

Serving Tofu and Soy Yogurt as a Meat Alternate in the CACFP

Tofu

- **Must be commercially prepared**

Noncommercial tofu and soy products are not creditable

- **Crediting Information:**

2.2 oz (1/4 cup) of tofu, containing at least 5 grams of protein = **1.0 oz. meat alternate**

- **Creditable and not creditable tofu:**

- **CREDITABLE:**

- Firm, extra firm, soft, or silken tofu
- Tofu products such as links and sausages can only credit when the product has a Child Nutrition (CN) label or Product Formulation Statement (PFS) from manufacturer to document how the product meets CACFP requirements

- **NOT CREDITABLE:** Tofu incorporated into drinks, such as smoothies, or other dishes to add texture, such as in baked desserts

Soy Yogurt

- **Crediting Information:**

4.0 fluid oz. (1/2 cup) of soy yogurt = **1.0 oz. meat alternate**

- **Creditable yogurt:**

- Plain or flavored, unsweetened or sweetened
- Commercially prepared fruit and nonfruited yogurt receive the full crediting toward the meat alternate requirement

See other side for purchasing and crediting information

Until the Food Buying Guide is updated, the following information can be used for purchasing and crediting:

Food Buying Guide Specifications for Tofu and Soy Yogurt

1. Food As Purchased	2. Purchase Unit	3. Servings Per Purchase Unit	4. Serving Size per Meal contribution	5. Purchase Units for 100 Servings	6. Additional Information
Tofu, commercial* <i>With minimum of 5 grams of protein per 2.2 ounces by weight (37 grams of protein per pound)</i>	Pound	7.28	¼ cup or 2.2 oz by weight (1 oz meat alternate)	13.7	½ cup (4.4 ounces by weight) of tofu x 7.28 quarter cups divided by 16 ounces per pound = 2.00 ounces of equivalent meat alternate
Yogurt, soy, fresh <i>Plain or Flavored Sweetened or Unsweetened – Commercially-prepared</i>	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
<i>No minimum protein level required</i>	4 oz cup	1.00	One 4 oz container yogurt (1 oz meat alternate)	100.0	
	6 oz cup	1.00	One 6 oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 oz	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	