



Fluid Milk Substitute Nutrient Criteria¹

Nutrient	Per Cup (8 fl oz)	% Daily Value for Adults and Children age 4 and up (Rounded)
Calcium	276 mg	21%
Protein	8 g	16%
Vitamin A	500 IU*	*
Vitamin D	100 IU* (2.5 mcg)	12.5% of the 20 mcg DV
Magnesium	24 mg	6%
Phosphorus	222 mg	18%
Potassium	349 mg	7%
Riboflavin	0.44 mg	34%
Vitamin B12	1.1 mcg	46%

FDA notes that USDA has issued a proposed rule (85 FR 4094) to update the units of measure for vitamin A and vitamin D to align with how they are declared on the updated Nutrition Facts label, which is in micrograms.

¹ 7 CFR 210.10 (d)(3).