

Fluid Milk Substitutions Required for Children 5 years and under

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 Soy milk 	Kirkland Signature Organic Soy milk Plain 	Silk Original Soy milk 	Pacific All Natural Ultra Soy Original 	Walmart Great Value Original Soy milk 	Kikkoman Pearl Organic Soy milk Smart Original 	Sunrich Naturals Original Soy milk 
Calcium (mg)	276	300	300	450	300	300	373	300
Protein (g)	8	8	8	8	10	8	8.9	8
Vitamin A (IU)	500	500	500	500	500	500	1249	500
Vitamin D (IU)	100	100	120	120	100	120	255	100
Magnesium (mg)	24	24	40	60	60	40	54	40
Phosphorus (mg)	222	250	250	250	250	250	313	250
Potassium (mg)	349	360	360	370	460	360	377	360
Riboflavin (mg)	0.44	0.51	0.51	0.51	0.51	0.51	0.96	0.425
Vitamin B12 (mcg)	1.1	1.2	3	3	1.5	3	2.31	1.2
Packaging		8, 32 or 64 fl. oz. carton	32 fl oz. carton	32 or 64 fl. oz. carton	32 fl. oz. carton	64 fl. oz. carton	8 fl. oz. single-serve size	8 fl. oz. carton

*The Nebraska 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.