2026 Food Guide Addendum-Yogurt

The Connecticut WIC Program has made several changes to available yogurts in the WIC food packages due to changes in federal regulations. WIC approved yogurts are now required to have less than 16g of Added Sugar per cup, this is about 12g Added Sugar per 6 ounce or ¾ cup serving. This list includes two brands and several products that will no longer be approved. If you have questions about your WIC food package, ask your WIC Nutritionist. You can find up to date information on WIC approved foods on WICShopper and Connecticut WIC – Healthy Food Guide.

Discontinued Yogurt Brands The following are no longer WIC approved.	
Noosa – all varieties, 4 oz/4 pack Blueberry Pumpkin Raspberry Strawberry Rhubarb Vanilla Bean Blended Salted Caramel Cherry Vanilla Mixed Berry Blended Strawberry	**Best Choice** 32oz Strawberry Low-Fat

Discontinued Yogurt Products The following yogurt products are no longer WIC approved, other options from these brands are still available.		
Activia 4oz/4pack Mango	**Food Club** Greek Whole Milk Vanilla Greek Nonfat Vanilla	**Market Pantry** 32 oz Vanilla Low-Fat
Butterworks Farm 32 oz Vanilla Non-Fat	**Good & Gather** Vanilla Honey Whole Milk Greek	**Mehadrin** 32 oz Vanilla Low-Fat Vanilla Non-Fat Greek Strawberry Greek Non-Fat
Cabot 2 LB (64 oz) Vanilla Bean Low-Fat Greek	**Great Value** 32 oz Vanilla Non-Fat Greek Strawberry Non-Fat Greek Low-Fat Strawberry	**Oomda** Grass Fed Vanilla
Chobani 32 oz Greek Honey Vanilla Blended	**La Yogurt** 32 oz Probiotic Light & Sensible Nonfat Vanilla Probiotic Sabor Latino Plain Sweetened Probiotic Sabor Latino Mango Low-Fat Probiotic Sabor Latino Vanilla Probiotic Rich & Creamy Banana Low-Fat Probiotic Rich & Creamy Mango Low-Fat	**Wegmans** 32 oz Organic Non-Fat Vanilla Greek 10% Milk Fat Greek Whole Milk Vanilla Vanilla Low-Fat
Dannon 4 oz/4 pack Creamy Classic Low-Fat Peach Mango Creamy Classic Low-Fat Strawberry Banana Creamy Classic Low-Fat Strawberry	**Lucerne Dairy Farms** Vanilla Greek Strained Greek Strawberry Non-Fat Vanilla Low-Fat Strawberry Low-Fat Vanilla Light Non-Fat	**Yoplait** 4oz/8 pack Low-Fat Strawberry Cotton-Candy