

ATTACHMENT B

Product-Based Added Sugars Limits Tables

The purpose of this attachment is to help State agencies and school food authorities determine whether breakfast cereals, flavored milk, and yogurt offered in the National School Lunch Program and School Breakfast Program meet the product-based added sugar limits. To assess products:

1. Identify the appropriate table below.
2. Use a product's nutrition label to determine which added sugars limit corresponds to the product's serving size.
3. Evaluate whether the product's added sugars, as listed on the nutrition label, are equal to or less than the limit listed in the table. If so, the product meets the added sugar limits.

Table 1: Limits for Added Sugars in Breakfast Cereals

If the serving size (g) is:	Added sugars (g) should be this amount or less:
12-16 g	3 g
26-30 g	6 g
31-35 g	7 g
36-40 g	8 g
45-49 g	10 g
55-58 g	12 g
59-63 g	13 g
74-77 g	16 g

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Table 2: Limits for Added Sugars in Yogurts

If the serving size (oz) is:	If the serving size (g) is:	Added sugars (g) should be this amount or less:
2 oz	57 g	4 g
3 oz	85 g	6 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

Table 3: Limits for Added Sugars in Flavored Milk

If the serving size (fl oz) is:	Added sugars (g) should be this amount or less:
8 fl oz	10 g
12 fl oz	15 g

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