



# Non-Dairy Beverages That Are Equivalent to Cow's Milk

Non-dairy beverages, such as soymilk, almond milk and rice milk, must be nutritionally equivalent to cow's milk to be creditable (or reimbursable) in the Child and Adult Care Food Program. Non-dairy beverages must meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D and other nutrients listed below. These levels are found in cow's milk, as outlined in the National School Lunch Program (NSLP) regulations at 7 CFR 210.1 (m) (3) to be credible in the Child and Adult Care Food Program.

A tool to assess non-dairy beverages can be found at <http://nutritionnc.com/snp/resouce.htm> to ensure the beverage meets the requirements. (Click on Guides, then Non-Dairy Tool).

Nutrients Requirements for Non-Dairy Beverages		
Nutrient	Per Cup Nutrient Values	Per Cup % Daily Value (DV)
Calcium	276 mg	30%
Protein	8 g	8 g
Vitamin A	500 IU	10% DV
Vitamin D	100 IU	25% DV
Magnesium	24 mg	6% DV
Phosphorus	222 mg	20% DV
Potassium	349 mg	10% DV
Riboflavin	0.44 mg	25% DV
Vitamin B-12	1.1 mcg	20% DV

The Daily Values (DV) are standard values developed by the Food and Drug Administration (FDA) for use on food labels. The values are based on a 2,000 calorie daily diet for adults and children over 4 years old.  
g=grams; mg=milligrams; mcg=micrograms; IU=international units

Nutrition Facts			
Serving Size 1 Cup (240mL)			
Servings Per Container 24			
Amount Per Serving			
Calories 110		Calories from Fat 40	
% Daily Value*			
<b>Total Fat</b>	4.5g		7%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	1g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	105mg		4%
<b>Potassium</b>	370mg		11%
<b>Total Carbohydrate</b>	9g		3%
Dietary Fiber	2g		7%
Sugars	6g		
<b>Protein</b>	8g		16%
Vitamin A	10%	•	Vitamin C 15%
Calcium	45%	•	Iron 8%
Vitamin D	30%	•	Riboflavin 30%
Folate	15%	•	Vitamin B12 50%
Phosphorus	25%	•	Magnesium 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat	9	•	Carbohydrate 4 • Protein 4

Remember food products and their food labels change constantly. It is important to be able to identify credible non-dairy beverages by reading the Food Label on a regular basis.



**8th Continent Soymilk –  
Original or Vanilla**



**Great Value Original Soymilk –  
Wal-Mart (red top only)**



**Kirkland Organic Soymilk  
(plain)**



**Kikkoman Pearl Smart  
Organic Soy Milk  
(Original)**



**Pacific Ultra Soy - Original**



**Silk Original Soymilk**



**Soymilk Brand  
(plain, unsweetened)**



**Non-Dairy Beverage Product Websites**

<http://www.8thcontinent.com/products/>

<http://www.walmart.com/ip/Great-Value-Original-Soymilk-1.89-l/19500254>

<http://www2.costco.com/Browse/Product>

<http://www.kikkomanusa.com/homecooks/products>

<http://www.pacificfoods.com/food/non-dairy-beverages/soy-beverages/ultra-soy-vanilla.aspx>

<http://silk.com/products/original-soymilk>

<http://www.sunopta.com/packaged-products/aseptic-beverages/soymilk.aspx>

Disclaimer: This is not an all-inclusive list, if you know of other products please contact your consultant so that the product can be verified. These are the beverages to date, that are known by the state agency, which meet the current non-dairy milk substitute regulations.