

## Providers Choice Approved Yogurt List

The yogurts listed below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements.

**Yogurts must contain no more than 23 grams of sugar per 6 ounces.** Please contact Providers Choice with questions.

### Name Brands



**Ae Yogurt**  
Whole Milk Yogurt  
All flavors



**Two Good**  
Lowfat Greek  
Yogurt  
All flavors



**Brown Cow**  
Apricot-Mango,  
Coffee, Lemon,  
Maple & Vanilla  
Flavors



**Chobani**  
Fruit on the Bottom,  
Blended & Smooth  
All flavors



**Dannon Light & Fit**  
Original & Greek  
All flavors



**Dannon**  
Pouches & Nonfat  
All flavors



**Dannon**  
Plain, Creamy  
& Lowfat Plain



**Dannon Oikos**  
Greek Whole Milk &  
Nonfat  
All flavors



**Activia**  
Original, Fiber &  
Greek  
Strawberry &  
Blueberry flavors



**Siggi's**  
Cups & Tubes  
All flavors



**Stonyfield**  
Fruit on the Bottom,  
Grassfed, Greek,  
Smooth & Creamy  
All flavors



**Stonyfield Kids &  
Yo Baby**  
Cups, Pouches  
& Tubes  
All flavors



**Yoplait**  
Original & Lactose-  
Free



**Yoplait GoGurt &  
Simply GoGurt**  
All flavors



**Yoplait Kid Cups**  
All flavors/  
characters



**Yoplait Greek  
& Greek Whips**  
All flavors



**Silk**  
Soy Yogurt  
All flavors creditable



**Stonyfield**  
Soy Yogurt  
Vanilla flavor only



Any brand of **PLAIN** regular yogurt or  
**PLAIN** Greek yogurt is creditable.

### Store Brands



**Aldi**  
**Friendly Farms**  
Greek Fruit on the Bottom,  
Greek Traditional, Moo  
Tubes & Original Low Fat  
**Simply Nature**  
Whole Milk  
All flavors



**Cub**  
**Essential Everyday**  
Blended &  
Greek  
All flavors *except honey*  
*salted caramel*



**HyVee**  
Greek,  
Greek Fruit on the Bottom &  
Yo Tube Go  
All flavors *except honey*  
*salted caramel*



**Target**  
**Simply Balanced**  
Greek, Blended Greek &  
Yogurt Pouches  
All flavors  
**Good & Gather**  
Blended Greek  
All flavors



**Walmart**  
Great Value  
Greek & Original  
All flavors *except mixed berry*

**Note: Products change frequently. Check labels to confirm that a yogurt is creditable.**

\*Seasonal, limited edition, or specialty flavors are not included on this list.

January 2021

**PROVIDERS  
CHOICE**

This institution is an equal  
opportunity provider.

## Additional yogurts may be creditable!

### How to Identify if a Yogurt is Within the Sugar Limit:

Use this table to determine if a yogurt is less than 23 grams of sugar per 6 oz.

1. Use the Nutrition Facts label to find the **Serving Size**, in grams (g) or ounces (oz), of the yogurt.
2. Find the **Sugars** or **Total Sugars** line. Look at the number of grams (g) next to Sugars or Total Sugars.
3. Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below. (Once you have identified the serving size, look at the number to the right under the "Sugars or Total Sugars" column.)

**If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.**

#### Sugar Limits in Yogurt

Serving Size (oz.)	Serving Size (g) (Use when the serving size is not listed in oz.)	Sugars or Total Sugars (g)
If the serving size is:		Sugars cannot be more than:
2 oz	57 g	8 g
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

*This table and information to identify creditable yogurts has been adapted from USDA FNS-652 April 2017.*

#### Example Yogurt

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Potassium 350mg	10%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	14%
Sugars 29g	
Protein 8g	

### Yogurt in the CACFP

- Creditable yogurt can be served frozen
- Homemade yogurt is not creditable due to potential food safety concerns
- May replace the grain at breakfast up to three times per week
- Drinkable yogurt is not creditable

1. Determine Serving Size in ounces or grams \_\_\_\_\_
2. Find the Sugars in grams \_\_\_\_\_

Does this yogurt meet the sugar requirement? \_\_\_\_\_

(Answer: Yes, the maximum sugar allowed for 8 oz. (or 1 cup) serving of yogurt is 31 grams. This yogurt is 29 grams, so this is creditable.)

### Yogurt Serving Sizes by Age

	Toddler 1-2 years	Preschool 3-5 years	School Age 6-12 years
<b>Breakfast*</b>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)
<b>Lunch/Dinner</b>	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
<b>Snack</b>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)

\* May replace the grain component up to 3 times per week