

New CACFP Meal Pattern

Early Implementation Allowances



Yogurt in Place of Milk for Adults

Yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day in adult day care centers.



- Yogurt must contain no more than 23 grams of total sugars per 6 ounces
- Six ounces (weight) or $\frac{3}{4}$ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day in adult day care centers

Note: Yogurt cannot be served in place of milk at a meal where yogurt is served as a meat alternate.

Why is this Important?

For adults in CACFP, yogurt offers a healthy alternative for those adults that prefer beverages other than milk. Yogurt provides calcium, protein, potassium, and other important nutrients.



Yogurt Serving Size	Sugar MAX Limits
2.25 ounces	8 grams
3.5 ounces	13 grams
4 ounces	15 grams
5.3 ounces	20 grams
6 ounces	23 grams
8 ounces	30 grams

Additional Resources:

USDA Food and Nutrition Service, Nutrition Standards for CACFP Meals and Snacks:

<http://www.fns.usda.gov/cacfp/meals-and-snacks>

Child and Adult Care Food Program | Nutrition Services Branch

Division of Public Health | NC DHHS

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