

Products Which Meet USDA's Nutrition Standards for Milk Substitutions For Non-Disabled Students

Lactose-Free cow's milk (ex. Lactaid) and the specific products listed below are the ONLY beverages which meet USDA's criteria.

| Nutrients Per Cup | USDA Criteria Per Cup | 8 th Continent <u>Original</u> Soy Milk | Silk Original Soymilk | Pearl Organic Soymilk-SMART Original | Pearl Organic Soymilk-SMART Vanilla | Pearl Organic Soymilk-SMART Chocolate |
|-------------------|-----------------------|--|---------------------------|--|---|---|
| Calcium | 276 mg | 300 mg | 450 mg | 372.8 mg | 407.6 mg | 394.7 mg |
| Protein | 8 grams | 8 grams | 8 grams | 8.94 grams | 8.96 grams | 8.44 grams |
| Vitamin A | 500 IU | 500 IU | 500 IU | 1249 IU | 1220 IU | 1219 IU |
| Vitamin D | 100 IU | 100 IU | 120 IU | 254.5 IU | 204.6 IU | 190.5 IU |
| Magnesium | 24 mg | 24 mg | 50 mg | 53.9 mg | 50.6 mg | 63.7 mg |
| Phosphorus | 222 mg | 250 mg | 250 mg | 313 mg | 294 mg | 301 mg |
| Potassium | 349 mg | 360 mg | 370 mg | 377 mg | 407 mg | 530 mg |
| Riboflavin | .44 mg | .51 mg | .51 mg | .96 mg | 1.02 mg | 1.04 mg |
| Vitamin B12 | 1.1 mcg | 1.2 mcg | 3 mcg | 2.31 mcg | 1.86 mcg | 1.46 mcg |
| | | | | | | |
| Where to purchase | | Check local grocery store | Check local grocery store | Vendor <u>Only</u> Store version does NOT meet | Vendor <u>Only</u> Store version does NOT meet | Vendor <u>Only</u> Store version does NOT meet |
| Packaging Size | | Half Gallon/ 64 ounces | Half Gallon/ 64 ounces | 8 ounces | 8 ounces | 8 ounces |
| Shelf Stable | | No | No | Yes | Yes | Yes |
| Storage Tips | | Use within 10 days of opening | | Store unopened package in a cool location for up to 12 months. After opening, consume immediately. | Store unopened package in a cool location for up to 12 mos. After opening, consume immediately. | Store unopened package in a cool location for up to 12 mos. After opening, consume immediately. |
| UPC Code | | 053859070663 | 25293600393 | | | |