



# How to Determine Qualifying Yogurts

## Yogurt must contain:

- $\leq 23$  grams TOTAL sugar per 6 ounces

## How to determine if yogurt is within sugar limit:

1. Find the total sugars in grams and serving size in grams or ounces
2. Determine the sugar content based on the serving size from the chart
3. If answer is  $\leq$  or  $=$  number in the "Sugars" column, yogurt is within required sugar limit

Nutrition Facts	
Serving Size 1 tube (56g)	
Servings Per Carton 24	
Amount Per Serving	
<b>Calories</b>	50
Calories from Fat	5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>1%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Potassium</b> 85mg	<b>2%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 8g	
<b>Protein</b> 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 10%	Iron 0%
Vitamin D 10%	Riboflavin 4%
Phosphorus 6%	

Serving Size Ounces (oz)	Serving Size Grams (g)	Sugars Grams (g)
If the serving is:		Sugars must be $\leq$ or $=$
2	56	8
2.25	64	9
3.5	99	13
4	113	15
5.3	150	20
6	170	23
8	227	31

### Example:

Total Sugars = 8g; Serving size = 56g

8g = 8g



\*Adapted from USDA's Sugar Limits and Yogurt Table