

# Creditable Non-Dairy Beverages (Milk Substitution)

## What is a credible non-dairy beverage?

The beverage meets USDA's nutrient standards for fluid milk substitutes (see table below). A list of credible 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	150 mcg	10%
Vitamin D	2.5 mcg	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B-12	1.1 mcg (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 credible:

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

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

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

When there is a written and signed fluid milk substitution request for the participant which includes the special dietary reason for the substitution. A valid medical statement is not required if the beverage meets nutrient standards, but the request must be in writing.







## Creditable Non-dairy Beverages:

### Unflavored

<p><i>8th Continent</i> <b>Original Soymilk</b></p> 	<p><i>Kikkoman</i> <b>Pearl Organic Soymilk Smart Original</b></p> 	<p><i>Kirkland</i> <b>Organic Original Soymilk</b></p> 	<p><i>Ripple</i> <b>Original Non-Soy Dairy Substitute</b></p> 
<p><i>Silk</i> <b>Original Soymilk</b></p> 	<p><i>Sunrich</i> <b>Naturals Organic Original Soymilk</b></p> 	<p><i>Walmart</i> <b>Great Value Original Soymilk</b></p> 	<p><i>Westsoy</i> <b>Original Plus Plain Soymilk</b></p> 

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

### Flavored

<p><i>8th Continent</i> <b>Vanilla Soymilk</b></p> 	<p><i>Kikkoman</i> <b>Pearl Organic Soymilk Smart Creamy Vanilla</b></p> 	<p><i>Kikkoman</i> <b>Pearl Organic Soymilk Smart Creamy Chocolate</b></p> 
<p><i>Ripple</i> <b>Vanilla or Chocolate Non-Soy Dairy Substitute</b></p> 	<p><i>Sunrich</i> <b>Naturals Organic Vanilla Soymilk</b></p> 	<p><i>Westsoy</i> <b>Original Plus Vanilla Soymilk</b></p> 

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