

Early Implementation Allowances

4: Tofu and Soy Yogurt as Meat Alternates



Tofu and soy yogurt products are allowed to be used to meet all or part of the meat/meat alternate component.

- Tofu is a soybean-derived food. Basic ingredients in tofu are whole soybeans, one or more food-grade coagulants, and water. Noncommercial tofu and soy products are not creditable.
- 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1 ounce equivalent meat alternate.
- 1/2 cup (4 fluid ounces) of soy yogurt is creditable as 1 ounce equivalent of meat alternate.
- The most appropriate way to ensure that the product meets these requirements is a product with a Child Nutrition Label (CN Label) or a Product Formulation Statement (PFS)
- Firm or extra firm tofu in stir-fries, omelets, and miso soup may credit towards the meat alternate component.
- Soft or silken tofu incorporated into drinks, such as smoothie or other dishes to add texture or improve nutrition, such as in baked desserts, does NOT credit toward the meat alternate.
- Until the Food Buying Guide for Child Nutrition Programs is updated, the following yield information can be used for purchasing and crediting:
 - 1 pound of tofu with 37 grams of protein will have 7.28 quarter cup servings per pound and provide 7.25 ounces of equivalent meat alternate.

Why is This Important?

Tofu can be prepared and served in a variety of ways that include culturally appropriate and traditional dishes. This allow CEs greater flexibility and diversity in menu planning

Additional Resources:

USDA Memo: SP 53-2016, CACFP 21-2016 - Crediting Tofu and Soy Yogurt Products in School Meal Programs and the Child and Adult Care Food Program

USDA Food and Nutrition Service, Nutrition Standards for CACFP Meals and Snacks:

<http://www.fns.usda.gov/cacfp/meals-and-snacks>

Food Buying Guide for Child Nutrition Programs:

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

