

Added Sugar Limit in Yogurt

All yogurt must have no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce)



Yogurt may be plain or flavored; unsweetened or sweetened.



Serving Size Ounces (oz)	Serving Size Grams (g)	Added Sugar Grams (g)	Crediting for Meat/Meat Alternate (oz eq)
The serving size is either (oz) or (g):		Added sugars must not be more than:	
1 oz	28 g	2 g	0.25 oz eq
2 oz	57 g	4 g	0.5 oz eq
3 oz	85 g	6 g	0.75 oz eq
4 oz	113 g	8 g	1 oz eq
5 oz	142 g	10 g	1.25 oz eq
5.3 oz	150 g	10 g	1.25 oz eq
6 oz	170 g	12 g	1.5 oz eq
8 oz	227 g	16 g	2 oz eq

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Added Sugars Limit in Cereal

Breakfast cereals must have no more than 6 grams of added sugars per dry ounce.



Cereal must be whole grain, enriched or fortified. Remember at least 80% of grains served must be whole grain-rich.



Serving Size Grams (g) If the serving size is:	Added Sugars Grams (g) Added sugars must not be more than:	Crediting for Grain (oz eq)
0-2 g	0 g	
3-7 g	1 g	
8-11 g	2 g	
12-16 g	3 g	0.5 oz eq
17-21 g	4 g	
22-25 g	5 g	
26-30 g	6 g	1 oz eq
31-35 g	7 g	
36-40 g	8 g	
41-44 g	9 g	1.5 oz eq
45-49 g	10 g	
50-54 g	11 g	
55-58 g	12 g	2 oz eq

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