Determining Whether A Non-dairy Beverage Meets USDA Nutrient Requirements

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:

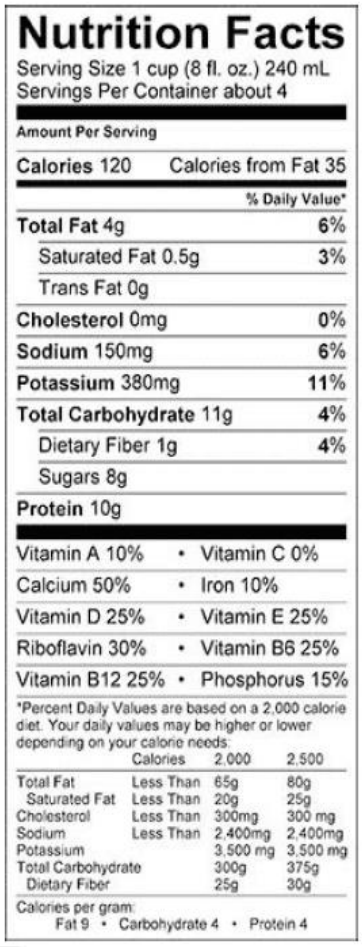
- Column 1 lists the required NSLP **nutrients**
- Column 2 lists the required **nutrient values** for each nutrient
- Column 3 lists the **Daily Value (DV)** for each nutrient (based on a caloric intake of 2000 calories)
- Column 4 lists the **percent** of the Daily Value (DV) that a non-dairy beverage 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



Nutrition Facts

Serving Size 1 cup (8 fl. oz.) 240 mL
Servings Per Container about 4

Amount Per Serving		% Daily Value*
Calories 120	Calories from Fat 35	
Total Fat 4g		6%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 150mg		6%
Potassium 380mg		11%
Total Carbohydrate 11g		4%
Dietary Fiber 1g		4%
Sugars 8g		
Protein 10g		

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