



## Creditable Non-Dairy Beverages (Fluid Milk Substitute)

A creditable non-dairy beverage meets or exceeds the amount of nutrients found in one cup of cow's milk and can be served as a creditable fluid milk substitute in the Child and Adult Care Food Program (CACFP).

### Nutrient Requirements

Creditable non-dairy beverages must meet or exceed the nutrient requirements provided in the table below.

- Creditable 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.

Nutrients	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

Beverages that do not meet or exceed the nutrient requirements in the table above, 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.

### Requests for a Creditable Non-Dairy Beverage

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).

### List of Creditable Non-Dairy Beverages

Products listed on the following page were evaluated by DPI CNT and meet or exceed nutrient levels as of 5/20/2022. Products are not endorsed by the Wisconsin Department of Public Instruction (DPI).

If serving a product not listed, programs are responsible for ensuring that it meets or exceeds nutrient requirements by comparing the nutrients listed on the Nutrition Facts label to the nutrient requirements listed above. If amounts of all nutrients are the same or more, the beverage is creditable.

## Creditable Non-Dairy Beverages

Unflavored Options	Image of Product
8th Continent <b>Original Soymilk</b>	
Great Value <b>Original Soymilk</b>	
Kikkoman Pearl <b>Organic Soymilk Smart Original</b>  <i>8oz container ONLY</i>	
Ripple <b>On-the-Go Original (non-soy)</b>  <i>8oz container ONLY</i>	
Pacific <b>Ultra Soy Original</b>	
Silk <b>Original Soymilk</b>	
Sunrich Naturals <b>Organic Original Soymilk</b>	
Westsoy <b>Original Plus Plain Soymilk</b>	

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

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