

4/19/2022

In accordance with the USDA Food and Nutrition Service regulations, Child Nutrition Labeling for Non-meat Products, a 4 oz serving of Yami low-fat yogurt equals one equivalent meat alternate; each 8 oz of Yami low-fat yogurt equals two equivalent meats alternate. The following CFR citation is provided for reference:

7 CFR Part 226.20 Food and Nutrition Service, USDA

226.20 Requirements for Meals.

(C) Yogurt may be used to meet all or part of the meat/meat alternate requirement.

Yogurt served may be either plain or flavored, unsweetened or sweetened. Noncommercial and/or non-standardized yogurt products, such as frozen yogurt, homemade yogurt, yogurt flavor products, yogurt bars, yogurt covered fruit and/or nuts or similar products shall not be credited.

Four ounces (weight) or ½ cup (volume) of yogurt fulfills the equivalent of one meat/meat alternate requirement in the meal plan.

I certify that Yami low-fat yogurt meets the requirements of a standardized yogurt as defined by 21 CFR 131.206.

You may contact me if you have any questions regarding this information.

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