

CREDITABLE NON-DAIRY BEVERAGES

(Fluid Milk Substitute)

A creditable non-dairy beverage meets or exceeds the amount of nutrients found in one cup of cow's milk and can be served as a creditable fluid milk substitute in the Child and Adult Care Food Program (CACFP).

Nutrient Requirements

Creditable non-dairy beverages must meet or exceed the nutrient requirements provided in the table below.

- Creditable non-dairy beverages are not required to be low-fat or fat-free.
- When served to children 1-5 years old, they must be unflavored.

Nutrients	Requirement per Cup (8 fluid oz.)
Protein	8 grams
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1mcg

Beverages that do not meet or exceed the nutrient requirements in the table above, for example almond, cashew, coconut, hemp, oat, and rice milks, water, and juice, cannot be served as a milk substitution unless a valid medical statement for a disability is on file.

Requests for a Creditable Non-Dairy Beverage

A creditable non-dairy beverage may be served when there is a written and signed request from parents, guardians, adult participants or the caregivers of an adult participant, or a medical authority. The request must include the reason for the substitution. Any reasonable request can be accepted (e.g., milk allergy/intolerance, dietary preference, or religious, cultural, or ethical reasons).

List of Creditable Non-Dairy Beverages

Products listed on the following page have been evaluated by Coastal Child Nutrition Services and meet or exceed nutrient levels as of 07/17/2025. Products are not endorsed by the Coastal Child Nutrition Services. If serving a product not listed, programs are responsible for ensuring that it meets or exceeds nutrient requirements by comparing the nutrients listed on the Nutrition Facts label to the nutrient requirements listed above. If amounts of all nutrients are the same or more, the beverage is creditable.



LIST OF CREDITABLE NON-DAIRY BEVERAGES

Silk - Original Soymilk

Silk Original Soymilk

Where to Find?

- Walmart
- HEB
- Krogers
- Most common Retailers



Ripple - On-the-Go

Ripple On-the-Go Original (Original Shelf Stable)
The Ripple that is sold refrigerated is not creditable

Where to Find?

- Walmart
- HEB
- Krogers
- Most common Retailers



Better Goods - Plant Based

Better Goods
Plant Based
Soymilk Original

Where to Find?

- Walmart



Kikkoman Pearl - Organic Soymilk

Kikkoman Pearl
Organic Smart
Original Soymilk

Where to Find?

- Walmart Online
- Amazon



Pacific - Ultra Soy Original

Pacific
Ultra Soy Original

Where to Find?

- Walmart Online
- Amazon



Note:

A medical statement is not required if you are substituting dairy milk for any of the approved non-dairy beverages listed on this page.