

WORKSHEET FOR DETERMINING WHETHER A NON-DAIRY BEVERAGE MEETS USDA REQUIREMENTS FOR MILK SUBSTITUTE

To determine whether a non-dairy beverage meets the USDA nutrient requirements for milk substitute, 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 (based on a caloric intake of 2000 calories)
- Column 4 lists the **percent** of the Daily Value (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 NLSP 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 ****	
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 kilocalories a day for adults and children over 4 years old.				
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%