Minnesota Department of Education

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 Criteria per 8 Fluid Ounces**	*8th Continent* **Original Soymilk**	*8th Continent* **Light Chocolate Soymilk**	*Pacific Natural* **Ultra Soymilk Plain**	*Pacific Natural* **Ultra Soymilk Vanilla**	*Kikkoman* **Pearl Organic Soymilk Creamy Vanilla**	*Kikkoman* **Pearl Organic Soymilk Chocolate**	*Walmart Great Value* **Original Soy Milk**	*Sunrich Naturals* **Original Soy Milk**	*Sunrich Naturals* **Vanilla Soy Milk**
Calcium (mg)	276	300	300	284	284	341	388	300	300	300
Protein (g)	8	8	8	10	10	9	8	8	8	8
Vitamin A (IU)	500	500	500	500	500	578	613	500	500	500
Vitamin D (IU)	100	100	100	100	100	118	110	120	100	100
Magnesium (mg)	24	24	24	52	52	80	96	40	40	40
Phosphorus (mg)	222	250	300	254	254	401	456	250	228	228
Potassium (mg)	349	360	440	380	380	410	550	360	360	360
Riboflavin (mg)	0.44	0.51	0.51	0.5	0.5	0.75	0.77	0.51	0.45	0.45
Vitamin B12 (mcg)	1.1	1.2	1.2	1.47	1.47	1.58	1.54	3	1.1.	1.1
Packaging		8 or 64 fl oz carton (12 or 40/case)	8 or 64 fl oz carton (12 or 40/case)	8 fl oz carton (12 or 40/case)	32 fl oz carton	32 fl oz carton	8.25 fl oz carton (24/case)	8.25 fl oz carton (24/case)	64 fl oz carton	8 fl oz carton (24/case)
Shelf stable? Y/N		N	N	N	Y	Y	Y	Y	N	Y

*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.