

# Meat Equivalency of Yogurt

## 1-2 year olds

### **Snack -**

1/2 oz meat or  
2 oz yogurt  
1/4 cup



### **Lunch -**

1 oz meat or  
4 oz yogurt  
1/2 cup



## 3-5 year olds

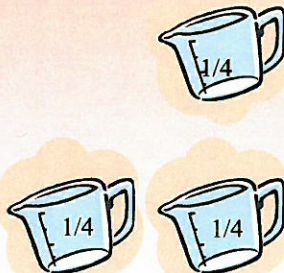
### **Snack -**

1/2 oz meat or  
2 oz yogurt  
1/4 cup



### **Lunch -**

1.5 oz meat or  
6 oz yogurt  
3/4 cup



## 6-12 year olds

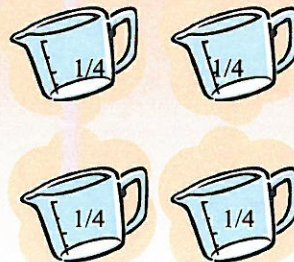
### **Snack -**

1 oz meat or  
4 oz yogurt  
1/2 cup



### **Lunch -**

2 oz meat or  
8 oz yogurt  
1 cup



1/2 oz meat = 2 oz yogurt =  
1/4 cup

1 oz meat = 4 oz yogurt =  
1/2 cup

1 1/2 oz meat = 6 oz yogurt =  
3/4 cup

2 oz meat = 8 oz yogurt =  
1 cup

Yogurt may be sweetened or  
unsweetened.

Yogurt must be commercially  
prepared.

