

# Creditable Non-Dairy Beverages (Milk Substitution)

## What is a creditable non-dairy beverage?

The beverage meets USDA's nutrient standards for fluid milk substitutes (see table below). A list of creditable non-dairy beverages (certain soymilks) are provided on this page.

Nutrients (1 cup cow's milk)	Requirement per cup (8 fluid oz.)	% DV
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B-12	1.1mcg (µg)	19%

Non-dairy beverages are not required to be low-fat or fat-free. When served to children 1-5 years old, they must be unflavored.

To determine if a product not listed on this page is creditable:

- Compare product's nutrient amounts to amounts listed in table
- If amounts are the same or more, the beverage is creditable

**Non-Creditable Non-Dairy Beverages:** Almond, cashew, coconut, hemp, oat, and rice milks do not contain enough protein to be a creditable non-dairy beverage. Water and juice are also not creditable non-dairy beverages. Non-creditable non-dairy beverages cannot be served as a milk substitution.

## When can a creditable non-dairy beverage be served?

When there is a written and signed request which includes the disability or other special dietary reason for the substitution. A valid medical statement is not required. Any request can be accepted (e.g. milk allergy, vegan diet or religious, cultural or ethical reason).






## Creditable Non-dairy Beverages:

### Unflavored

<b>8th Continent Original Soymilk</b> 	<b>Kikkoman Pearl Organic Soymilk Smart Original</b> 	<b>Kirkland Organic Original Soymilk</b> 	<b>Pacific All Natural Ultra Soy Original</b> 
<b>Silk Original Soymilk</b> 	<b>Sunrich Naturals Organic Original Soymilk</b> 	<b>Walmart Great Value Original Soymilk</b> 	<b>Westsoy Original Plus Plain Soymilk</b> 

Flavored Non-Dairy Beverages may only be served to children 6 years and older and adults

### Flavored

<b>8th Continent Vanilla Soymilk</b> 	<b>Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla</b> 	<b>Kikkoman Pearl Organic Soymilk Smart Creamy Chocolate</b> 
<b>Pacific All Natural Ultra Soy Vanilla</b> 	<b>Sunrich Naturals Organic Vanilla Soymilk</b> 	<b>Westsoy Original Plus Vanilla Soymilk</b> 