# FACTORS FOR SERVING YOGURT IN THE CACFP



## Choose Type

Serve plain or flavored, unsweetened or sweetened yogurt.

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#### **Focus on Components** (Adults Only)

Adults may have yogurt in place of milk once per day. Yogurt can credit as a meat alternate only when it is not used to meet the milk component in the same meal.

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#### Go Commercial

Non-commercial and homemade yogurts are not creditable food items. Some common examples include frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt bars, and yogurt-covered fruits or nuts.



### Reduce Sugar

Yogu<mark>rt must contain no m</mark>ore than 12 grams of added sugar per 6 ounces.



## Incorporate Smoothies

Serve yogurt in smoothies as a meat/meat alternate with any meal or snack.





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