

Milk Substitute Worksheet

Determining if a Milk Substitute Meets USDA Requirements

Non-dairy beverages offered as fluid milk substitutes are allowed in the Child and Adult Care Food Program (CACFP) when they are nutritionally equivalent to fluid cow's milk [7 CFR 226.20\(g\)\(3\)](#). If a milk substitute is not already approved by the Office of Superintendent of Public Instructions (OSPI) ([OSPI Approved Milk Substitutes](#)), review the nutrients listed on the product package or details provided by the manufacturer. **The milk substitute must meet or exceed the USDA nutrient requirements to be approved as a nutritionally equivalent milk substitute and creditable in CACFP.**

Completing this Form:

1. Enter name of milk substitute.
2. List the milk substitute values (per 1 cup/8oz) for each nutrient listed.
3. Determine if the milk substitute's nutrient values meet or exceed each required value.
 - ✓ Answer **"Yes"** if milk substitute value **is equal to or greater** than the required nutrient value.
 - ✓ Answer **"No"** if milk substitute value **is less than** the required nutrient value.
4. Decide if the milk substitute is nutritionally equivalent to milk. *If "No" was answered at least once in step 2, the milk substitute is **not nutritionally equivalent to milk** and not creditable.*
5. Sign and date the worksheet.
6. Keep a copy of the completed worksheet and product label with your CACFP records. Milk Substitute Worksheets will be requested during administrative reviews.

Name of Requested Milk Substitute: _____

Comparison of Non-Dairy Beverages with the Nutrient Value of Fluid Milk

Nutrient	Required Values (per 1 cup/8 ounces)	Milk Substitute Values (per 1 cup/8 ounces)	Meets or exceeds?
Calcium	276 mg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Protein	8 grams		<input type="checkbox"/> YES <input type="checkbox"/> NO
Vitamin A	500 IU or 150 mcg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Vitamin D	100 IU or 2.5 mcg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Magnesium	24 mg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Phosphorus	222 mg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Potassium	349 mg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Riboflavin	0.44 mg		<input type="checkbox"/> YES <input type="checkbox"/> NO
Vitamin B-12	1.1mcg		<input type="checkbox"/> YES <input type="checkbox"/> NO

g = gram; mg = milligrams; mcg = micrograms; IU = international units

Is this milk substitute nutritionally equivalent to milk? YES NO

Determined By: _____

Date: _____