

# Serving Tofu and Soy Yogurt as a Meat Alternate in the CACFP

## Tofu

- **Must be commercially prepared**

*Noncommercial tofu and soy products are not creditable*

- **Crediting Information:**

2.2 oz (1/4 cup) of tofu, containing at least 5 grams of protein = **1.0 oz. meat alternate**

- **Creditable and not creditable tofu:**

- **CREDITABLE:**

- Firm or extra firm tofu
- Tofu products such as links and sausages can only credit when the product has a Child Nutrition (CN) label or Product Formulation Statement (PFS) from manufacturer to document how the product meets CACFP requirements

- **NOT CREDITABLE:** Soft or silken tofu. Tofu incorporated into drinks, such as smoothies, or other dishes to add texture, such as in baked desserts

## Soy Yogurt

- **Crediting Information:**

4.0 fluid oz. (1/2 cup) of soy yogurt = **1.0 oz. meat alternate**

- **Creditable yogurt:**

- Plain or flavored, unsweetened or sweetened
- Commercially prepared fruit and nonfruited yogurt receive the full crediting toward the meat alternate requirement

*See other side for purchasing and crediting information*

Until the Food Buying Guide is updated, the following information can be used for purchasing and crediting:

**Food Buying Guide Specifications for Tofu and Soy Yogurt**

1. Food As Purchased	2. Purchase Unit	3. Servings Per Purchase Unit	4. Serving Size per Meal contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Tofu, commercial*</b>  <i>With minimum of 5 grams of protein per 2.2 ounces by weight (37 grams of protein per pound)</i>	Pound	7.28	¼ cup or 2.2 oz by weight (1 oz meat alternate)	13.7	½ cup (4.4 ounces by weight) of tofu x 7.28 quarter cups divided by 16 ounces per pound = 2.00 ounces of equivalent meat alternate
<b>Yogurt, soy, fresh</b> <i>Plain or Flavored Sweetened or Unsweetened – Commercially-prepared</i>	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
<i>No minimum protein level required</i>	4 oz cup	1.00	One 4 oz container yogurt (1 oz meat alternate)	100.0	
	6 oz cup	1.00	One 6 oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 oz	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	