

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.



Step 1

Find the label on the nondairy beverage.

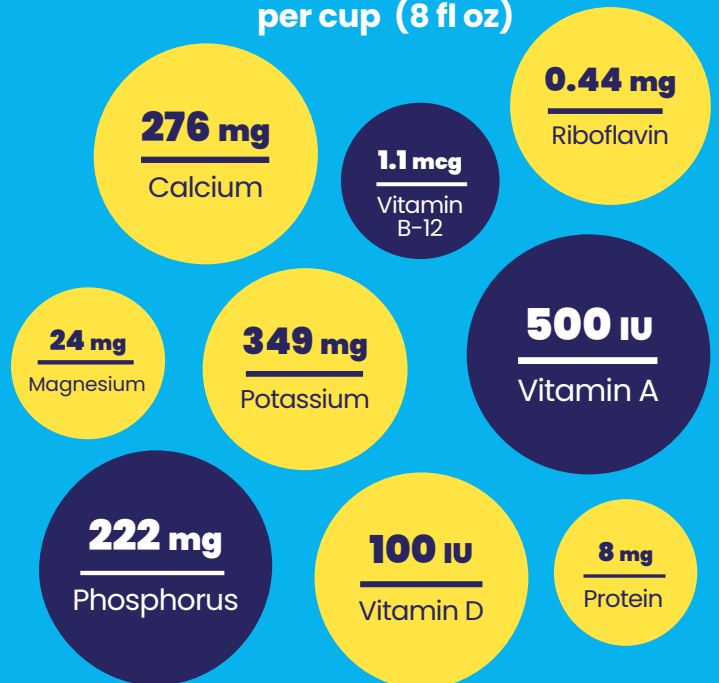
Step 2

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

Step 3

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.

Nutritional Equivalent to Cow's Milk per cup (8 fl oz)



Key points to remember when serving nondairy beverages

- The milk must be unflavored for 1 through 5-year-olds
- Request a medical statement 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 nondairy beverages.

