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

<table>
<thead>
<tr>
<th>Serving size</th>
<th>M/MA Contribution</th>
<th>Minimum protein (grams) per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.55 ounce (1 Tbsp)</td>
<td>¼ oz eq</td>
<td>1.25 grams</td>
</tr>
<tr>
<td>2.2 ounces (1/4 C)</td>
<td>1 oz eq</td>
<td>5 grams</td>
</tr>
<tr>
<td>4.4 ounces (1/2 C)</td>
<td>2 oz eq</td>
<td>10 grams</td>
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</tbody>
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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.