

Creditable Non-Dairy Beverages (Milk Substitution)

What is a creditable non-dairy beverage?

The beverage meets USDA's nutrient standards for fluid milk substitutes (see table below). A list of creditable 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	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B-12	1.1mcg (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 creditable:

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

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

When can a creditable non-dairy beverage be served?

When there is a written and signed request which includes the disability or other special dietary reason for the substitution. A valid medical statement is not required. Any request can be accepted (e.g. milk allergy, vegan diet or religious, cultural or ethical reason).






Creditable Non-dairy Beverages:

Unflavored

8th Continent Original Soymilk 	Kikkoman Pearl Organic Soymilk Smart Original 	Kirkland Organic Original Soymilk 	Pacific All Natural Ultra Soy Original 
Silk Original Soymilk 	Sunrich Naturals Organic Original Soymilk 	Walmart Great Value Original Soymilk 	Westsoy Original Plus Plain Soymilk 

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

Flavored

8th Continent Vanilla Soymilk 	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla 	Kikkoman Pearl Organic Soymilk Smart Creamy Chocolate 
Pacific All Natural Ultra Soy Vanilla 	Sunrich Naturals Organic Vanilla Soymilk 	Westsoy Original Plus Vanilla Soymilk 