

Identifying **Creditable** TOFU Products

CACFP operators may use tofu and soy products to meet all or part of the meat/meat alternates component for child and adult meals only.



Tofu products must meet these three requirements to be creditable.



COMMERCIALLY PREPARED

Tofu and **soy products** must be commercially prepared.

Non-commercial or non-standardized **tofu** and **soy products** are not creditable.



EASILY RECOGNIZED AS A MEAT SUBSTITUTE

Some creditable examples include:

- Tofu sausages
- Tofu pieces in a salad
- Tofu cubes in a stir-fry
- Tofu omelets



FIVE GRAMS OF PROTEIN

Tofu and soy yogurt must contain:



**5 grams of protein per 2.2 ounces (1/4 cup)
to equal**

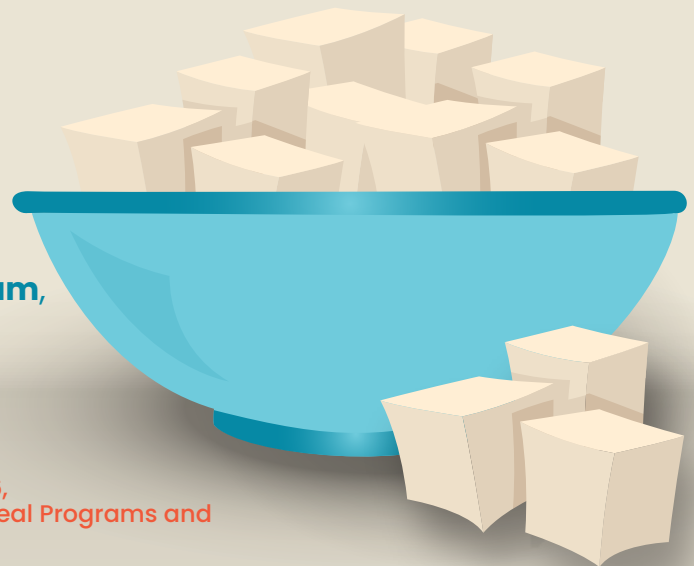
1 ounce of the meat/meat alternate

Unprocessed tofu only:

Use the **Nutrition Facts Label**
for locating creditable products.

Processed tofu (e.g., links and patties):

Request the product be manufactured
under the **Child Nutrition Labeling Program,
Product Formulation Statements.**



Tofu is **NOT CREDITABLE** for infant meals.

For additional information, refer to the CACFP Policy Memo: SP 53-2016, CACFP21-2016, Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program.

