 cup
<p><u>Vegetables and Fruits</u>            Vegetable(s) and/or fruit(s) or            Full strength 100% fruit or vegetable juice (limit to 1/day) or            An equivalent quantity of any combination of the above</p>	¼ cup ¼ cup	½ cup ½ cup	½ cup ½ cup	½ cup ½ cup
<p><u>Grains/Breads</u>            Whole grain-rich bread, or            Whole grain-rich bread product (cornbread, biscuits, rolls, muffins, etc.), or            Whole grain-rich, ready-to-eat breakfast cereal – dry, cold (no more than 6 grams sugar per dry oz.)            Flakes or rounds            Puffed cereal            Granola or            Whole grain-rich cooked cereal, cereal grain, and/or pasta or noodle products or            An equivalent quantity of any combination of the above</p>	½ oz. equiv. = ½ slice ½ serving  ½ cup ¾ cup ⅙ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving  ½ cup ¾ cup ¼ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving  1 cup 1 ¼ cup ¼ cup ½ cup	1 oz. equiv. = 1 slice 1 serving  1 cup 1 ¼ cup ¼ cup ½ cup
<p><u>OPTIONAL: Meat/Meat Alternate</u>            May be used to substitute an entire grain serving 3 times per week maximum</p>	½ oz.	½ oz.	1 oz.	1 oz.

# The CACFP Lunch & Supper Meal Pattern

Components (Select all 5)	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
<p><b>Milk, fluid</b>  <i>Unflavored Whole milk for children age 1.</i>  <i>Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5.</i>  <i>Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.</i></p>	½ cup	¾ cup	1 cup	1 cup
<p><b>Vegetables</b>            Whole vegetable or full strength 100% vegetable juice (limit to 1/day)</p>	¼ cup	¼ cup total	½ cup total	½ cup total
<p><b>Fruits</b>            Whole fruit or full strength 100% fruit juice (limit to 1/day)</p>	¼ cup	¼ cup total	¼ cup total	¼ cup total
<p><b>Grains/Breads</b>            Whole-grain rich bread or            Whole grain rich bread product (cornbread, biscuits, rolls, muffins, etc.,) or            Whole-grain rich cooked pasta or noodle products or            Whole-grain rich cooked cereal grains or  <i>An equivalent quantity of any combination of the above</i></p>	½ oz. equiv. = ½ slice ½ serving  ¼ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving  ¼ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving  ½ cup ½ cup	1 oz. equiv. = 1 slice 1 serving  ½ cup ½ cup
<p><b>Meat and Meat Alternates</b>            Lean meat, poultry, fish, tofu (firm), cheese or            Large eggs or            Cooked dry beans or peas or            Peanut butter or soy nut butter or  <b>Other nut or seed butters</b> or            Peanuts or soy nuts or tree nuts or seeds* or            Yogurt, plain or flavored (no more than 23 grams sugar per 6 oz.) or  <i>An equivalent quantity of any combination of the above</i></p>	1 oz. ½ egg ¼ cup  2 tbsp. ½ oz. = 50% 4 oz.	1 ½ oz. 1 egg ¾ cup  3 tbsp. ½ oz. = 50% 6 oz.	2 oz. 1 egg ½ cup  4 tbsp. 1 oz = 50% 8 oz	2 oz. 1 egg ½ cup  4 tbsp. 1 oz = 50% 8 oz

\* Can only be used to meet half the meat requirement at lunch or supper. Serve with caution to children under five because of the risk of choking.

# The CACFP Snack Meal Pattern

Components (Select any 2 of the 5)	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
<b>Milk, fluid</b> Unflavored Whole milk for children age 1. Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5. Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.	½ cup	½ cup	1 cup	1 cup
<b>Vegetables</b> Whole vegetable, or Full-strength 100% vegetable juice (limit to 1/day)	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits</b> Whole fruit, or Full-strength 100% fruit juice (limit to 1/day)	½ cup	½ cup	¾ cup	¾ cup
<b>Grains/Breads</b> Whole grain-rich or enriched bread, or Whole grain-rich or enriched bread product (cornbread, biscuits, rolls, muffins, etc.), or Whole grain-rich enriched or fortified ready-to-eat breakfast cereal (no more than 6 grams sugar per dry oz.) Flakes or rounds Puffed cereal Granola Whole grain-rich, enriched fortified cooked cereal, cereal grain, and/or pasta or noodle products or An equivalent quantity of any combination of the above	½ oz. equiv. = ½ slice ½ serving ¼ cup or ⅓ oz.	½ oz. equiv. = ½ slice ½ serving ⅓ cup or ½ oz.	1 oz. equiv. = 1 slice 1 serving ¾ cup or 1 oz.	1 oz. equiv. = 1 slice 1 serving ¾ cup or 1 oz.
<b>Meat and Meat Alternates</b> Lean meat, poultry, fish, tofu (firm), cheese or Large eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or Other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds* or Yogurt, plain or flavored (no more than 23 grams sugar per 6 oz.) or An equivalent quantity of any combination of the above	½ oz. ½ egg ⅓ cup 1 tbsp. ½ oz. 2 oz. or ¼ cup	½ oz. ½ egg ⅓ cup 1 tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. ½ egg ¼ cup 2 tbsp. 1 oz. 4 oz or ½ cup	1 oz. ½ egg ¼ cup 2 tbsp. 1 oz. 4 oz or ½ cup

\* Serve with caution to children under five.

Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1% milk Berry Scones Wheat Biscuit	1% milk Sliced pears Strawberry pastry	1% milk Sliced bananas Cold cereal (frosted flakes)	1% milk Peach halves Oatmeal	1% milk Fruit juice English muffin
Lunch	1% milk Baked potato wedges Seedless grapes Multi-grain hamburger bun Lean beef patty	1% milk Turnip greens Mashed potatoes Mexican Cornbread Homemade fried chicken	1% milk Broccoli Cinnamon apples Seven-grain biscuit Jasmine rice Sliced ham	1% milk Green beans Carrots Multi-grain roll Turkey	1% milk Fresh broccoli Steamed broccoli Whole wheat roll Fish filet
Snack	1% milk Blueberry muffin	Whole milk with chocolate syrup Granola bar	1% milk Cinnamon multi-grain toast	1% milk Graham crackers	Vegetable juice Strawberry yogurt

## Healthy Snack Ideas

1	Cucumber coins Whole grain crackers	2	Fruit parfait (yogurt & mixed fruit)	3	Bran muffin Milk
4	Mini sandwiches (cut into quarters) and Milk	5	Bread sticks Pizza sauce	6	Tuna salad on Whole grain bagel
7	Chex mix Yogurt	8	Pita Bread Hummus	9	Cottage cheese Blueberries
10	Whole grain tortilla topped with egg salad	11	Bran cereal Sliced strawberries	12	Carrot sticks Whole grain crackers
13	Mini pizzas (English muffin topped with tomato sauce, shredded cheese & any veggies)	14	Trail mix (mini pretzels, raisins, granola) Milk	15	Tortilla pinwheels (Spread on tortilla: cream cheese, shredded lettuce, grated carrots & diced red peppers)
16	Applesauce Whole wheat toast	17	Banana bread Cantaloupe	18	Tomato wedges Cheese slices
19	Melon balls Rice cakes	20	Hardboiled egg English muffin	21	Cheese quesadilla Salsa
22	Egg salad Pita bread	23	Tomato soup Crackers	24	Whole grain tortilla chips Guacamole/salsa
25	Snap peas, Baby carrots Hummus	26	Broccoli florets Whole grain crackers	27	Green/red peppers Whole wheat roll
28	String cheese Mandarin oranges	29	Raspberries Oatmeal	30	Yogurt Granola
31	Baked sweet potatoes or Apples (top with brown sugar, ground cinnamon & nutmeg, butter, & water – bake until soft) Milk	32	Scrambled egg roll-up (roll scrambled egg, shredded cheddar cheese and salsa into a tortilla)	33	Toasted oat cereal Mixed berry salad (raspberries, strawberries, blueberries, and/or blackberries) tossed with orange juice
34	Nachos (baked whole grain tortilla chips with melted cheese) Salsa	35	Strawberry shortcake (1/2 buttermilk biscuit topped with strawberries and vanilla yogurt)	36	Fruit & cheese plate (cut up fresh fruit and cheese cubes or string cheese)
37	Bean salad (mix beans, salsa, and Greek yogurt) Pita bread	38	Kabobs (thread low-fat meat, cheese, pineapple and cherry tomatoes onto a stick) Milk	39	Edamame Turkey Roll-Ups (turkey slices rolled up and dipped in honey mustard - optional)
40	Mini bagels Homemade Popsicles (puree watermelon, mango strawberries, banana, etc. and freeze in popsicle molds)	41	Whole grain crackers Sweet Potato Fries (sweet potatoes sliced, tossed with olive oil, and baked at 400° for 10 minutes)	42	Cottage cheese Fresh fruit salad (mango, berries, pineapple, grapes, mandarin oranges)
43	Cauliflower spears Bread sticks	44	Whole grain toast Grapes	45	Cheese cubes Cherry tomatoes
46	Blueberry muffins Clementines (Cuties)	47	Raw veggies (cucumbers, peppers, jicama, carrots) Hummus	48	Red pepper cut into quarters and topped with Chicken salad
49	Apples Cubed Cheese	50	Yogurt Peaches	51	Egg salad Pita wedges

## NM SFSP/CACFP MEDICAL STATEMENT TO REQUEST SPECIAL MEALS AND/OR ACCOMMODATIONS

1. Sponsor Name	2. Center Name and Location	3. Telephone Number	
4. Name of Child or Adult Participant		5. Date of Birth	
6. Name of Parent or Guardian		7. Telephone Number	
<b>8. Check One:</b> <input type="checkbox"/> Participant has a disability or a medical condition that requires a special meal and/or accommodation. Sponsors participating in CACFP <u>must</u> comply with requests for special meals and any adaptive equipment. Parents or guardians may supply only one of the required meal components which meets the meal pattern requirements for children with disabilities. Centers/home sponsors must supply all the remaining meal components. <b>Licensed physicians or state-recognized medical authorities who are authorized to write medical prescriptions must sign form.</b>			
<input type="checkbox"/> Participant does not have a disability, but is requesting a special meal or accommodation due to a <b>food intolerance</b> or other medical reason. Food preferences are not an appropriate use of this form. Sponsors participating in CACFP are encouraged to accommodate reasonable requests. Parents/guardians may provide one component which meets the meal pattern requirements. <b>Licensed physicians and state-recognized medical authorities who are authorized to write medical prescriptions must sign form.</b>			
<input type="checkbox"/> Participant does not have a disability, but is requesting a special accommodation for a <b>fluid milk substitute</b> that is nutritionally equivalent to milk for non-dairy beverages offered as milk substitutes. Sponsors are encouraged to accommodate a reasonable written parent request. A medical statement is not required unless the request is for a nondairy beverage that is <b>not</b> nutritionally equivalent to milk.			
9. Disability or medical condition requiring a special meal or accommodation:			
10. If participant has a disability, provide a brief description of his/her major life activity affected by the disability:			
11. Diet prescription and/or accommodation (please describe in detail to ensure proper implementation-use extra pages as needed):			
<b>12. Indicate food texture for above participant:</b> <input type="checkbox"/> Regular <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed			
<b>13. Foods (components) to be omitted and suggested substitution foods (components) meeting the CACFP meal pattern requirements. For example, omit cheese and substitute egg to meet the meat/meat alternate requirement. You may attach a sheet with additional information as needed:</b>			
<b>A. Food (Component) To Be Omitted</b>		<b>B. Food (Component) Substitutions</b>	
14. Signature of Parent			
15. Signature of Recognized Medical Authority*	16. Printed Name	17. Telephone Number	18. Date

\*A signature by a recognized medical authority (individual who can write a medical prescription) is required for participants with a disability. Parent/legal guardian signature is acceptable for fluid milk substitution for a child with special medical or dietary needs other than a disability (see back of form). The information on this form should be updated to reflect the current medical and/or nutritional needs of the participants.

# CACFP Parent/Guardian Request for Fluid Milk Substitution

Name of child \_\_\_\_\_

## Non-dairy milk substitution request

If your child cannot drink fluid cow's milk due to medical or other special dietary needs but **does not** have a diagnosed medical disability, your provider may choose, but is not required, to provide a non-dairy milk substitute that is nutritionally equivalent to cow's milk, based on your request.

The brands of **unflavored non-dairy beverages** for children ages 1-5 years which meet the definition of being nutritionally equivalent to cow's milk include: 8th Continent Soymilk (Original), Pacific Ultra Soy (Original), Kirkland Organic Soymilk (plain), Silk Original Soymilk, Great Value Original Soymilk, and Kikkoman Pearl Organic Smart Original in 8-fluid ounce single-serving container only.

Children 6 years old and older and adults may be served **flavored non-dairy beverages**. The flavored non-dairy beverages that are nutritionally equivalent to cow's milk include: Kikkoman Pearl Organic Smart Soymilk (vanilla and chocolate) in 8-fluid ounce single-serving container only; 8<sup>th</sup> Continent Soymilk (vanilla); and, Pacific Ultra Soy (vanilla).

By completing the information below, your child may be served one of these soy milks, provided by the center (if the center chooses), or provided by you.

Identify why your child needs a non-dairy milk substitute: \_\_\_\_\_

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\_\_\_\_ I request my child be served the center provided soy milk as described above for meals which require milk.

\_\_\_\_ I will provide one of the soy milks described above for meals served to my child which require milk.

## Cow's milk substitution request

Providers may choose, but are not required, to serve lactose free/reduced milk or organic milk to children in their care. No documentation is needed for either type of milk. If the provider does not serve these, the parent may bring the substituted milk for their child to consume while in care.

\_\_\_\_ I will provide 1% or non-fat **lactose-free/reduced milk** to be served in place of the milk served by the provider. (Whole lactose-free/reduced milk if the child is 12 – 24 months)

\_\_\_\_ I will provide 1% or non-fat **organic** milk to be served in place of the milk served by the provider. (Whole organic milk if the child is 12 – 24 months)

Signature of Parent/Guardian: \_\_\_\_\_ Date \_\_\_\_\_

October, 2016

# NON-DAIRY BEVERAGES

In the case of children who cannot consume cow's milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk.

Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. These nutritional standards per cup of milk are as follows:

Nutrient	USDA Requirement Per Cup	Daily %
Calcium	276 mg	28%
Protein	8 mg	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	0.44 mg	26%
Vitamin B-12	1.1 mcg	18%

The New Mexico Child & Adult Care Food Program has identified creditable non-dairy milk substitutes that meet the above criteria. **Creditable unflavored non-dairy beverages for children 2-5 years of age include:** 8<sup>th</sup> Continent Soymilk (original), Pacific Natural Ultra Soy (plain), Great Value Original Soymilk (plain) - Walmart, Kirkland Organic Soymilk (plain) - Costco, Silk Original Soymilk (plain), and Lucerne Original Soy Milk. **Flavored non-dairy beverages can only be served to children 6 years and older and adults. These include:** Kikkoman Pearl Smart Original Soymilk (vanilla and chocolate) in the 8 fluid ounce single-serving size only; 8<sup>th</sup> Continent Soymilk (vanilla); and Pacific Ultra Soy (vanilla).

Parents or guardians may now request in writing non-dairy milk substitutions, as described above, without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request, using the form "CACFP Parent/Guardian Request for Fluid Milk Substitution," to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. Non-dairy substitutions are at the option and the expense of the home. If the parent/guardian submits a written request for a creditable non-dairy milk substitute and provides the substitute, the caregiver may serve the requested substitute and claim reimbursement. If the parent/guardian submits a written request for a creditable non-dairy milk substitute and chooses not to provide the substitute, the caregiver has the option to meet the request of the parent/guardian by supplying the non-dairy milk substitute and claim reimbursement. If the parent requests a non-creditable soymilk, a medical statement from the doctor will be needed for reimbursement.

The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remain unchanged.

Vendors of approved non-dairy milk substitutes can be found by accessing the company's website:

[www.8thcontinent.com/product-finder](http://www.8thcontinent.com/product-finder)

[www.pacificfoods.com/where-to-buy](http://www.pacificfoods.com/where-to-buy)

<https://www.walmart.com/ip/Great-Value-Original-Soymilk-1.89-l/19500254>

<http://www.costco.com/Kirkland-Signature%e2%84%a2-Organic-Plain-Soy-milk-32-oz.-Container-12-pack.product.100129024.html>

<https://silk.com/products/original-soymilk>



**CACFP Approved Non-Dairy Beverages**

**Great Value Original  
Soymilk  
Walmart**



**Pacific Ultra Soy  
Original  
Vanilla (flavored only  
6 yrs or older)**



**8<sup>th</sup> Continent Soymilk  
Original**



**8<sup>th</sup> Continent Soy  
Vanilla (flavored  
only 6 yrs or older)**



**Silk Original Soymilk  
Plain**



**Lucerne Soy Milk  
Original**



**Kirkland Organic  
Soymilk  
Plain**



**Kikkoman  
Pearl Organic Soy  
Smart Original  
(8 oz. only)**



**Pearl Organic Soy  
8 oz. Smart  
Vanilla/  
Chocolate  
(flavored only 6  
yrs or older)**



## CACFP Creditable Cereals (6 grams Sugar or Less)



\*Rice Chex  
\*Corn Chex  
\*Wheat Chex  
Rice Krispies  
All-Bran  
Special K  
\*Total  
Crispix  
\*Grape-Nuts

\*Grape-Nuts Flakes  
\*Scooby-Doo  
\*Cheerios  
\*Honey Kix  
\*Kix  
\*Multi-Grain Cheerios  
\*Mini-Wheats (Unfrosted)  
\*Go Diego Do  
Honey-Almond Oat Blenders  
Honey Bunches of Oats with Almonds  
Honey Bunches of Oats with Cinnamon

\*Life  
Cream of Rice  
Cream of Wheat  
\*Oatmeal  
\*Malt-O-Meal  
Corn Flakes  
Crixpix  
Blenders  
\*Dora Explorer

\* = Cereal is whole grain

## Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any sState agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



**1** Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

**2** Find the **Sugars** line. Look at the number of grams (g) next to **Sugars**.

**3** Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

**4** In the table, look at the number to the right of the serving size amount, under the "Sugars" column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

### Yummy Brand Cereal

#### Nutrition Facts

Serving Size 3/4 cup (30g)		
Servings Per Container about 15		
Amount Per Serving	Cereal	with 1% cup skim milk
<b>Calories</b> 100	100	140
Calories from Fat 5	5	5
<b>% Daily Value*</b>		
<b>Total Fat</b> 0.5g	1%	1%
<b>Saturated Fat</b> 0g	0%	0%
<b>Trans Fat</b> 0g		
<b>Polyunsaturated Fat</b> 0g		
<b>Monounsaturated Fat</b> 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 140mg	6%	9%
<b>Potassium</b> 90mg	3%	8%
<b>Total Carbohydrate</b> 22g	7%	9%
<b>Dietary Fiber</b> 3g	11%	11%
<b>Sugars</b> 5g		
<b>Other Carbohydrate</b> 14g		
<b>Protein</b> 140mg		

#### Test Yourself:

Does the cereal above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars: \_\_\_\_\_

Yes  No

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

# Try It Out!



Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

## Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams

## Cereals To Serve in the CACFP\*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

\*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

**Answer to "Test Yourself" activity on page 1:** *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal is creditable.*

# Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



- 1** Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- 2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- 3** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Amount Per Serving		Calories from Fat 20
<b>Calories</b> 130		
		<b>% Daily Value*</b>
<b>Total Fat</b> 2g		<b>3%</b>
Saturated Fat 1.5g		<b>8%</b>
Trans Fat 0g		
<b>Cholesterol</b> 10mg		<b>3%</b>
<b>Potassium</b> 400mg		<b>1%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 21g		<b>7%</b>
Dietary Fiber 4g		<b>17%</b>
<b>Sugars</b> 9g		
<b>Protein</b> 10g		
Vitamin A 6%		Vitamin C 4%
Calcium 35%		Iron 0%
Vitamin D 6%		

**TIP:** If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

- 4** In the table, look at the number to the right of the serving size amount, under the "Sugars" column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

**Test Yourself:**

Does the yogurt above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars : \_\_\_\_\_

Yes  No



\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.



# Try It Out!



Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

## Sugar Limits in Yogurt

Serving Size Ounces (oz)	Sugars Limit Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Sugars Limit Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

## Yogurts To Serve in the CACFP\*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

\*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

**Answer to "Test Yourself" activity on page 1:** This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.