## Selecting Beverages That Are Nutritionally Equivalent to COW'S MILK

In the Child and Adult Care Food Program, some participants may request nondairy beverages because of a special dietary need. For example, some may follow a vegetarian diet that does not allow cow's milk. Operators may choose to serve nondairy beverages as long as the request is made in writing, and the beverage is nutritionally equivalent to cow's milk. These beverages are fortified to include the nutrient levels found in cow's milk. Follow these three steps when determining if a beverage is nutritionally equivalent to cow's milk. **Nutritional Equivalent to Cow's Milk** 



Confirm that the beverage has the minimum amounts for each vitamin and mineral. If the product has the minimum amounts it is nutritionally equivalent to cow's milk.

Key points to remember when serving nondairy beverages

A TIME

**Nutrition Facts** 

servings per container Serving size 1 carton/bottle 1/2 pint(236mL)

Calories

Saturated Fat 1.5g Trans Fat 0g

Total Carbohydrate 21g Dietary Fiber 0g Total Sugars 18g

Includes 3g Added Sugar

Cholesterol 15mg

Vitamin D 2.5mcg Calcium 391mg

Potassium 550mg /itamin A 150mcg Riboflavin 0.5mg Folate 16mcg /itamin B12 1.6mcg

Iron Omg

Sodium 220mg

Total Fat 2.50

150

8%

4%

10%

8% 0%

6% 22% 10%

30%

0%

70%

•The milk must be unflavored for 1 through 5-year-olds

Step 1

Find the label on

Step 2

and minerals near

Step 3

the nondairy beverage.

Look for these vitamins

the bottom of the label.

- Request a medical statement from a State-licensed healthcare professional or registered dietitian only when a participant has a disability and cannot have a nondairy substitution that's nutritionally equivalent to cow's milk.
- Nondairy beverages are at the expense of the program.
- State agencies may identify nondairy beverages that meet these requirements. Contact your State agency to see if they maintain a list of creditable nondiary beverages.

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