

## Yogurt Sugar Limits

<b>Serving Size</b>	<b>Sugar Limits</b>
2.25 ounces	0-8 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
5.3 ounces	0-20 grams
6 ounces	0-23 grams
8 ounces	0-30 grams