Selecting Beverages That Are Nutritionally Equivalent to COW'S MILK

In the Child and Adult Care Food Program, some participants may request nondairy beverages because of a special dietary need. For example, some may follow a vegetarian diet that does not allow cow's milk. Operators may choose to serve nondairy beverages as long as the request is made in writing, and the beverage is nutritionally equivalent to cow's milk. These beverages are fortified to include the nutrient levels found in cow's milk. Follow these three steps when determining if a beverage is nutritionally equivalent to cow's milk.

Nutritional Equivalent to Cow's Milk

Nutrition Facts
servings per container
Serving size 1 carton bottle
1/2 pint(236mL)

Amount per serving
Calories 150

4 Daily Value*

Total Fat 2.5g 5%
Saturated Fat 1.5g 8%
Trans Fat 0g 10%
Cholesterol 15mg 45%
Sodium 220mg 10%
Total Carbothydrate 21g 8%
Detary Fiber 0g 0%
Total Capton 10%
Total Carbothydrate 21g 8%
Detary Fiber 0g 0%
Total Sugars 18g
Includes 3g Added Sugars 6%
Protein 11g 22%
Vitamin D 2.5mcg 10%
Calcium 391mg 30%
Iron 0mg 0%
Iron 0mg 0%
Iron 0mg 10%
Iron 0mg 10%
Vitamin A 150mcg 15%
Ribothavin 0.5mg 40%
Folate 16mcg 4%
Vitamin B1.1 6mcg 70%
Phosphorus 304mg 25%
Phosphor

Step 1

Find the label on the nondairy beverage.

Step 2

Look for these vitamins and minerals near the bottom of the label.

Step 3

per cup (8 fl oz) **0.44** mg **276** mg Riboflavin **1.1** mcg Calcium Vitamin 150 mcg retinol activity 24 mg **349** mg equivalents (RAE) Magnesium Potassium Vitamin A **222** mg 100 IU 8 mg **Phosphorus Protein** Vitamin D

Confirm that the beverage has the minimum amounts for each vitamin and mineral. If the product has the minimum amounts it is nutritionally equivalent to cow's milk.

Key points to remember when serving nondairy beverages

- The milk must be unflavored for 1 through 5-year-olds
- Request a medical statement from a State-licensed healthcare professional or registered dietitian only when a participant has a disability and cannot have a nondairy substitution that's nutritionally equivalent to cow's milk.
- Nondairy beverages are at the expense of the program.
- State agencies may identify nondairy beverages that meet these requirements. Contact your State agency to see if they maintain a list of creditable nondiary beverages.

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