

Creditable Non-Dairy Beverages (Fluid Milk Substitution)

A creditable non-dairy beverage meets or exceeds the level of nutrients found in one cup of cow's milk (see table) and can be served as a fluid milk substitute.








- 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






A creditable non-dairy beverage may be served when there is a written and signed request from parents, guardians, adult participants or the caregivers of an adult participant, or a medical authority. The request must include the reason for the substitution. Any reasonable request can be accepted (e.g., milk allergy/intolerance, dietary preference, or religious, cultural, or ethical reasons).

Nutrients (1 cup cow's milk)	Requirement per cup (8 fluid oz.)
Protein	8 grams
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1mcg

List of Creditable Non-Dairy Beverages

The following products were evaluated by DPI CNT and meet nutrient levels as of 12/15/2021. If serving a product not listed below, programs are responsible for ensuring that it meets nutrient requirements by comparing the Nutrition Facts label to the nutrient requirements listed above. If amounts of all nutrients are the same or more, the beverage is creditable.

Unflavored			
8th Continent Original Soymilk 	Kikkoman Pearl Organic Soymilk Smart Original 8oz container ONLY 	Ripple On-the-Go Original (non-soy) 8oz container ONLY 	
Silk Original Soymilk 	Sunrich Naturals Organic Original Soymilk 	Great Value Original Soymilk 	Westsoy Original Plus Plain Soymilk 

Flavored*			
8th Continent Vanilla Soymilk 	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla and Creamy Chocolate 8oz container ONLY 	Ripple On-the-Go Chocolate or Vanilla (non-soy) 8oz container ONLY 	
Silk Chocolate or Very Vanilla Soymilk 8oz container ONLY 	Sunrich Naturals Organic Vanilla Soymilk 32oz and 8oz containers 	Westsoy Original Plus Vanilla Soymilk 	

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

Non-Creditable Non-Dairy Beverages: Beverages that do not meet or exceed the level of nutrients found in one cup of cow's milk, for example almond, cashew, coconut, hemp, oat, and rice milks, water, and juice, cannot be served as a milk substitution unless a valid medical statement for a disability is on file.