

## Allowable Milk Substitutes for Adults without Disabilities in the Child and Adult Care Food Program

Adult day care centers that participate in the Child and Adult Care Food Program (CACFP) must follow the U.S. Department of Agriculture's (USDA) requirements for milk substitutes for adult participants without disabilities. These requirements apply only to meal accommodations for adult participants without disabilities who cannot drink milk.

CACFP adult day care centers have the **option** to make this accommodation by offering one or more allowable fluid milk substitutes for adult participants without disabilities. These substitutes are at the expense of the CACFP facility. If the CACFP adult day care center chooses to make allowable milk substitutes available, they must be available for all adult participants when requested by the adult participant or a person acting on behalf of the adult participant.

**Note:** The following criteria apply only to milk substitutes for adult participants without disabilities. Dietary accommodations for adult participants with disabilities must follow the USDA's requirements specified in the Connecticut State Department of Education's (CSDE) guide, *Accommodating Special Diets in CACFP Adult Day Care Centers*.

### Allowable Fluid Milk Substitutes

CACFP adult day care centers can choose to offer one or more allowable fluid milk substitutes, including:

- **lactose-free or lactose-reduced milk** that is unflavored low-fat (1%), unflavored fat-free, or flavored fat-free; and
- **allowable nondairy milk substitutes**, such as soy milk, that meet the USDA's nutrition standards for milk substitutes. For more information, see "USDA's nutrition standards for Milk Substitutes" on page 2.

The USDA recommends that lactose-free or lactose-reduced milk is the first choice for adult participants with lactose intolerance.

CACFP adult day care centers may choose to offer only one milk substitute such as lactose-free milk. If the adult participant or person acting on behalf of the adult participant decides not to take this option, the CACFP facility is not obligated to offer any other milk substitutes. CACFP adult day care centers may also choose (but are not required) to offer a second option of a nondairy beverage that meets the USDA's nutrition standards for milk substitutes



### Juice and Water Substitutes

CACFP adult day care centers can never offer juice or water as milk substitutes for adult participants without disabilities, even with a medical statement signed by a recognized medical authority. If CACFP adult day care centers choose to make milk substitutes available, they must include either lactose-free or lactose-reduced milk (unflavored low-fat, unflavored fat-free, or flavored fat-free), or a nondairy beverage that meets the USDA's nutrition standards for milk substitutes (see table 1). These are the only two options allowed by the USDA as milk substitutes for adult participants without disabilities in the CACFP.

### Required Documentation

Milk substitutes for adult participants without disabilities do not require a medical statement from a recognized medical authority. The adult participant or a person acting on behalf of the adult participant may request a nondairy milk substitute in writing. The written request must identify the medical or other special dietary need that restricts the participant's diet and requires the substitution.

The provision allowing a written request from a participant or person acting on behalf of a participant applies only to milk substitutes for adult participants without disabilities. It does not apply to any other substitutions of foods or beverages in CACFP meals for adult participants without disabilities. For information on meal accommodations for adult participants without disabilities, see the CSDE's guide, *Accommodating Special Diets in CACFP Adult Day Care Centers*.

### USDA's Nutrition Standards for Milk Substitutes

CACFP adult day care centers that choose to offer a nondairy milk substitute as part of reimbursable meals for adult participants without disabilities must use products that meet the USDA's nutrition standards for fluid milk substitutes (see table 1). Nondairy milk substitutes that do not meet these nutrition standards cannot be served in reimbursable meals and snacks for adult participants without disabilities, even with a medical statement signed by a recognized medical authority.



## Allowable Milk Substitutes for Adults without Disabilities in the CACFP

Table 1 summarizes the USDA’s nutrition standards for fluid milk substitutes.

<b>Table 1. USDA’s nutrition standards for fluid milk substitutes</b>	
<b>Minimum Nutrients per Cup (8 fluid ounces)</b>	
<b>Calcium</b>	276 milligrams (mg) or 30% Daily Value (DV) <sup>1</sup>
<b>Protein</b>	8 grams (g)
<b>Vitamin A</b>	500 international units (IU) or 10% DV
<b>Vitamin D</b>	100 IU or 25% DV
<b>Magnesium</b>	24 mg or 6% DV
<b>Phosphorus</b>	222 mg or 20% DV <sup>1</sup>
<b>Potassium</b>	349 mg or 10% DV <sup>1</sup>
<b>Riboflavin</b>	0.44 mg or 25% DV <sup>1</sup>
<b>Vitamin B-12</b>	1.1 micrograms (mcg) or 20% DV <sup>1</sup>
<sup>1</sup> The FDA labeling laws require manufacturers to round nutrition values to the nearest five percent. The actual minimum DV is 27.6% for calcium, 22.2% for phosphorus, 9.97% for potassium, 25.88% for riboflavin, and 18.33% for vitamin B12.	

Flavored nondairy milk substitutes may be served, but the USDA’s *CACFP Best Practices* recommends serving only unflavored nondairy milk substitutes.

## Acceptable Milk Substitute Products

Certain brands of soy milk are the only currently available nondairy milk products that meet the USDA’s nutrition standards for fluid milk substitutes. Table 2 provides a list of allowable milk substitute products. This list is for informational purposes and does not imply endorsement by the CSDE or the USDA.

<b>Table 2. Milk substitutes meeting the USDA’s nutrition standards</b>			
<b>Unflavored Milk Substitutes</b>			
<b>Manufacturer</b>	<b>Product</b>	<b>Container Size (Fluid Ounces)</b>	<b>Container UPC Code</b>
Kikkoman	Pearl Organic Soymilk, Smart Original, aseptic package	8.25	0-41390-06137-0
Kirkland Signature	Organic Soymilk, Plain	64	0-96619-49000-4
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	8	0-52603-08311-9
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	32	0-52603-08200-6
Stremick’s Heritage Foods	8th Continent Soymilk, Original, refrigerated	64	0-53859-07066-3
Sunrich Naturals	Soymilk, Original, aseptic package	8	7-82758-33108-6
Sunrich Naturals	Soymilk, Original, aseptic package	32	7-82758-33232-8
Walmart	Great Value Soymilk, Original, refrigerated	32	0-78742-09387-1
<b>Flavored Milk Substitutes <sup>1</sup></b>			
Kikkoman	Pearl Organic Soymilk, Smart Chocolate, aseptic package	8.25	0-41390-06151-6
Kikkoman	Pearl Organic Soymilk, Smart Creamy Vanilla, aseptic package	8.25	0-41390-06141-7
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Vanilla, aseptic package	32	0-52603-08225-9
Stremick’s Heritage Foods	8th Continent Soymilk, Vanilla, refrigerated	64	0-53859-07067-0
Sunrich Naturals	Soymilk, Unsweetened Vanilla, aseptic package	32	7-82758-33932-7
Sunrich Naturals	Soymilk, Vanilla, aseptic package	32	7-82758-33132-1
Sunrich Naturals	Soymilk, Vanilla, aseptic package	8	7-82758-33208-3
<sup>1</sup> Flavored nondairy milk substitutes may be served to adult participants, but the USDA’s <i>CACFP Best Practices</i> recommends serving only unflavored milk substitutes.			

## Allowable Milk Substitutes for Adults without Disabilities in the CACFP

For milk substitutes not listed, CACFP facilities must obtain nutrition information from the manufacturer to document that a product contains the required amount of each nutrient in the USDA's nutrition standards for milk substitutes (see table 1). The Nutrition Facts label might not include all of the nutrients required to identify a product's compliance with the USDA nutrition standards. For assistance with evaluating products for compliance, please contact the CSDE.

### Resources

Accommodating Special Diets in CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/AdultNPGSpDiet.pdf>

CACFP Adult Meal Patterns: [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultmealpatternCACFP.pdf)

[/media/SDE/Nutrition/CACFP/MealPattern/AdultmealpatternCACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultmealpatternCACFP.pdf)

CACFP Best Practices (USDA):

[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)

Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24348):

<https://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf>

Serving Milk in the CACFP (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-servingmilk.pdf>

USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As:

<https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-and-fluid-milk-substitutions-cacfp-qas>

## Allowable Milk Substitutes for Adults without Disabilities in the CACFP



For more information, visit the CSDE's [Special Diets in CACFP Adult Day Care Centers](#) webpage 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 handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Adultmilksub.pdf>.

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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