

# Nutrient Criteria for Milk Substitutes

*(Minimum Required Nutrients)*

Record the amount in the blank column

Attach to documentation and keep.	<b>Per 1 Cup Serving Size</b>					
Brand name of substitute						
Nutrients ▼	Nutrient Values	Meets or exceeds	Daily Values	Meets or exceeds	% Daily Values	Meets or exceeds
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	