



**Fluid Milk Substitution Nutrient Requirements as outlined in Title 7, Code of Federal Regulations, Section 210.10(m)(3)**

**Column 1:** Nutrients that must be contained in the product

**Column 2:** Nutrient requirements as stated in the federal regulations

**Column 3:** Recommended Daily Intake (RDI) for the nutrient

**Column 4:** Percent (%) RDI (*except for protein*, the % RDI is what is listed on the Nutrition Facts Label)

If providers wish to offer a fluid milk substitute for children without disabilities who have a *documented* medical or special dietary need, the nondairy beverage(s) **must** provide the nutrients listed in the following table:

<b>Nutrient</b>	<b>Requirements as Stated in Federal Regulations (Per cup)</b>	<b>RDI</b>	<b>% RDI</b>
Calcium	276 mg	1000 mg	27.60%
Protein	<b>8 g*</b>	50 g	N/A
Vitamin A	500 IU	5000 IU	10.0%
Vitamin D	100 IU	400 IU	25.0%
Magnesium	24 mg	400 mg	6.0%
Phosphorus	222 mg	1,000 mg	22.2%
Potassium	349 mg	3,500 mg	10.0%
Riboflavin	0.44 mg	1.7 mg	25.90%
Vitamin B-12	1.1 mcg	6 mcg	18.30%

An acceptable milk substitute must contain, at a minimum, the amounts in the **% RDI** column (except protein-**8 g\***). We have done the comparisons and made a list of the acceptable substitutions for your convenience.

**The following soymilks meet the above requirements and are reimbursable with a \*\*CDA Soymilk Request form on file:**

- **8<sup>th</sup> Continent Original Soymilk**
- **Pacific Natural Ultra Soymilk, Original**
- **Lucerne Original Soymilk**
- **Silk Original Soymilk** (must be the refrigerated type *and* meet the above requirements)
- **Kikkoman Pearl Organic Soymilk, Smart Original**
- **Kirkland Signature Organic Soymilk, Plain**

**\*\*You must call the CDA Nutrition Office and speak to the Nutritionist to obtain a Soymilk Request form.**

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