**Sugar Limits in Cereal**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Serving Size | Sugars |  | Serving Size | Sugars |
| If the serving size is: | **Sugars cannot be more than:** |  | **If the serving size is:** | **Sugars cannot be more than:** |
| 10-14 grams | 2 grams |  | 57-60 grams | 12 grams |
| 15-18 grams | 3 grams |  | 61-65 grams | 13 grams |
| 19-22 grams | 4 grams |  | 66-70 grams | 14 grams |
| 23-27 grams | 5 grams |  | 71-75 grams | 15 grams |
| 28-32 grams | 6 grams |  | 76-79 grams | 16 grams |
| 33-37 grams | 7 grams |  | 80-84 grams | 17 grams |
| 38-42 grams | 8 grams |  | 85-89 grams | 18 grams |
| 43-46 grams | 9 grams |  | 90-93 grams | 19 grams |
| 47-51 grams | 10 grams |  | 94-98 grams | 20 grams |
| 52-56 grams | 11 grams |  | 99-102 grams | 21 grams |

**Sugar Limits in Yogurt**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| If the serving size is: | Sugars must not be more than: |  | If the serving size is: | Sugars must not be more than: |
| 1 oz | 28 g | 4 g |  | 4.75 oz | 135 g | 18 g |
| 1.25 oz | 35 g | 5 g |  | 5 oz | 142 g | 19 g |
| 1.5 oz | 43 g | 6 g |  | 5.25 oz | 149 g | 20 g |
| 1.75 oz | 50 g | 7 g |  | 5.3 oz | 150 g | 20 g |
| 2 oz | 57 g | 8 g |  | 5.5 oz | 156 g | 21 g |
| 2.25 oz | 64 g | 9 g |  | 5.75 g | 163 g | 22 g |
| 2.5 oz | 71 g | 10 g |  | 6 oz | 170 g | 23 g |
| 2.75 oz | 78 g | 11 g |  | 6.25 oz | 177 g | 24 g |
| 3 oz | 85 g | 11 g |  | 6.5 oz | 184 g | 25 g |
| 3.25 oz | 92 g | 12 g |  | 6.75 oz | 191 g | 26 g |
| 3.5 oz | 99 g | 13 g |  | 7 oz | 198 g | 27 g |
| 3.75 oz | 106 g | 14 g |  | 7.25 oz | 206 g | 28 g |
| 4 oz | 113 g | 15 g |  | 7.5 oz | 213 g | 29 g |
| 4.25 oz | 120 g | 16 g |  | 7.75 oz | 220 g | 30 g |
| 4.5 oz | 128 g | 17 g |  | 8 oz | 227 g | 31 g |