



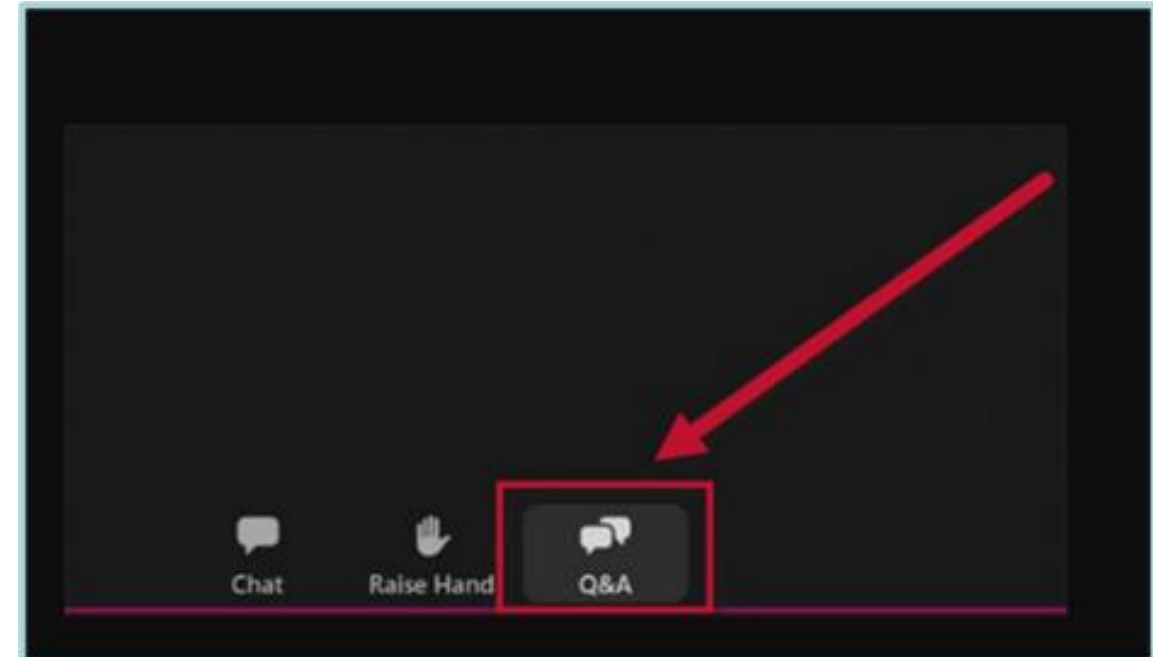
CACFP Thinking Thursdays -

Updated Added Sugars Requirements

May 22, 2025

Welcome to Thinking Thursdays!

- Participants are muted
- Enter your questions into the Q&A, not the Chat
- CACFP staff will answer questions in the Q&A



Glad you could join us!

- Thinking Thursdays presentations are posted on the CACFP Training page.
 - Visit michigan.gov/mde/services/food/cacfp, click on Training then scroll toward the bottom and click on the Thinking Thursdays link.
- Certificate will be emailed if you attend the entire webinar.
- Upcoming Thinking Thursdays: June 26, 2025
 - NexSys Changes and Questions

Lowering Added Sugars

Sugar limits for breakfast cereals and yogurt will be based on **Added Sugars** rather than **Total Sugars**.

Must be implemented by October 1, 2025

- **Yogurt:** no more than 12 gm per 6 ounces or 2 gm per 1 ounce
 - **Breakfast cereals:** no more than 6 gm per dry ounce
- CACFP operators may continue to use any State's updated WIC list to help identify allowable breakfast cereals, and now, yogurt.
- If you are a SFA, the deadline is July 1, 2025 for added sugar limits.

Sugar and Health

Unhealthy
weight gain
and obesity

Heart disease

Tooth decay

Decreased
immune
system

Increased risk
of Type 2
Diabetes

Swelling and
blurry vision

What is the Difference Between Sugars?

There are two types of sugars that may be present in foods:

- Naturally occurring sugars: part of the food as it is found in nature
- Added sugars: added during processing; provides calories, but little to no vitamins or minerals



Yogurt Lower in Added Sugars

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

- Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
- Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.
- Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts
7 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories 130

Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 10mg 2%
Sodium 50mg 1%
Total Carbohydrate 17g 3%
Dietary Fiber 0g 0%
Total Sugars 14g
Includes 11g Added Sugars 20%
Protein 14g 28%

Vitamin D 0mg 0%
Calcium 110mg 11%
Iron 0mg 0%
Potassium 220mg 4%

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.5 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Test Yourself:


Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____
Added Sugars: _____

Yes No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov



By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces.

Find yogurts that meet the added sugars limit by using the “Choose Yogurt That Is Lower in Added Sugars” worksheet:

www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar

Yogurt and Added Sugar Chart

Try It Out!



Use the “Added Sugars Limit in Yogurt” table below to help find yogurt you can serve at your site. Write down your favorite brands and other information in the “Yogurt To Serve in the CACFP” list. You can use this as a shopping list when buying yogurt to serve in your program.



Added Sugars Limit in Yogurt

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

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. 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 **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

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.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No



*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Step 1

1

Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

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.

Example 1: Try It Out!

What is the Serving Size?

- 4 oz
- 6 oz
- 8 oz
- 130 oz

Nutrition Facts

7 servings per container

Serving size 6 oz (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 65mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 14g

Includes 10g Added Sugars **20%**

Protein 14g **28%**

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 0mg 0%

Potassium 220mg 4%



Answer

What is the Serving Size?

- 4 oz
- 6 oz
- 8 oz
- 130 oz

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%



Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

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



Step 2

1 Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

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

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	2%
Sodium 65mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

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.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No



2

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

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.



Try It Out!

How much added sugar is in one serving of this yogurt?

- 4 g
- 10 g
- 21 g
- 40 g

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%



Try It Out!

How much added sugar is in one serving of this yogurt?

- 4 g
- 10 g
- 21 g
- 40 g

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%



Step 3

3

Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

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

Nutrition Facts
2 servings per container
Serving size 6 oz (170g)
Amount per serving
Calories 130
% Daily Value*

Serving Size	Serving Size Ounces (oz)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Test Yourself:
Does the yogurt above meet the added sugars limit? (Check your answer on the next page)
Serving Size: _____
Added Sugars: _____
 Yes No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not available in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.

Serving Size Ounces (oz)

Serving Size Grams (g)
(Use when the serving size is not listed in ounces)

Added Sugars Grams (g)

If the serving size is:

If the serving size is:

Added Sugars cannot be more than:

2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Step 3 (continued)

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than 12 grams of added sugars per 6 ounces (1 gram of added sugars per ounce). There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

- Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
- Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.
- Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts
7 servings per container
Serving size 6 oz (170g)

Amount per serving
Calories **130**

Total Fat 0g 0%
Saturated Fat 0g 0%
Cholesterol 50mg 10%
Sodium 10mg 2%
Total Carbohydrate 12g 6%
Dietary Fiber 0g 0%
Total Sugars 12g
Includes 10g Added Sugars 20%
Protein 1g 2%

Vitamin D 0mcg 0%
Calcium 100mg 10%
Iron 0mg 0%
Potassium 20mg 4%

Test Yourself:
Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)
Serving Size: _____
Added Sugars: _____
 Yes No

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 sizes have refer to those commonly found for store-bought yogurts. Homemade yogurt is not available in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov

3

Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars cannot be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Step 4

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than 12 grams of added sugars per 6 ounces (1 gram of added sugars per ounce).

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

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

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Tip: If the serving size says "non-container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:
Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)
Serving Size: _____
 Yes No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not available in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.

4

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

Serving Size Ounces (oz)

Serving Size Grams (g)
(Use when the serving size is not listed in ounces)

Added Sugars Grams (g)

If the serving size is:

If the serving size is:

Added Sugars cannot be more than:

2.25 oz

64 g

4 g

3.5 oz

99 g

7 g

4 oz

113 g

8 g

5.3 oz

150 g

10 g

6 oz

170 g

12 g

8 oz

227 g

16 g

Try It Out!

Does this yogurt meet the added sugars limit?

Yes

No

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars cannot be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Answer

Does this yogurt meet the added sugars limit?

Yes

No

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars cannot be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Example 2:
Try It Out!
Which Yogurts Can
You Add to Your List?



A Brand Strawberry Yogurt

Nutrition Facts

1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 5g	10%
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A Brand Strawberry Yogurt

Try It Out!

Does this strawberry yogurt meet the added sugars limit?

Yes

No

Nutrition Facts	
1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 5g	10%
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 282mg	6%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

A Brand Strawberry Yogurt

Answer

Does this strawberry yogurt meet the added sugars limit?

Yes

No

Nutrition Facts	
1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
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Try It Out!

Which Yogurts Can You Add to Your List?

Nutrition Facts	
1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A Brand Strawberry Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars cannot be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g



Try It Out!

Use the "Added Sugars Limit 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.



Added Sugars Limit in Yogurt

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

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g):
<i>Yummy Yogurt</i>	<i>Vanilla</i>	<i>6 oz</i>	<i>10</i>

*The amount of added sugars 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 added sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

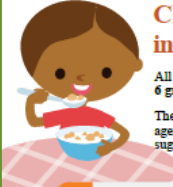
Answer to "Test Yourself" activity on page 1: This yogurt has 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g)
<i>Yummy yogurt</i>	<i>vanilla</i>	<i>6 oz</i>	<i>10</i>
<i>B Brand</i>	<i>Peach</i>	<i>113 g</i>	<i>7</i>

Breakfast Cereals Lower in Added Sugars

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size ¼ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:
Does the cereal above meet the added sugars limit?
(Check your answer on the next page)
Serving Size: _____
Added Sugars: _____
 Yes No

By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

You can use any cereal that is listed on any State agency's WIC-approved cereal list.

You can find cereals that meet the sugar limit by using Team Nutrition's "Choose Breakfast Cereals That Are Lower in Added Sugars" worksheet:

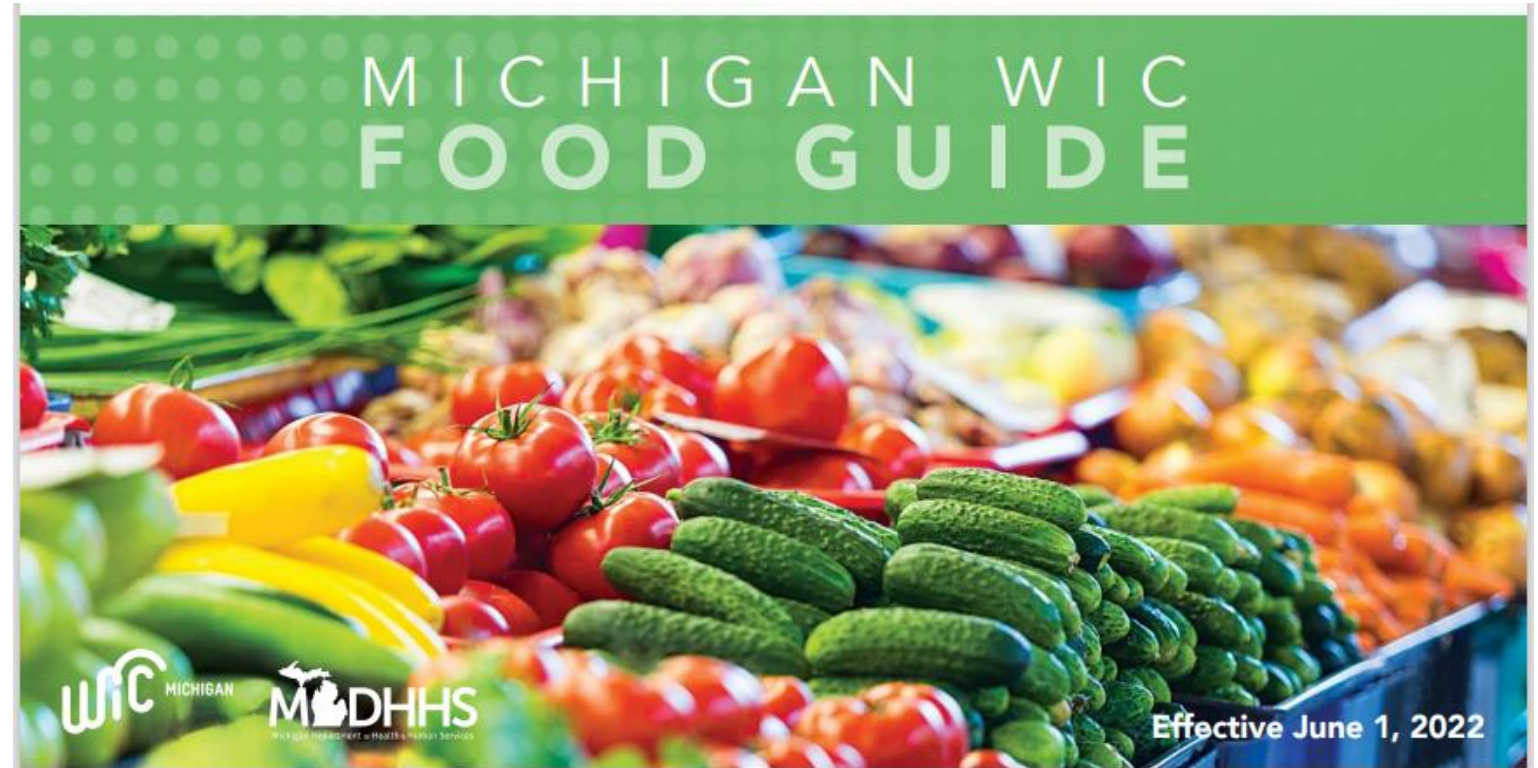
www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar.



WIC-Approved Breakfast Cereal List

Meets the sugar limits
for the CACFP

WIC Approved Foods



<https://www.michigan.gov/mdhhs/assistance-programs/wic/wicvendors/wic-foods>

Breakfast Cereals and Added Sugars

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

Breakfast Cereals Lower in Added Sugars

Steps for Determining If a Breakfast Cereal Meets the Added Sugars Limit

1

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

2

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

3

Use the serving size identified in Step 1 to find the serving size of your breakfast cereal in the table.

4

Looking at the table, if your breakfast cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

Step 1: Breakfast Cereals Added Sugars



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

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

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

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

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



#1 Try it Out:

What is the serving size?

- 15 g
- 30 g
- 5 g

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	



What is the serving size?

1 Answer:

What is the serving size?

- 15 g
- 30 g
- 5 g

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
<hr/>	
Amount per serving	
Calories	100
<hr/>	
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	





Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars per dry ounce**.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

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

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

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

Step 2: Breakfast Cereals

2

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



#2 Try It Out!

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
<hr/>	
Amount per serving	
Calories	100
<hr/>	
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

How much added sugar is in one serving?

- 4 g
- 22 g
- 5 g



#2 Answer:

How much added sugar is in one serving?

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

- 4 g
- 22 g
- 5 g



Step 3: Breakfast Cereals



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars per dry ounce**.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

Yummy Brand Cereal

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

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

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Nutrition Facts	
15 servings per container	
Serving size ¼ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

3

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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



Step 3: Try It Out!

If the serving size for cereal is 30 grams, which row would it belong in?

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Choose one of the following rows:

- 12 - 16 g
- 26 - 30 g
- 31 - 35 g
- 45 - 49 g
- 55 - 58 g
- 59 - 63 g
- 74 - 77 g



#4 Try It Out!

If the serving size for cereal is 30 grams, which row would it belong in?

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

Choose one of the following rows:

- 12 - 16 g
- 26 - 30 g
- 31 - 35 g
- 45 - 49 g
- 55 - 58 g
- 59 - 63 g
- 74 - 77 g



Step 4: Breakfast Cereals



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars per dry ounce**.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

Yummy Brand Cereal

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

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

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

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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 "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Nutrition Facts	
15 servings per container	
Serving size ¼ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No

4

In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. **If the cereal has that amount of added sugars or less, the cereal meets the added sugars limit.**

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

#5 Try It Out!

Is this cereal creditable?

- Yes No

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

4

In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column. **If the cereal has that amount of added sugars or less, the cereal meets the added sugars limit.**

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

#5 Answer

Is this cereal creditable?

Yes

No

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

4

In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column. **If the cereal has that amount of added sugars or less, the cereal meets the added sugars limit.**

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

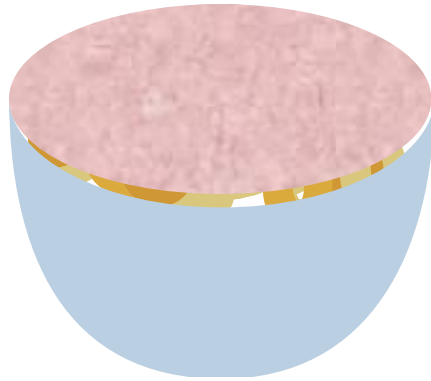
Things to Remember: Servings Per Container

Nutrition Facts	
2 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 180mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

- Shows the total number of servings in the entire food package or container.
- One package of food may contain more than one serving.

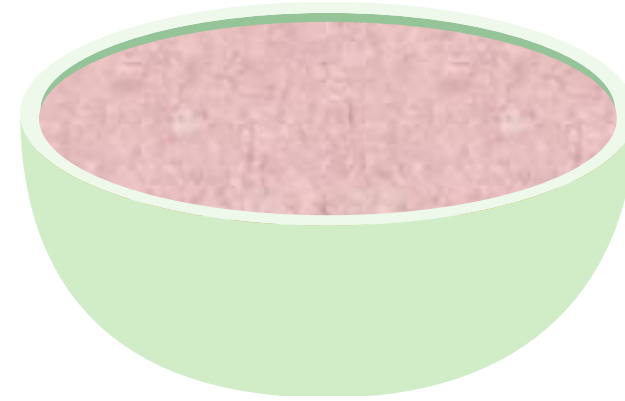
Serving Sizes Explained

1 serving
6 ounces



120 calories and
9 grams of added sugars

2 servings
12 ounces



240 calories and
18 grams of added sugars

Thank you

Questions?

Enter your questions into the Q&A box

CACFP General Email: MDE-CACFP@michigan.gov

USDA Nondiscrimination Statement

USDA Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [USDA Program Discrimination Complaint Form](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

- 1. fax:**
(833) 256-1665 or (202) 690-7442; or
- 2. email:**
program.intake@usda.gov

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