

Fluid Milk Substitutions in the Child Nutrition Programs

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

Nutrients	USDA Criteria per Eight Fluid Ounces	8th Continent Original Soymilk 	8th Continent Vanilla Soymilk 	Pacific All Natural Ultra Soy Original 	Pacific All Natural Ultra Soy Vanilla 	Kikkoman Pearl Organic Soymilk Smart Original 	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla 	Kikkoman Pearl Organic Soymilk Smart Chocolate 	Walmart Great Value Original Soymilk 
Calcium (mg)	276	300	300	285	285	373	408	395	300
Protein (g)	8	8	8	10	10	8.9	9	8.4	8
Vitamin A (IU)	500	500	500	500	500	1249	1220	1219	500
Vitamin D (IU)	100	100	100	100	100	255	205	191	120
Magnesium (mg)	24	24	24	52.47	52.44	54	51	64	40
Phosphorus (mg)	222	250	250	254	254	313	294	301	250
Potassium (mg)	349	380	380	381	381	377	407	530	360
Riboflavin (mg)	0.44	0.51	0.51	0.49	0.49	0.96	1.02	1.04	0.51
Vitamin B12 (mcg)	1.1	1.2	1.2	1.47	1.47	2.31	1.86	1.46	3
Packaging		8, 32 or 64 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	8 fl. oz. single- serve size	8 fl. oz. single- serve size	8 fl. oz. single- serve size	64 fl. oz. carton

*The Minnesota 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.

Updated May 2016

Nutrients	USDA Criteria per Eight Fluid Ounces	Sunrich Naturals Original Soymilk 	Sunrich Naturals Vanilla Soymilk 	Sunrich Naturals All Natural Original Soymilk 	Sunrich Naturals All Natural Vanilla Soymilk 	Sunrich Naturals All Natural Unsweetened Vanilla Soymilk 	Silk Original Soymilk 	Westsoy Organic Plus Plain 	Westsoy Organic Plus Vanilla 
Calcium (mg)	276	300	300	300	300	300	450	276	276
Protein (g)	8	8	8	8	8	8	8	8	8
Vitamin A (IU)	500	500	500	500	500	500	500	1000	1000
Vitamin D (IU)	100	100	100	100	100	100	120	100	100
Magnesium (mg)	24	40	40	40	40	40	60	60	60
Phosphorus (mg)	222	228	228	228	228	228	250	250	250
Potassium (mg)	349	360	360	360	360	360	380	440	440
Riboflavin (mg)	0.44	0.45	0.45	0.45	0.45	0.45	0.51	.51	.51
Vitamin B12 (mcg)	1.1	1.1	1.1	1.2	1.2	1.2	3	3	3
Packaging		8 fl. oz. carton	8 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	32 fl. oz. carton	32 or 64 fl. oz. carton	32 or 64 fl. oz. carton	32 or 64 fl. oz. carton

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