

This list includes yogurt and cultured soy products that meet the Connecticut Nutrition Standards for the Snacks and Desserts category. For additional information on the Connecticut Nutrition Standards, see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>. Contact information for listed vendors is available in *Vendors for Acceptable Food and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>

Products meeting the Connecticut Nutrition Standards must be in a single-serve package OR in a package that does not exceed the serving size limits below (see "Maximum Portion Size"). Products with more than one serving per package are denoted by an asterisk (\*). Nutrition information for these products is listed for the entire package, not the single serving size.

Product formulations and packaging may change. The nutrition information below is based on package label and/or manufacturer information supplied at the time of product review. If this information does not match your product's label, please provide the Nutrition Facts label to the Connecticut State Department of Education so this information can be updated. **This list is updated regularly and is subject to change. Check online for the most recent version at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>.**

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Maximum Portion Size	
Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

Connecticut Nutrition Standards																		
Category: Snacks and Desserts																		
					No more than 7 grams		No more than 35%	No more than 2 grams					Yogurt and Cultured Soy: No more than 5 grams total sugars per ounce <sup>1</sup>			No more than 500 milligrams	Increase Fiber	No artificial sweeteners or sugar alcohols. No chemically altered fat substitutes.

Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
Breyers	Fruit-on-the-Bottom Yogurt, Black Cherry, 6 oz	6 oz-wt	170	170	1.5	14	7.9%	1.0	9.0	5.3%	0.0	29	4.8	17.0%	90	<1	Pinnacle	UPC 46675 12644 7







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<sup>1</sup> Includes naturally occurring and added sugars, e.g., no more than 40 grams in 8 ounces, 30 grams in 6 ounces, 20 grams in 4 ounces, and 11.25 grams in 2.2 ounces.																

Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
Breyers	Smooth & Creamy Yogurt, Strawberry, 4 oz	4 oz-wt	113	110	1.0	9	8.2%	0.5	4.5	4.1%	0.0	17	4.3	15.0%	55	0	Pinnacle	UPC 46675 12101
Breyers	Swirled Lowfat Yogurt, Strawberry Banana, 4 oz	4 oz-wt	113	110	1.0	9	8.2%	0.5	4.5	4.1%	0.0	15	3.8	13.2%	120	0	Pinnacle	UPC 46675 12126
Breyers	Swirled Lowfat Yogurt, Strawberry, 4 oz	4 oz-wt	113	110	1.0	9	8.2%	0.5	4.5	4.1%	0.0	15	3.8	13.2%	120	0	Pinnacle	UPC 46675 12119
Byrne Dairy	Yogurt, Lowfat Blueberry, 6 oz	6 oz-wt	170	150	1.5	14	9.0%	1.0	9.0	6.0%	0.0	24	4.0	14.1%	80	0	Byrne Dairy	UPC 43119 00871
Byrne Dairy	Yogurt, Lowfat Cherry, 6 oz	6 oz-wt	170	160	1.5	14	8.4%	1.0	9.0	5.6%	0.0	26	4.3	15.3%	80	0	Byrne Dairy	UPC 43119 00875
Byrne Dairy	Yogurt, Lowfat Lemon, 6 oz	6 oz-wt	170	160	1.5	14	8.4%	1.0	9.0	5.6%	0.0	25	4.2	14.7%	80	0	Byrne Dairy	UPC 43119 00878



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Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

Connecticut Nutrition Standards																
Category: Snacks and Desserts																
No more than 7 grams		No more than 35%	No more than 2 grams		No more than 10%	Less than 0.5 gram	Yogurt and Cultured Soy: No more than 5 grams total sugars per ounce <sup>1</sup>				No more than 500 milligrams	Increase Fiber	No artificial sweeteners or sugar alcohols. No chemically altered fat substitutes.			
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Byrne Dairy	Yogurt, Lowfat Peach, 6 oz	6 oz-wt	170	160	1.5	14	8.4%	1.0	9.0	5.6%	0.0	26	4.3	15.3%	80	0	Byrne Dairy	UPC 43119 00872
Byrne Dairy	Yogurt, Lowfat Raspberry, 6 oz	6 oz-wt	170	160	1.5	14	8.4%	1.0	9.0	5.6%	0.0	25	4.2	14.7%	80	0	Byrne Dairy	UPC 3119 00873
Byrne Dairy	Yogurt, Lowfat Strawberry Banana, 6 oz	6 oz-wt	170	160	1.5	14	8.4%	1.0	9.0	5.6%	0.0	25	4.2	14.7%	80	0	Byrne Dairy	UPC 43119 00876
Byrne Dairy	Yogurt, Lowfat Strawberry, 6 oz	6 oz-wt	170	160	1.5	14	8.4%	1.0	9.0	5.6%	0.0	26	4.3	15.3%	80	0	Byrne Dairy	UPC 3119 00874
Byrne Dairy	Yogurt, Lowfat Vanilla, 6 oz	6 oz-wt	170	170	1.5	14	7.9%	1.0	9.0	5.3%	0.0	28	4.7	16.5%	95	0	Byrne Dairy	UPC 43119 00877
Colombo	Classic Fruit-on-the-Bottom Yogurt, Cherry, 6 oz	6 oz-wt	170	150	0.0	0	0.0%	0.0	0.0	0.0%	0.0	27	4.5	15.9%	90	0	Thurston	UPC 41148 27636







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Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

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Category: Snacks and Desserts																
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Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
Dannon	Fruit on the Bottom, Mixed Berries, 6 oz	6 oz-wt	170	150	1.5	14	9.0%	1.5	13.5	9.0%	0.0	26	4.3	15.3%	120	0	Guida, HPC, PFG Springfield, Superior Vending, Sysco, Thurston	UPC 0 36632 00116 0
Dannon	Fruit on the Bottom, Peach, 6 oz	6 oz-wt	170	150	1.5	14	9.0%	1.0	9.0	6.0%	0.0	27	4.5	15.9%	95	0	Guida, HPC, PFG Springfield, Superior Vending, Sysco, Thurston	UPC 0 36632 00112 2
Dannon	Fruit on the Bottom, Raspberry, 6 oz	6 oz-wt	170	150	1.5	14	9.0%	1.0	9.0	6.0%	0.0	28	4.7	16.5%	115	0	Guida, HPC, PFG Springfield, Superior Vending, Sysco, Thurston	UPC 0 36632 00107 8





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Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

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Dannon	Natural Flavors, Vanilla, 6 oz	6 oz-wt	170	150	2.5	23	15.0%	1.5	13.5	9.0%	0.0	25	4.2	14.7%	100	0	Guida, HPC, PFG Springfield, Superior Vending, Sysco, Thurston	UPC 036632 00101 6
Dannon	NutriDay Nonfat Yogurt, Blueberry, 4 oz	4 oz-wt	113	90	0.0	0	0.0%	0.0	0.0	0.0%	0.0	16	4.0	14.2%	50	0	Fusion Sales	UPC 36632 03668
Dannon	NutriDay Nonfat Yogurt, Peach, 4 oz	4 oz-wt	113	90	0.0	0	0.0%	0.0	0.0	0.0%	0.0	16	4.0	14.2%	50	0	Fusion Sales	UPC 36632 03668
Dannon	NutriDay Nonfat Yogurt, Strawberry, 4 oz	4 oz-wt	113	90	0.0	0	0.0%	0.0	0.0	0.0%	0.0	16	4.0	14.2%	50	0	PFG Springfield, Sysco	UPC 36632 03667
Dannon	NutriDay Nonfat Yogurt, Vanilla, 4 oz	4 oz-wt	113	90	0.0	0	0.0%	0.0	0.0	0.0%	0.0	16	4.0	14.2%	50	0	Fusion Sales	UPC 36632 03666













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Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

Connecticut Nutrition Standards									
Category: Snacks and Desserts									
No more than 7 grams		No more than 35%	No more than 2 grams		No more than 10%	Less than 0.5 gram	Yogurt and Cultured Soy: No more than 5 grams total sugars per ounce <sup>1</sup>	No more than 500 milligrams	Increase Fiber
<sup>1</sup> Includes naturally occurring and added sugars, e.g., no more than 40 grams in 8 ounces, 30 grams in 6 ounces, 20 grams in 4 ounces, and 11.25 grams in 2.2 ounces.									

No artificial sweeteners or sugar alcohols.  
No chemically altered fat substitutes.

Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
General Mills	Yoplait Original Lowfat Yogurt, Strawberry, 4 oz	4 oz-wt	113	110	1.0	9	8.2%	0.5	4.5	4.1%	0.0	18	4.5	15.9%	55	0	Costa, Superior Vending, Thurston	UPC 70470 00700 (Packaged with Red Raspberry)
General Mills	Yoplait Original Lowfat Yogurt, Strawberry, 6 oz	6 oz-wt	170	170	1.5	14	7.9%	1.0	9.0	5.3%	0.0	27	4.5	15.9%	80	0	Superior Vending	UPC 70470 00300
General Mills	Yoplait ParfaitPro Yogurt, Lowfat Strawberry, 8 oz	8 oz-wt	227	190	1.5	14	7.1%	1.0	9.0	4.7%	0.0	28	3.5	12.3%	120	0	HPC, Sysco, Thurston, US Foodservice	UPC 70470 16631. Bulk Item: Maximum portion size is 8 oz.





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Cultured Soy	8 oz

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No more than 7 grams		No more than 35%	No more than 2 grams		No more than 10%	Less than 0.5 gram	Yogurt and Cultured Soy: No more than 5 grams total sugars per ounce <sup>1</sup>	No more than 500 milligrams	Increase Fiber
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No artificial sweeteners or sugar alcohols.  
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Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
General Mills	Yoplait Thick & Creamy Yogurt, Vanilla, 6 oz	6 oz-wt	170	180	2.5	23	12.5%	1.5	13.5	7.5%	0.0	28	4.7	16.5%	110	0		UPC 70470 00112
General Mills	Yoplait Trix Yogurt, Peach, 4 oz	4 oz-wt	113	100	2.0	18	18.0%	1.5	13.5	13.5%	0.0	13	3.3	11.5%	70	0		UPC 70470 00710 (Packaged with Trix Strawberry Banana)
General Mills	Yoplait Trix Yogurt, Strawberry Banana, 4 oz	4 oz-wt	113	100	2.0	18	18.0%	1.5	13.5	13.5%	0.0	13	3.3	11.5%	70	0		UPC 70470 00710 (Packaged with Trix Peach)
General Mills	Yoplait Trix, Raspberry Rainbow, 4 oz	4 oz-wt	113	90	0.5	5	5.0%	0.0	0.0	0.0%	0.0	14	3.5	12.3%	50	0	HPC, Superior Vending, Thurston	UPC 70470 00720 (Packaged with Trix Strawberry Banana)









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Mountain High	Classic Lowfat Yoghurt, Mountain Blueberry, 6 oz	6 oz-wt	170	140	1.5	14	9.6%	1.0	9.0	6.4%	0.0	23	3.8	13.5%	105	0	Chasen Sales	
Mountain High	Classic Lowfat Yoghurt, Peach, 6 oz	6 oz-wt	170	140	1.5	14	9.6%	1.0	9.0	6.4%	0.0	23	3.8	13.5%	105	0	Chasen Sales	
Mountain High	Classic Lowfat Yoghurt, Raspberry, 6 oz	6 oz-wt	170	140	1.5	14	9.6%	1.0	9.0	6.4%	0.0	23	3.8	13.5%	105	0	Chasen Sales	
Mountain High	Classic Lowfat Yoghurt, Strawberry, 6 oz	6 oz-wt	170	150	1.5	14	9.0%	1.0	9.0	6.0%	0.0	23	3.8	13.5%	105	0	Chasen Sales	
Mountain High	Classic Lowfat Yoghurt, Vanilla, 6 oz	6 oz-wt	170	150	1.5	14	9.0%	1.0	9.0	6.0%	0.0	25	4.2	14.7%	110	0	Chasen Sales	









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Springfield Creamery	Nancy's Organic Cultured Soy, Blackberry, 6 oz	6 oz-wt	170	140	3.5	32	22.5%	0.0	0.0	0.0%	0.0	15	2.5	8.8%	20	2	UNFI	
Springfield Creamery	Nancy's Organic Cultured Soy, Blueberry, 6 oz	6 oz-wt	170	140	3.5	32	22.5%	0.0	0.0	0.0%	0.0	13	2.2	7.6%	20	3	UNFI	
Springfield Creamery	Nancy's Organic Cultured Soy, Kiwi Lime, 6 oz	6 oz-wt	170	160	3.0	27	16.9%	0.0	0.0	0.0%	0.0	21	3.5	12.3%	20	4	UNFI	
Springfield Creamery	Nancy's Organic Cultured Soy, Mango, 6 oz	6 oz-wt	170	170	3.0	27	15.9%	0.0	0.0	0.0%	0.0	23	3.8	13.5%	20	3	UNFI	
Springfield Creamery	Nancy's Organic Cultured Soy, Plain, 6 oz	6 oz-wt	170	150	3.0	27	18.0%	0.0	0.0	0.0%	0.0	15	2.5	8.8%	20	2	UNFI	
Springfield Creamery	Nancy's Organic Cultured Soy, Raspberry, 6 oz	6 oz-wt	170	140	3.5	32	22.5%	0.0	0.0	0.0%	0.0	13	2.2	7.6%	20	4	UNFI	











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Stonyfield Farm	Organic Lowfat Yogurt, Just Peachy, 6 oz	6 oz-wt	170	130	1.5	14	10.4%	1.0	9.0	6.9%	0.0	23	3.8	13.5%	95	2	Berkshire, UNFI	UPC 52159 04008
Stonyfield Farm	Organic Lowfat Yogurt, Luscious Lemon, 6 oz	6 oz-wt	170	140	1.5	14	9.6%	1.0	9.0	6.4%	0.0	23	3.8	13.5%	120	3	Berkshire, UNFI	UPC 52159 04010
Stonyfield Farm	Organic Lowfat Yogurt, Mocha Latte, 6 oz	6 oz-wt	170	140	1.5	14	9.6%	1.0	9.0	6.4%	0.0	22	3.7	12.9%	105	2	Berkshire, UNFI	UPC 52159 04003
Stonyfield Farm	Organic Lowfat Yogurt, Plain, 6 oz	6 oz-wt	170	90	1.5	14	15.0%	1.0	9.0	10.0%	0.0	22	3.7	12.9%	110	2	Berkshire, UNFI	UPC 52159 04000
Stonyfield Farm	Organic Lowfat Yogurt, Raspberry, 6 oz	6 oz-wt	170	130	1.5	14	10.4%	1.0	9.0	6.9%	0.0	22	3.7	12.9%	105	3	Berkshire, HPC, UNFI	UPC 52159 04005



To assist in identifying new items added since the previous edition of the list, the manufacturer and food item (first two columns) of all new items are highlighted in pink.

It is important to note that the nutritional value of items meeting the Connecticut Nutrition Standards can vary. Schools can use this list to identify products that are better choices, by reviewing the columns for fat, saturated fat, trans fat, sugar, sodium and fiber. Schools are strongly encouraged to ensure that a la carte food choices also include a variety of minimally processed and whole foods that are naturally nutrient rich, such as fruits, vegetables, whole grains, low-fat/nonfat dairy, lean meats and legumes.

Maximum Portion Size	
Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

Connecticut Nutrition Standards																	
Category: Snacks and Desserts																	
					No more than 7 grams		No more than 35%	No more than 2 grams		No more than 10%		Less than 0.5 gram	Yogurt and Cultured Soy: No more than 5 grams total sugars per ounce <sup>1</sup>		No more than 500 milligrams	Increase Fiber	No artificial sweeteners or sugar alcohols. No chemically altered fat substitutes.
<sup>1</sup> Includes naturally occurring and added sugars, e.g., no more than 40 grams in 8 ounces, 30 grams in 6 ounces, 20 grams in 4 ounces, and 11.25 grams in 2.2 ounces.																	

Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
Stonyfield Farm	Organic Lowfat Yogurt, Strawberry, 6 oz	6 oz-wt	170	130	1.5	14	10.4%	1.0	9.0	6.9%	0.0	22	3.7	12.9%	95	2	Berkshire, UNFI	UPC 52159 04006
Stonyfield Farm	Organic Lowfat Yogurt, Vanilla, 6 oz	6 oz-wt	170	140	1.5	14	9.6%	1.0	9.0	6.4%	0.0	23	3.8	13.5%	100	2	Berkshire, UNFI	UPC 52159 04002
Stonyfield Farm	Squeezers, Berry, 2 oz	2 oz-wt	57	60	1.0	9	15.0%	0.5	4.5	7.5%	0.0	10	5.0	17.6%	30	1	Berkshire, UNFI	UPC 52159 00083 (Eight pack with Cherry)
Stonyfield Farm	Squeezers, Cherry, 2 oz	2 oz-wt	57	60	1.0	9	15.0%	0.5	4.5	7.5%	0.0	10	5.0	17.6%	30	1	Berkshire, UNFI	UPC 52159 00083 (Eight pack with Strawberry)
Tabatchnick	Tube Yogurt, Cherry	2.25 oz-wt	64	70	1.0	9	12.9%	0.5	4.5	6.4%	0.0	9	4.0	14.1%	45	0	Tabatchnick	Item 71262-40082
Tabatchnick	Tube Yogurt, Strawberry	2.25 oz-wt	64	70	1.0	9	12.9%	0.5	4.5	6.4%	0.0	9	4.0	14.1%	45	0	Tabatchnick	Item 71262-40080



To assist in identifying new items added since the previous edition of the list, the manufacturer and food item (first two columns) of all new items are highlighted in pink.

It is important to note that the nutritional value of items meeting the Connecticut Nutrition Standards can vary. Schools can use this list to identify products that are better choices, by reviewing the columns for fat, saturated fat, trans fat, sugar, sodium and fiber. Schools are strongly encouraged to ensure that a la carte food choices also include a variety of minimally processed and whole foods that are naturally nutrient rich, such as fruits, vegetables, whole grains, low-fat/nonfat dairy, lean meats and legumes.

Maximum Portion Size	
Yogurt (low-fat recommended)	8 oz
Cultured Soy	8 oz

Connecticut Nutrition Standards																
Category: Snacks and Desserts																
No more than 7 grams		No more than 35%	No more than 2 grams		No more than 10%	Less than 0.5 gram	Yogurt and Cultured Soy: No more than 5 grams total sugars per ounce <sup>1</sup>				No more than 500 milligrams	Increase Fiber	No artificial sweeteners or sugar alcohols. No chemically altered fat substitutes.			
<sup>1</sup> Includes naturally occurring and added sugars, e.g., no more than 40 grams in 8 ounces, 30 grams in 6 ounces, 20 grams in 4 ounces, and 11.25 grams in 2.2 ounces.																

Manufacturer	Food Item	Package Size	Weight (g)	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Percent Sugar by Weight	Sodium (mg)	Fiber (g)	Vendor	Notes
Tabtchnick	Tube Yogurt, Strawberry Banana	2.25 oz-wt	64	70	1.0	9	12.9%	0.5	4.5	6.4%	0.0	9	4.0	14.1%	45	0	Tabtchnick	Item 71262-40083
Tabtchnick	Tube Yogurt, Tropical	2.25 oz-wt	64	70	1.0	9	12.9%	0.5	4.5	6.4%	0.0	9	4.0	14.1%	50	0	Tabtchnick	Item 71262-40085
Tabtchnick	Tube Yogurt, Raspberry	2.25 oz-wt	64	70	1.0	9	12.9%	0.5	4.5	6.4%	0.0	9	4.0	14.1%	45	0	Tabtchnick	Item 71262-40081
Upstate Farms	Yogurt, Nonfat Blueberry, 4 oz	4 oz-wt	113	110	0.0	0	0.0%	0.0	0.0	0.0%	0.0	20	5.0	17.6%	75	0	M&R, Upstate Farms	UPC 78800 11290
Upstate Farms	Yogurt, Nonfat Cherry Vanilla, 4 oz	4 oz-wt	113	110	0.0	0	0.0%	0.0	0.0	0.0%	0.0	20	5.0	17.6%	75	0	M&R, Upstate Farms	UPC 78800 11293
Upstate Farms	Yogurt, Nonfat Peach, 4 oz	4 oz-wt	113	110	0.0	0	0.0%	0.0	0.0	0.0%	0.0	20	5.0	17.6%	75	0	M&R, Upstate Farms	UPC 78800 11292
Upstate Farms	Yogurt, Nonfat Plain, 4 oz	4 oz-wt	113	110	0.0	0	0.0%	0.0	0.0	0.0%	0.0	7	1.8	6.2%	75	0	M&R, Upstate Farms	UPC 78800 11328





