

## Fluid Milk Substitutions in the Child Nutrition Programs

Non-Dairy Beverages Meeting United States Department of Agriculture Substitution Criteria per Eight Fluid Ounces

| Nutrients                    | USDA<br>Criteria<br>per 8<br>Fluid<br>Ounces | <i>8th Continent</i><br><b>Original<br/>Soymilk</b><br> | <i>8th Continent</i><br><b>Light<br/>Chocolate<br/>Soymilk</b><br> | <i>8th Continent</i><br><b>Vanilla<br/>Soymilk</b><br> | <i>Pacific</i><br><b>All Natural<br/>Ultra Soy<br/>Original</b><br> | <i>Pacific</i><br><b>All Natural<br/>Ultra Soy<br/>Vanilla</b><br> | <i>Kikkoman</i><br><b>Pearl<br/>Organic<br/>Soymilk<br/>Smart<br/>Original</b><br> | <i>Kikkoman</i><br><b>Pearl<br/>Organic<br/>Soymilk<br/>Smart<br/>Creamy<br/>Vanilla</b><br> |
|------------------------------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Calcium<br/>(mg)</b>      | 276                                          | 300                                                                                                                                      | 300                                                                                                                                                 | 300                                                                                                                                      | 300                                                                                                                                                    | 300                                                                                                                                                   | 373                                                                                                                                                                   | 408                                                                                                                                                                             |
| <b>Protein<br/>(g)</b>       | 8                                            | 8                                                                                                                                        | 8                                                                                                                                                   | 8                                                                                                                                        | 10                                                                                                                                                     | 10                                                                                                                                                    | 8.9                                                                                                                                                                   | 9                                                                                                                                                                               |
| <b>Vitamin A<br/>(IU)</b>    | 500                                          | 500                                                                                                                                      | 500                                                                                                                                                 | 500                                                                                                                                      | 500                                                                                                                                                    | 500                                                                                                                                                   | 1249                                                                                                                                                                  | 1220                                                                                                                                                                            |
| <b>Vitamin D<br/>(IU)</b>    | 100                                          | 100                                                                                                                                      | 100                                                                                                                                                 | 100                                                                                                                                      | 100                                                                                                                                                    | 100                                                                                                                                                   | 255                                                                                                                                                                   | 205                                                                                                                                                                             |
| <b>Magnesium<br/>(mg)</b>    | 24                                           | 24                                                                                                                                       | 24                                                                                                                                                  | 24                                                                                                                                       | 60                                                                                                                                                     | 60                                                                                                                                                    | 54                                                                                                                                                                    | 51                                                                                                                                                                              |
| <b>Phosphorus<br/>(mg)</b>   | 222                                          | 250                                                                                                                                      | 300                                                                                                                                                 | 250                                                                                                                                      | 250                                                                                                                                                    | 250                                                                                                                                                   | 313                                                                                                                                                                   | 294                                                                                                                                                                             |
| <b>Potassium<br/>(mg)</b>    | 349                                          | 360                                                                                                                                      | 440                                                                                                                                                 | 460                                                                                                                                      | 460                                                                                                                                                    | 460                                                                                                                                                   | 377                                                                                                                                                                   | 407                                                                                                                                                                             |
| <b>Riboflavin<br/>(mg)</b>   | 0.44                                         | 0.51                                                                                                                                     | 0.51                                                                                                                                                | 0.51                                                                                                                                     | 0.51                                                                                                                                                   | 0.51                                                                                                                                                  | 0.96                                                                                                                                                                  | 1.02                                                                                                                                                                            |
| <b>Vitamin B12<br/>(mcg)</b> | 1.1                                          | 1.2                                                                                                                                      | 1.2                                                                                                                                                 | 1.2                                                                                                                                      | 1.5                                                                                                                                                    | 1.5                                                                                                                                                   | 2.31                                                                                                                                                                  | 1.86                                                                                                                                                                            |
| <b>Packaging</b>             |                                              | 8, 32 or 64 fl. oz.<br>carton                                                                                                            | 8 oz. carton only                                                                                                                                   | 32 fl. oz. carton                                                                                                                        | 32 fl. oz. carton                                                                                                                                      | 32 fl. oz. carton                                                                                                                                     | 8 fl. oz. single-<br>serve size                                                                                                                                       | 8 fl. oz. single-<br>serve size                                                                                                                                                 |

\*The West Virginia Department of Education does not endorse the companies or products listed. This chart is for informational purposes only. Contact the manufacturer at the time of purchase to ensure that product formulations have not changed.

| Nutrients                    | USDA<br>Criteria<br>per 8<br>Fluid<br>Ounces | <i>Kikkoman</i><br><b>Pearl Organic<br/>Soymilk<br/>Smart<br/>Chocolate</b>       | <i>Walmart</i><br><b>Great Value<br/>Original<br/>Soymilk</b>                     | <i>Sunrich</i><br><b>Naturals<br/>Original<br/>Soymilk</b>                         | <i>Sunrich</i><br><b>Naturals<br/>Vanilla<br/>Soymilk</b>                           | <i>Sunrich</i><br><b>Naturals<br/>Organic<br/>Vanilla<br/>Soymilk</b>               | <i>Silk</i><br><b>Original<br/>Soymilk</b>                                          | <i>Kirkland</i><br><b>Signature<br/>Organic<br/>Soymilk<br/>Plain</b>               |
|------------------------------|----------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                              |                                              |  |  |  |  |  |  |  |
| <b>Calcium<br/>(mg)</b>      | 276                                          | 395                                                                               | 300                                                                               | 300                                                                                | 300                                                                                 | 300                                                                                 | 450                                                                                 | 300                                                                                 |
| <b>Protein<br/>(g)</b>       | 8                                            | 8.4                                                                               | 8                                                                                 | 8                                                                                  | 8                                                                                   | 8                                                                                   | 8                                                                                   | 8                                                                                   |
| <b>Vitamin A<br/>(IU)</b>    | 500                                          | 1219                                                                              | 500                                                                               | 500                                                                                | 500                                                                                 | 500                                                                                 | 500                                                                                 | 500                                                                                 |
| <b>Vitamin D<br/>(IU)</b>    | 100                                          | 191                                                                               | 120                                                                               | 100                                                                                | 100                                                                                 | 100                                                                                 | 120                                                                                 | 120                                                                                 |
| <b>Magnesium<br/>(mg)</b>    | 24                                           | 64                                                                                | 40                                                                                | 40                                                                                 | 40                                                                                  | 40                                                                                  | 60                                                                                  | 40                                                                                  |
| <b>Phosphorus<br/>(mg)</b>   | 222                                          | 301                                                                               | 250                                                                               | 250                                                                                | 250                                                                                 | 228                                                                                 | 250                                                                                 | 250                                                                                 |
| <b>Potassium<br/>(mg)</b>    | 349                                          | 530                                                                               | 360                                                                               | 360                                                                                | 360                                                                                 | 360                                                                                 | 370                                                                                 | 360                                                                                 |
| <b>Riboflavin<br/>(mg)</b>   | 0.44                                         | 1.04                                                                              | 0.51                                                                              | 0.425                                                                              | 0.425                                                                               | 0.45                                                                                | 0.51                                                                                | 0.51                                                                                |
| <b>Vitamin B12<br/>(mcg)</b> | 1.1                                          | 1.46                                                                              | 3                                                                                 | 1.2                                                                                | 1.2                                                                                 | 1.1                                                                                 | 3                                                                                   | 3                                                                                   |
| <b>Packaging</b>             |                                              | 8 fl. oz. single-<br>serve size                                                   | 64 fl. oz. carton                                                                 | 8 fl. oz. carton                                                                   | 8 fl. oz. carton                                                                    | 32 fl. oz. carton                                                                   | 32 or 64 fl. oz.<br>carton                                                          | 32 fl. oz. carton                                                                   |

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