

## Determining Whether A Non-dairy Beverage Meets USDA Nutrient Requirements

Parents or guardians may make a written request for a non-dairy beverage that is not currently approved by ODE CNP. Currently 2 non-dairy beverage products are approved as meeting the Nutrient Requirement for Milk Substitute as outline in the National School Lunch Program (NSLP) regulations at 7CFR 210.10(m)(3). These products are Pacific Soy Ultra (plain and vanilla) and 8<sup>th</sup> Continent Soy Milk (plain and vanilla).

In determining whether a non-dairy beverage meets USDA Nutrient requirements use the following tables:

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

**Nutrition Facts Label Exercise:**  
*Pacific Ultra Soy, Plain*

Use Pacific Ultra Soy, Plain as an example for using the worksheet in Table 2. The nutrients in *Pacific Ultra Soy, Plain* can be compared to the NSLP regulations for milk substitutes (see Table 3).

(Note that there is no value for Magnesium on the label and the DV for Phosphorus is not met.) See Table 3.

Therefore, the Sponsor would need to get the complete nutritional information from the manufacturer. This information may be posted on the manufacturer’s website; however, the Sponsor may need to call or write the manufacturer for the information.

(An example of the manufacturer provided nutritional analysis may be found in Table 4 on the next page.)

From this complete analysis, both Magnesium and Phosphorus do meet the NSLP Regulations for Milk Substitute (see the shaded values).

<b>Nutrition Facts</b>	
Serving Size 1 cup (8 fl. oz.) 240 mL	
Servings Per Container about 4	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Potassium 380mg</b>	<b>11%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein 10g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 50%	• Iron 10%
Vitamin D 25%	• Vitamin E 25%
Riboflavin 30%	• Vitamin B6 25%
Vitamin B12 25%	• Phosphorus 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Potassium	3,500 mg    3,500 mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Pacific Natural Foods website <http://www.pacificfoods.com/our-foods/soy-beverages/all-natural-ultra-soy-plain-non-dairy-beverage> )

**Table 3: Nutrition Information for *Pacific Ultra Soy, Plain*:**

Column 1 Nutrient	Column 2 Nutrient Values	Column 3 DV	Column 4 % DV	Column 5 Exceeded, Met, Not Met
Calcium	276 mg	1000 mg	30% DV *	50% DV <b>(exceeded)</b>
Protein	8 g	50 g	8 g	10g <b>(exceeded)</b>
Vitamin A	500 IU	5000 IU	10% DV	10% DV <b>(met)</b>
Vitamin D	100 IU	400 IU	25% DV	25% DV <b>(met)</b>
Magnesium	24 mg	400 mg	6 % DV	No value <b>(not met)</b>
Phosphorus	222 mg	1000 mg	20% DV **	15% DV <b>(not met)</b>
Potassium	349 mg	3500 mg	350 mg or 10% DV ***	380 mg <b>(exceeded)</b>
Riboflavin	0.44 mg	1.7 mg	25 % DV	30% DV <b>(exceeded)</b>
Vitamin B-12	1.1 mcg	6 mcg	20% DV ****	25% DV <b>(exceeded)</b>

**Nutrition Facts Label Exercise Continued:**

**Table 4: Manufacturer Provided Nutritional Analysis for Pacific Soy Ultra, Plain:**

<b>Nutrient</b>	<b>Per 8 fl. Oz. serving</b>	<b>Per 8.25 fl. Oz. serving (prisma)</b>	<b>Per 100 g</b>
Calories (kcal)	122.15	125.14	49.86
Calories from fat (kcal)	34.66	35.51	14.15
Protein (g)	9.98	10.22	4.07
Carbohydrate (g)	11	11.27	4.49
Dietary Fiber (g)	1.12	1.15	0.46
Soluble Fiber (g)	0.63	0.65	0.26
Insoluble Fiber (g)	0.43	0.44	0.17
Total Sugar (g)	7.78	7.97	3.17
Other Carbs (g)		0	
Net Carbs (g)	11	11.27	4.49
Fat (g)	3.85	3.95	1.57
Saturated Fat (g)	0.55	0.56	0.22
Monounsaturated Fat (g)	0.81	0.83	0.33
Polyunsaturated Fat (g)	2.2	2.25	0.9
Trans Fatty Acids (g)	0	0	0
Cholesterol (mg)	0	0	0
Kilojoules (kj)	511.07	523.59	208.6
Vitamin A (IU)	500	512.24	204.08
Vitamin B2 - riboflavin (mg)	0.49	0.51	0.2
Vitamin B12 (mcg)	1.47	1.51	0.6
Vitamin C (mg)	0	0	0
Vitamin D (IU)	100	102.45	40.62
Calcium (mg)	284.22	291.18	116.01
Iron (mg)	1.69	1.73	0.69
Magnesium (mg)	52.47	53.75	21.42
Phosphorus (mg)	253.97	260.19	103.66
Potassium (mg)	380.75	390.08	155.41
Sodium (mg)	150	153.67	61.22

Pacific Natural Foods website <http://www.pacificfoods.com/our-foods/soy-beverages/all-natural-ultra-soy-plain-non-dairy-beverage>