Determining Whether A Non-dairy Beverage Meets USDA Nutrient Requirements

To determine if a non-dairy beverage meets USDA Nutrient requirements use the following tables.

- Table 1 lists the nutrient requirements for milk substitutes as outlined in the National School Lunch Program (NSLP) regulations 7 CFR 210.10(m)(3).
- Table 2 is a worksheet to compare the nutrients of a selected non-dairy beverage with the nutrient requirements for milk substitutes as outlined in the NSLP regulations 7 CFR 210.10(m)(3).

Table 1: Nutrient Requirement for Milk Substitute:

Nutrient	Per cup
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

To determine if a non-dairy beverage meets the USDA nutrient requirements for milk substitutes, use table 2 below.

- Column 1 lists the required NSLP nutrients
- Column 2 lists the required nutrient values for each nutrient
- Column 3 lists the Daily Value (DV) for each nutrient. The Daily Values (DV) are standard values developed by the Food and Drug administration (FDA) for use on food labels. (The values are based on 2000 kcalories a day for adults and children over 4 years old)
- Column 4 lists the percent of the DV that a non-dairy beverage must contain
- Column 5 is a blank column to be completed for a product to determine whether it meets, does not meet, or exceeds the NSLP regulations

Table 2: Comparison of Non-Dairy Beverage with Daily Values Worksheet

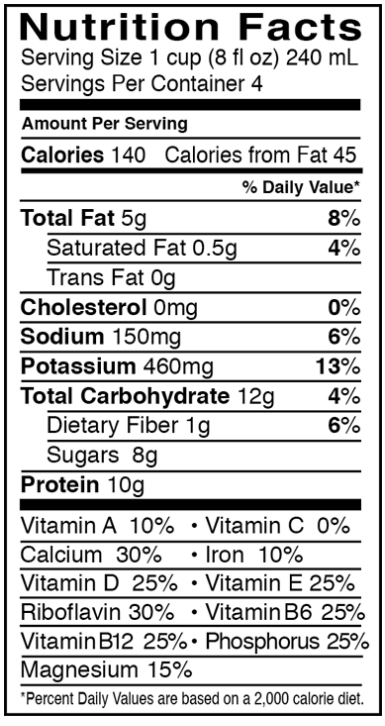
Column 1 Nutrients	**Column 2** Nutrient Values	**Column 3** DV	**Column 4** %DV	**Column 5** Exceeded, Met, Not Met
Calcium	276 mg	1000 mg	30% DV *	
Protein	8 g	50 g	8 g	
Vitamin A	500 IU	5000 IU	10% DV	
Vitamin D	100 IU	400 IU	25% DV	
Magnesium	24 mg	400 mg	6 % DV	
Phosphorus	222 mg	1000 mg	20% DV **	
Potassium	349 mg	3500 mg	350 mg or 10% DV ***	
Riboflavin	0.44 mg	1.7 mg	25 % DV	
Vitamin B-12	1.1 mcg	6 mcg	20% DV ****	

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

*actually 27.6%, but labeling law requires manufacturer to express the value to the nearest 5%; **actually 22.2%, but labeling law requires manufacturer to express the value to the nearest 5% ***actually 9.97%, but labeling law requires manufacturer to express the value to the nearest 5%; ****actually 18.3%, but labeling law requires manufacturer to express the value to the nearest 5%

Example
Pacific Ultra Soy, Original

The nutrients in Pacific Ultra Soy, Original can be compared to the nutrient regulations for milk substitutes (**Table 3**). Based on this analysis, Pacific Ultra Soy, Original does meet the nutrient regulations for milk substitutes.



Nutrition Facts
Serving Size 1 cup (8 fl oz) 240 mL
Servings Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8**%
Saturated Fat 0.5g	**4**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 150mg	**6**%
Potassium 460mg	**13**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 1g	**6**%
Sugars 8g	
Protein 10g	

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 10%
Vitamin D 25% • Vitamin E 25%
Riboflavin 30% • Vitamin B6 25%
Vitamin B12 25% • Phosphorus 25%
Magnesium 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Table 3

Column 1 Nutrients	**Column 2** Nutrient Values	**Column 3** DV	**Column 4** %DV	**Column 5** Exceeded, Met, Not Met
Calcium	276 mg	1000 mg	30% DV *	**30% DV (Met)**
Protein	8 g	50 g	8 g	**10g (Exceeded)**
Vitamin A	500 IU	5000 IU	10% DV	**10% (Met)**
Vitamin D	100 IU	400 IU	25% DV	**25% (Met)**
Magnesium	24 mg	400 mg	6 % DV	**15% (Exceeded)**
Phosphorus	222 mg	1000 mg	20% DV **	**25% (Exceeded)**
Potassium	349 mg	3500 mg	350 mg or 10% DV ***	**460 mg (Exceeded)**
Riboflavin	0.44 mg	1.7 mg	25 % DV	**30% (Exceeded)**
Vitamin B-12	1.1 mcg	6 mcg	20% DV ****	**25% (Exceeded)**

Important to note: Some nutrient labels will not provide the values for Magnesium or Phosphorus. Therefore, the SFA needs to obtain this information from the manufacturer.