


Creditable Yogurt Chart

Chobani

| | Sugar Limit | Grams | Sugars |
|-----------------------|-------------|---|--------|
| Non-fat Plain | 227g |  | 6g |
| Greek Vanilla Blended | 227g | | 20g |


Dannon

| | | | |
|-----------------------|------|---|-----|
| Non-fat Plain | 225g |  | 15g |
| Light and Fit Vanilla | 225g | | 13g |


Fage

| | | | |
|------------------|------|---|----|
| Plain 0% Milkfat | 227g |  | 9g |
| 2% Milkfat | 225g | | 9g |


Great Value

| | | | |
|---------------------|------|--|-----|
| Non-fat Plain | 225g |  | 16g |
| Vanilla | 225g | | 16g |
| Greek Light Vanilla | 227g | | 11g |
| Greek Plain | 227g | | 11g |

Kroger

| | | | |
|-----------------|------|---|-----|
| Greek Plain | 227g |  | 9g |
| Greek Vanilla | 227g | | 12g |
| Lite Strawberry | 227g | | 12g |

Stoneyfield Organic

| | | | |
|----------------------------|------|---|-----|
| Smooth & Creamy LF Vanilla | 227g |  | 22g |
|----------------------------|------|---|-----|

Simple Truth

| | | | |
|---------------|------|---|-----|
| Greek Vanilla | 227g |  | 21g |
|---------------|------|---|-----|

Chobani

| | Sugar Limit | Grams | Sugars |
|-------------------|-------------|-------|--------|
| Greek Yogurt/4 pk | | | |
| Coconut Blended | 150g | | 13g |
| Black Cherry | 150g | | 17g |
| Key Lime | 150g | | 19g |
| Strawberry | 150g | | 15g |

Dannon

| | | | |
|---------------------------------|------|--|-----|
| Activia packages (not all work) | 113g | | 13g |
| Black Cherry & Mixed Berry | | | |
| Light and Fit Greek Package | | | |
| Cherry | 150g | | 7g |
| Blueberry | 150g | | 7g |

Great Value

| | | | |
|----------------------|------|--|-----|
| Strawberry, Vanilla | 170g | | 18g |
| Peach, and Blueberry | | | |
| Light | 170g | | 13g |
| Vanilla, & Blueberry | | | |
| Light 4pk: | 170g | | 10g |
| Strawberry/banana | | | |

Kroger

| | | | |
|------------------------------|------|--|-----|
| Lite: | | | |
| Vanilla, Peach, & Strawberry | 170g | | 9g |
| Blueberry & Straw/Banana | 170g | | 10g |
| Carbmaster: | | | |
| Vanilla, Cinn Rolll | 170g | | 1g |
| & Key Lime | | | |
| Cherry and Raspberry | 170g | | 2g |



*** Not all Yogurts are creditable and manufactures may change product. Always check the product label to ensure the yogurt meets the required sugar limit. Offering non-creditable yogurts will result in lack of reimbursement.

This institution is an equal opportunity provider.

Creditable Yogurt Examples



How to Determine a Creditable Yogurt

Find the Serving Size in Grams

Locate the sugars in Grams

Refer to the Creditable Yogurt Chart to see if the yogurt of your choice falls between the required sugar guidelines

If the yogurt exceeds the limit listed for the Serving Size it is not an allowable yogurt.

Table below is reference from:

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

| Serving Size Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Sugars |
|-----------------------------|---|-------------------------------|
| If the serving size is: | | Sugars must not be more than: |
| 1 oz | 28 g | 4 g |
| 1.25 oz | 35 g | 5 g |
| 1.5 oz | 43 g | 6 g |
| 1.75 oz | 50 g | 7 g |
| 2 oz | 57 g | 8 g |
| 2.25 oz | 64 g | 9 g |
| 2.5 oz | 71 g | 10 g |
| 2.75 oz | 78 g | 11 g |
| 3 oz | 85 g | 11 g |
| 3.25 oz | 92 g | 12 g |
| 3.5 oz | 99 g | 13 g |
| 3.75 oz | 106 g | 14 g |
| 4 oz | 113 g | 15 g |
| 4.25 oz | 120 g | 16 g |
| 4.5 oz | 128 g | 17 g |

| Serving Size Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Sugars |
|-----------------------------|---|-------------------------------|
| If the serving size is: | | Sugars must not be more than: |
| 4.75 oz | 135 g | 18 g |
| 5 oz | 142 g | 19 g |
| 5.25 oz | 149 g | 20 g |
| 5.3 oz | 150 g | 20 g |
| 5.5 oz | 156 g | 21 g |
| 5.75 oz | 163 g | 22 g |
| 6 oz | 170 g | 23 g |
| 6.25 oz | 177 g | 24 g |
| 6.5 oz | 184 g | 25 g |
| 6.75 oz | 191 g | 26 g |
| 7 oz | 198 g | 27 g |
| 7.25 oz | 206 g | 28 g |
| 7.5 oz | 213 g | 29 g |
| 7.75 oz | 220 g | 30 g |
| 8 oz | 227 g | 31 g |



Chobani
Coconut Blended
Black Cherry
Key Lime
Strawberry



Activia
Black Cherry
Mixed Berry
Strawberry
Vanilla



Light and Fit Greek
Cherry
Strawberry Cheesecake
Blueberry



Dannon Light and Fit
Cherry
Strawberry Banana
Coconut Vanilla
Blueberry



Great Value Greek
Strawberry
Peach
Vanilla
Blueberry



Great Value Light 4PK
Strawberry
Strawberry Banana
Blueberry



Kroger Brand Lite
Vanilla
Peach
Strawberry
Blueberry
Strawberry banana



Kroger Carbmaster
Vanilla
Cinnamon Roll
Key Lime
Cherry
Raspberry

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