Early Implementation Allowances

5: Yogurt in Place of Milk for Adults

Yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent 8 ounces of fluid milk once per day.

Why is This Important?
For adults in CACFP, this offers a healthy alternative for those adults that prefer beverages other than milk.

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

Texas Department of Agriculture
Commissioner Sid Miller

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