

Crediting Tofu and Soy Yogurt



Serving Requirements

School Meal Programs, CACFP, and SFSP:

- 2.2 ounces by weight (ozw) or ¼ cup by volume of tofu containing at least 5 grams of protein is creditable as a 1.0-ounce equivalent of meat alternate

SFSP Lunch & Supper:

- Minimum 2.0 oz eq. (4.4 ozw or ½ cup) containing at least 10 grams of protein

SFSP Snack:

- Minimum 1.0 oz eq. (2.2 ozw or ¼ cup) containing at least 5 grams of protein

Infant Meal Patterns (6-11 months):

- 0-4 tablespoons (¼ cup) or 2.2 ozw containing at least 5 grams of protein

Additional Information:

- Tofu incorporated into items for texture or nutrition but is not recognizable as a meat substitute is not creditable
- For products like tofu burgers or sausages to be creditable, they must provide at least 5 grams of protein per 2.2 ozw or ¼ cup of tofu ingredient



Tofu Definition

- Tofu does not have a federal standard of identity. Tofu must be **commercially prepared** and **defined** as, “a soybean-derived food... basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water,” to be considered creditable.

M/MA Contribution to Tofu Servings

Serving size	M/MA Contribution	Minimum protein (grams) per serving
0.55 ounce (1 Tbsp)	¼ oz eq	1.25 grams
2.2 ounces (1/4 C)	1 oz eq	5 grams
4.4 ounces (1/2 C)	2 oz eq	10 grams

Soy Yogurt Requirements

CACFP/NSLP Infant Meal Patterns (6-11 months):

- Serving size is the same as dairy yogurt of 0-4 ozw or ½ cup

Additional Information

- ½ cup (4.0 ozw) of soy yogurt is creditable as 1.0 oz eq. of meat alternate
- Soy yogurt must comply with sugar limits within specific program as appropriate
- For more information on updated crediting for tofu and soy – [Visit here.](#)



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