



# Milk Substitutions

Effective October 1, 2010

<b>Woman</b>	<b>Standard Food Package</b>	<b>With Cheese Substitution</b>	<b>With Tofu Substitution (in 2-pound increments)</b>
<ul style="list-style-type: none"> <li>▪ <b>Pregnant</b></li> <li>▪ <b>Partially Breastfeeding</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 5 ½ gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 4 ½ gallons + 1 quart milk</li> <li>▪ 1 pound cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ One of the following combinations:               <ul style="list-style-type: none"> <li>♦ 5 gallons milk plus 2 pounds tofu</li> <li>♦ 4 ½ gallons milk plus 4 pounds tofu</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>▪ <b>Fully Breastfeeding (singleton)</b></li> <li>▪ <b>Partially Breastfeeding (multiples)</b></li> <li>▪ <b>Pregnant (multiples)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 6 gallons milk</li> <li>▪ 1 pound cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 5 gallons + 1 quart milk</li> <li>▪ 2 pounds cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ One of the following combinations:               <ul style="list-style-type: none"> <li>♦ 5 ½ gallons milk plus 2 pounds tofu</li> <li>♦ 5 gallons milk plus 4 pounds tofu</li> <li>♦ 4 ½ gallons milk plus 6 pounds tofu</li> </ul> </li> <li>▪ 1 pound cheese</li> </ul>
<ul style="list-style-type: none"> <li>▪ <b>Fully Breastfeeding (multiples)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 9 gallons milk</li> <li>▪ 1 ½ pounds cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 8 gallons + 1 quart milk</li> <li>▪ 2 ½ pounds cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ One of the following combinations:               <ul style="list-style-type: none"> <li>♦ 8 ½ gallons milk plus 2 pounds tofu</li> <li>♦ 8 gallons milk plus 4 pounds tofu</li> <li>♦ 7 ½ gallons milk plus 6 pounds tofu</li> <li>♦ 7 gallons milk plus 8 pounds of tofu</li> </ul> </li> <li>▪ 1 ½ pounds cheese</li> </ul>
<ul style="list-style-type: none"> <li>▪ <b>Fully Formula Feeding (Postpartum)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 4 gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 gallons + 1 quart milk</li> <li>▪ 1 pound cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ One of the following combinations:               <ul style="list-style-type: none"> <li>♦ 3 ½ gallons milk plus 2 pounds tofu</li> <li>♦ 3 gallons milk plus 4 pounds tofu</li> </ul> </li> </ul>
<b>Child</b>	<b>Standard Food Package</b>	<b>With Cheese</b>	
	<ul style="list-style-type: none"> <li>▪ 4 gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 gallons + 1 quart milk</li> <li>▪ 1 pound cheese</li> </ul>	

<b>Woman</b>	<b>Standard Food Package</b>	<b>With Soy-based Beverage Substitution</b>	<b>With Lactose-free/reduced Milk Substitution<sup>(1)</sup></b>	<b>With Evaporated Milk Substitution<sup>(2)</sup></b>
<ul style="list-style-type: none"> <li>▪ <b>Pregnant</b></li> <li>▪ <b>Partially Breastfeeding</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 5 ½ gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 11 half gallons soy-based beverage</li> </ul>	<ul style="list-style-type: none"> <li>▪ 11 half gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 29 cans milk</li> </ul>
<ul style="list-style-type: none"> <li>▪ <b>Fully Breastfeeding (singleton)</b></li> <li>▪ <b>Partially Breastfeeding (multiples)</b></li> <li>▪ <b>Pregnant (multiples)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 6 gallons milk</li> <li>▪ 1 pound cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 12 half gallons soy-based beverage</li> <li>▪ 1 pound cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 12 half gallons milk</li> <li>▪ 1 pound cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 32 cans milk</li> <li>▪ 1 pound cheese</li> </ul>
<ul style="list-style-type: none"> <li>▪ <b>Fully Breastfeeding (multiples)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 9 gallons milk</li> <li>▪ 1 ½ pounds cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 18 half gallons soy-based beverage</li> <li>▪ 1 ½ pounds cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 18 half gallons milk</li> <li>▪ 1 ½ pounds cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 48 cans milk</li> <li>▪ 1 ½ pounds cheese</li> </ul>
<ul style="list-style-type: none"> <li>▪ <b>Postpartum</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ 4 gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 8 half gallons soy-based beverage</li> </ul>	<ul style="list-style-type: none"> <li>▪ 8 half gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 21 cans milk</li> </ul>
<b>Child</b>	<ul style="list-style-type: none"> <li>▪ 4 gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 8 half gallons soy-based beverage</li> </ul>	<ul style="list-style-type: none"> <li>▪ 8 half gallons milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 21 cans milk</li> </ul>

**For staff use in participant education only. Please do not distribute.**

<ol style="list-style-type: none"> <li>1. <b>Lactose-free/reduced milk</b> will be substituted for <b>all milk</b> when participant is lactose intolerant.</li> <li>2. <b>Evaporated milk</b> will be substituted for <b>all milk</b> when participant requests it or lacks refrigeration. Cheese is provided only if refrigeration is available.</li> </ol>
<ul style="list-style-type: none"> <li>▪ <b>Child:</b> 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of <b>1 pound</b> of cheese <b>or</b> 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of <b>4 pounds</b> of tofu <b>or</b> full milk allowance may be substituted with tofu <b>or</b> soy-based beverage. <b>A prescription is required for tofu or soy-based beverage.</b></li> <li>▪ <b>Pregnant Woman, Partially Breastfeeding Woman and Postpartum Woman:</b> 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of <b>1 pound</b> of cheese <b>or</b> 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of <b>4 pounds</b> of tofu <b>or</b> full milk allowance may be substituted with tofu <b>or</b> soy-based beverage. <b>A prescription is required for tofu above 4 pounds.</b></li> <li>▪ <b>Fully Breastfeeding Woman, Partially Breastfeeding Woman with Multiples and Woman Pregnant with Multiples:</b> 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of <b>1 additional pound</b> of cheese <b>or</b> 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of <b>6 pounds</b> of tofu <b>or</b> full milk allowance may be substituted with tofu <b>or</b> soy-based beverage. <b>A prescription is required for tofu above 6 pounds.</b></li> <li>▪ <b>Fully Breastfeeding Woman with Multiples:</b> 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of <b>1 additional pound</b> of cheese <b>or</b> 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of <b>8 pounds</b> of tofu <b>or</b> full milk allowance may be substituted with tofu <b>or</b> soy-based beverage. <b>A prescription is required for tofu above 8 pounds.</b></li> </ul>