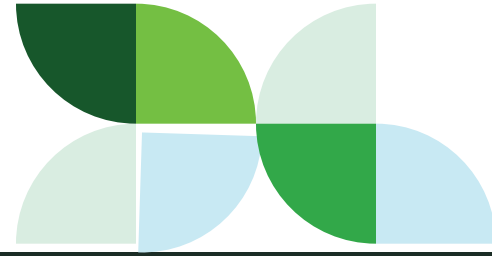


# Early Implementation Allowances

## 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:

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



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