

Tofu



CACFP Meal Pattern

Firm or extra-firm tofu is now allowed to meet part or all of the meat alternate component, as long as the product contains at least 5 grams of protein per 2.2 ounces.

The soft texture of tofu makes it easy for small children to chew.

Tofu can meet the flavor preferences of any child because it is a versatile ingredient that takes on the flavor of any added sauce or spices.

Tofu is low in saturated
fat.

Introducing young children to tofu increases the diversity of their diets.

Tofu is low-cost.

Some tofu varieties are fortified with calcium, an important nutrient for growing children's bones and teeth.

Sources

- USDA – Team Nutrition
- USDA Food Composition Databases
- Academy of Nutrition and Dietetics



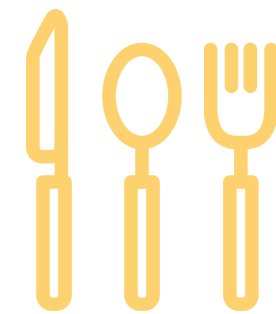
TOFU



WHAT IS TOFU?

Tofu is soy bean curd that is formed from a process of soaking, grinding and boiling soy beans.

Before consuming tofu, it needs to be drained to remove excess liquid. Tofu can be eaten raw or cooked. It absorbs flavors of other ingredients - try baking it in the oven, sautéing in a stir-fry, or boiling in a soup.



Unopened, tofu can last up to 2 months after the production date listed on the package. Once opened, tofu can last about 3-5 days in the refrigerator or 1 month in the freezer.

Tofu costs approximately 28 cents per 2 ounce serving.



NUTRITION INFORMATION



6 g protein
per 2 oz of firm
or extra firm
varieties



Good
source of
calcium



Naturally
gluten-free



Vegetarian
and vegan
friendly