

NUTRITION STANDARDS FOR ADDED SUGARS: YOGURT

The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) published the Final Rule, “[Child Nutrition Programs: Meal Patterns Consistent With the 2020–2025 Dietary Guidelines for Americans](#),” which establishes added sugars limits using a two-phase approach in the school lunch and breakfast programs. The first phase provides added sugars limits for specific products (cereals, yogurt, and flavored milk) to target the leading contributors of added sugars in school meals.

Added Sugars in Yogurt

The [Dietary Guidelines for Americans, 2020–2025 \(DGAs\)](#) recommend limiting added sugars to less than 10 percent of daily calories. The USDA FNS [Added Sugars in School Meals and Competitive Foods Report to Congress](#) found the following:

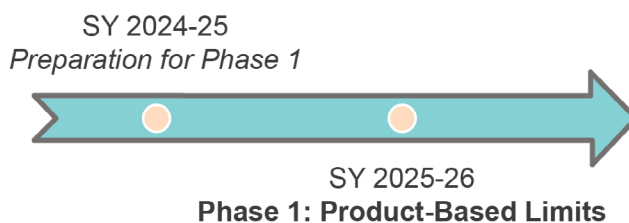
- School breakfasts provide about 17 percent of calories from added sugars.
- Yogurt (low-fat/fat-free), which contains, on average, 44.8 percent of calories from added sugars, is one of the top 10 contributors of added sugars in school breakfasts.



To help reduce the amount of added sugars in school meals, the USDA established an added sugars limit for yogurt.

Added Sugars Timeline and Limit for Yogurt

By July 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).



Determine if Your Yogurt Meets the Added Sugars Limit

Step 1:

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

Step 2:

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

Step 3:

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

Nutrition Facts	
1 servings per container	
Serving size	5.3 oz (150g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Sodium 55mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 0g 0%	
Total Sugars 14g	
Includes 11g Added Sugars 22%	
Protein 14g	
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<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>	

Serving Size Ounces (oz)	Serving Size Grams (g)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added Sugars must not be more than:
2 oz	57 g	4 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g

Step 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.

Test Yourself: Does the yogurt above meet the added sugars limit? (Find the answer on the last page.)

Note: You can also multiply the **Net Weight (oz)** of the yogurt by a **factor of 2** to determine the added sugars limit.

$$\text{Added Sugars Limit (grams)} = \text{Net Weight (oz)} \times 2$$

To determine the added sugars limit of yogurt with a net weight of 4 oz, multiply 4 by 2:

$$\text{Added Sugars Limit (grams)} = 4 \text{ oz} \times 2 = 8$$

The added sugars limit for yogurt with a net weight of 4 oz is 8 g.

If the Added Sugars shown on the Nutrition Facts label has 8 g of added sugars or less, the yogurt meets the added sugars limit.

This 4 oz yogurt single-serve cup, which contains 5 g of added sugars, MEETS the added sugars limit.

Nutrition Facts	
1 servings per container	
Serving size	4 oz (113g)
Amount Per Serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 4g	
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<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>	

Test Yourself: Does this yogurt meet the added sugars limit? (Find the answer on the last page.)

Nutrition Facts	
1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 14g Added Sugars	28%
Protein 5g	
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<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>	

Procuring Yogurt that Meets the Added Sugars Limit

Use the checklist below to procure yogurt from your vendors that meets the added sugars limit.

Evaluate Your Yogurt

Determine the amount of added sugars per ounce in the yogurt you currently offer. Refer to the methods outlined on the previous pages.

Identify which yogurt meets and does not meet the added sugars limit.

Yogurt that Meets the Added Sugars Limit	Yogurt that DOES NOT Meet the Added Sugars Limit

Assess the popularity of yogurt varieties; ensure there are various options to choose from that meet the added sugars limit.

Conduct market research to familiarize yourself with other yogurt options that meet the added sugars limit.

Discuss Menu Needs with Vendors

Notify vendors of the added sugars limit for yogurt.

Share yogurt options you currently offer that do NOT meet the added sugars limit.

Ask vendors about possible substitutes and future product reformulations.

Incorporate New Products into Menu

Seek student input via taste-testing activities and surveys.

Procure new yogurt that meets the added sugars limit. See the sample product specification on the following page.

Sample Product Specification for Yogurt

An important aspect of the procurement process is writing specifications. To procure yogurt that meets the added sugars limit, include the limit within the specification. You can insert the added sugars limit within the specification with variations of the following terms:

“No more than,” “May not exceed,” or “A maximum limit of”

2 grams (g) of added sugars per ounce

Here is an example of a partially written product specification for yogurt that is suitable for formal or informal procurement documents.



YOGURT, NONFAT, BLUEBERRY, BLENDED. Single-serve 4.0 oz cups. 1.0 oz equivalent M/MA. **May not exceed 2 grams of added sugars per ounce.** No nonnutritive sweeteners or sugar alcohols.

ANSWERS

“Test Yourself” activity on page 2: This yogurt has 11 grams of added sugars per 5.3 ounces (150 g). The maximum amount of added sugars allowed in 5.3 ounces of yogurt is 10 grams. This yogurt does not meet the added sugars limit.

“Test Yourself” activity on page 3: This yogurt has a net weight of 6 oz. 6 oz multiplied by a factor of 2 is 12 g. The added sugars limit for yogurt with a net weight of 6 oz is 12 g. This 6 oz yogurt single-serve cup, which contains 14 g of added sugars, does not meet the added sugars limit.

REFERENCES

U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2020, December). *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

U.S. Department of Agriculture, Food and Nutrition Service. (2022, May). *Added sugars in school meals and competitive foods. A report to Congress*. <https://fns-prod.azureedge.us/sites/default/files/resource-files/AddedSugarsinSchoolMeals.pdf>

U.S. Department of Agriculture, Food and Nutrition Service. (2024, April 25). *Final Rule - Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 DGAs*. <https://www.fns.usda.gov/cn/fr-042524>

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