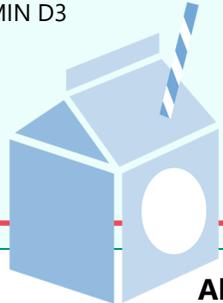


# Milk vs. Milk Substitutes in Child Nutrition Programs

Cow's milk is an important source of calcium, potassium, vitamin D, and protein in the diet and supports children's growth and development. There are some nutritionally equivalent milk substitutes that may be offered when proper documentation is on file for a child, but it's important to note that not all milk substitutes are created equal.

Fat Free Milk	Soy Beverage	Almond Beverage	Coconut Beverage	Hemp Beverage
<b>Nutrition Facts</b> Serving Size 1 cup (8 fl. oz.) Calories: 90	<b>Nutrition Facts</b> Serving Size 1 cup (8 fl. oz.) Calories: 110	<b>Nutrition Facts</b> Serving Size 1 cup (8 fl. oz.) Calories: 60	<b>Nutrition Facts</b> Serving Size 1 cup (8 fl. oz.) Calories: 70	<b>Nutrition Facts</b> Serving Size 1 cup (8 fl. oz.) Calories: 140
% Daily Value	% Daily Value	% Daily Value	% Daily Value	% Daily Value
<b>Total Fat</b> 0g <b>0%</b>	<b>Total Fat</b> 4.5g <b>7%</b>	<b>Total Fat</b> 2.5g <b>4%</b>	<b>Total Fat</b> 4.5g <b>7%</b>	<b>Total Fat</b> 5g <b>8%</b>
<b>Total Carbohydrate</b> 13g <b>4%</b>	<b>Total Carbohydrate</b> 9g <b>3%</b>	<b>Total Carbohydrate</b> 8g <b>3%</b>	<b>Total Carbohydrate</b> 8g <b>3%</b>	<b>Total Carbohydrate</b> 20g <b>7%</b>
<b>Protein</b> 8g <b>16%</b>	<b>Protein</b> 8g <b>16%</b>	<b>Protein</b> 1g <b>2%</b>	<b>Protein</b> 0g <b>0%</b>	<b>Protein</b> 3g <b>6%</b>
<b>Calcium, natural</b> <b>30%</b>	<b>Calcium, added</b> <b>45%</b>	<b>Calcium, added</b> <b>45%</b>	<b>Calcium, added</b> <b>10%</b>	<b>Calcium, added</b> <b>50%</b>
<b>Ingredients:</b> FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3	<b>Ingredients:</b> SOYMILK (FILTERED WATER, WHOLE SOY-BEANS), CANE SUGAR, SEA SALT, CARRAGEENAN, NATURAL FLAVOR, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (B2), VITAMIN B12	<b>Ingredients:</b> ALMOND MILK (FILTERED WATER, ALMONDS), EVAPORATED CANE JUICE, CALCIUM CARBONATE, SEA SALT, POTASSIUM CITRATE, CARRAGEENAN, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, VITAMIN D2, D-ALPHA-TOCOPHEROL (NATURAL VITAMIN E)	<b>Ingredients:</b> ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT CREAM), ORGANIC DRIED CANE SYRUP, CALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE, CARRAGEENAN, GUAR GUM, VITAMIN A PALMITATE, VITAMIN D-2, L-SELENOMETHIONINE (SELENIUM), ZINC OXIDE, FOLIC ACID, VITAMIN B-12	<b>Ingredients:</b> HEMP NUT BASE (FILTERED WATER, WHOLE HEMP NUT [SHELLED HEMP SEED]), BROWN RICE SYRUP, DISODIUM PHOSPHATE, XANTHAN GUM, CALCIUM PHOSPHATE, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN, VITAMIN B12



**Allowable Milk Substitutes:** Some soymilks are formulated to match the nutrient profile of cow's milk. Approved soymilks can be offered as a substitute for cow's milk when parents sign a [Request for Fluid Milk Substitution](#). Ask your program specialist for a list of approved soymilks.