

Crediting Tofu and Tofu Products in the Child and Adult Care Food Program

This guidance applies to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns for children and crediting foods, visit the Connecticut State Department of Education's (CSDE) [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages. For information on the CACFP adult meal patterns and crediting foods, visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



Commercial tofu and tofu products must meet two criteria to credit as the meat/meat alternates component:

- they must be easily recognizable as meat substitutes, such as a tofu burger or tofu sausage; and
- the tofu ingredient must contain at least 5 grams of protein in a 2.2-ounce serving by weight ($\frac{1}{4}$ cup volume equivalent).



CACFP facilities must maintain documentation on file to indicate that tofu products comply with these requirements.

Commercial Products Made with Tofu

For commercial tofu products, the tofu ingredient must contain 5 grams of protein in 2.2 ounces to credit as 1 ounce of the meat/meat alternates component. Menu planners cannot use the Nutrition Facts panel to determine if commercial tofu products meet this requirement. The Nutrition Facts panel shows the amount of protein in the **food**, not the amount of protein in the **tofu ingredient**. To credit tofu products in CACFP meals and snacks, CACFP facilities must obtain a product formulation statement (PFS) from the manufacturer that indicates the amount of protein in the product per serving. For more information, review the CSDE's resource, [Using Product Formulation Statements in the CACFP](#).

Products made with tofu that are not easily recognized as meat substitutes cannot credit as the meat/meat alternates component, even if they meet USDA's protein requirement. Examples include tofu blended into a recipe (such as soup) and tofu that does not represent a meat substitute, e.g., tofu noodles. These foods do not meet the customary and usual function of the meat/meat alternates component. The USDA's intent for this requirement is to ensure that CACFP facilities

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offer foods from the meat/meat alternates component in a form that is recognizable to participants. The USDA emphasizes the importance of the nutrition education aspect of the CACFP, which includes the goal of helping participants easily recognize the key food groups that contribute to a healthy meal.

Commercial Tofu

Menu planners must use the Nutrition Facts panel to determine if a commercial tofu product meets the USDA’s protein requirement. A product that contains at least 5 grams of protein in a 2.2-ounce serving by weight provides 1 ounce of the meat/meat alternates component.

Table 1 shows how to calculate compliance with the USDA’s protein requirement, using the sample Nutrition Facts panel for the tofu product on the right. This product contains 6.6 grams of protein in 2.2 ounces, which exceeds the USDA’s minimum protein requirement of 5 grams. Therefore, a 2.2-ounce serving of this product provides 1 ounce of the meat/meat alternates component, if the product also meets the USDA’s requirement for being easily recognizable as a meat substitute.

CACFP facilities must maintain product documentation on file for the Administrative Review of the CACFP.

Nutrition Facts	
5 servings per container	
Serving Size	3 oz. (85 g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15 mg	1%
Total Carbohydrates 2g	1%
Dietary Fiber 0g 20%	
Sugars 0g	
Including 0g Added Sugars	
Protein 9 g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 150mg	4%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	
Ingredients: Filtered water, organic soybeans, nigari (a natural coagulant)	



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Table 1. Steps for determining if a tofu product meets the protein requirement

1. List the grams (g) of protein per serving from the Nutrition Facts label.	A	9	grams
2. List the serving size in ounces (oz) from the Nutrition Facts label.	B	3	ounces
3. Calculate the grams of protein per ounce (divide A by B).	C	3	grams per ounce
4. Calculate the grams of protein in 2.2 ounces (multiply C by 2.2).	D	6.6	grams in 2.2 ounces
5. Is the amount in D at least 5 grams? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” the product meets the minimum protein requirement.			

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocumentationCACFP.pdf>

Crediting Commercial Meat/Meat Alternates in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCommercialMMACACFP.pdf>

Crediting Commercial Processed Products in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#CommercialProducts>

Crediting Commercial Processed Products in Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CommercialProducts>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#MMA>

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Meat_Meat_Alternate.pdf

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf

Serving Meat and Meat Alternates at Breakfast – Handouts, training slides, and webinars in English and Spanish (USDA webpage):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/cn/manufacturePFStipsheet.pdf>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP:

<http://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScafcp.pdf>

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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPCreditTofu.pdf>.

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- (3) email: program.intake@usda.gov.

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