



Allowing a Soymilk Option in the Child Nutrition Programs

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USDA Child Nutrition Programs

National School Lunch program (NSLP)	27 million meals daily
School Breakfast Program (SBP)	7+ million meals daily
Child and Adult Care Food Program (CACFP)	2.5+ million meals daily
Summer Food Service Program (SFSP)	2+ million meals daily
Supplemental Food Program for WIC	7.3 million people annually

Diversity

Cultural practices

Religious tenets

Ethical principles

Health beliefs



Of the 58 million school-aged kids:
63 % are White (Non-Hispanic)

18 % are Hispanic/Latino

16 % are Black

4 % are Asian

1 % are others

17% percent of children <18 years are
below poverty level



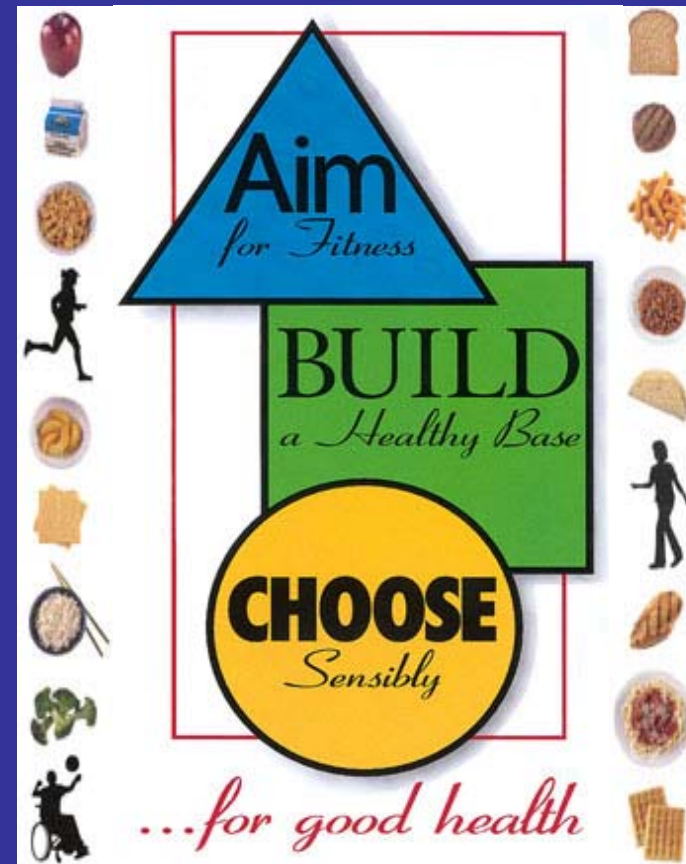
Income disparity

Dietary Guidelines as basis for meal patterns

Milk, Yogurt, and Cheese Group

- 1 cup of milk** or yogurt**

One cup of **soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.



United States
Department of
Agriculture

Center for Nutrition
Policy and Promotion

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Food Guide Pyramid for Young Children

MILK GROUP CHOICES

(2 servings each day)—One serving of the milk group is based on the amount of calcium in 1 cup of milk. This group is where partial servings are eaten most often.

FOR THIS AMOUNT OF FOOD... COUNT THIS MANY MILK GROUP SERVINGS.

1 cup milk	1
1 cup soy milk, calcium fortified	1
1/2 cup milk	1/2
1 cup yogurt (8 ounces)	1



Why allow soy?

Cow's milk is a healthy beverage **for children who consume it** but

- ✓ USDA study finds **16% of high school** and **6% of elementary school students do not drink milk** and forego key nutrients at meals.
- ✓ The recent FITS study found that out of 600 toddlers 15 to 24 months old, almost **4% consumed soymilk** at least once in a day.



Why allow soy?

School food service directors

- ✓ request an **option** to serve soymilk as part of a **reimbursable meal** to children who go without cow's milk at lunch and/or breakfast.
- ✓ want soymilk to serve students with **religious or cultural preferences for plant-based diets, milk allergies, and/or medically diagnosed lactose intolerance.**



Why allow soy?

- ✓ The milk group is the only part of the meal pattern that does not give school foodservice directors a **choice**.
- ✓ Non-milk drinking students **should not have to visit a medical authority to obtain soymilk in a reimbursable meal**.
- ✓ Low income children are **less able to afford *à la carte* items**, such as soymilk.



Why allow soy?

- ✓ Soymilk is **low in saturated fats** and is **cholesterol-free**
 - ✓ Overweight kids are at risk for heart disease.
- ✓ Fortified soymilk has **calcium, vitamin D, vitamin A, riboflavin, essential fatty acids, and high quality protein**. Some brands are **low fat, fat free and sugar free**.



Why allow soy?

✓ PDCAAS

(Protein Digestibility Corrected Amino Acid Score) is the recognized standard for protein quality in the U.S.

1.0 = Highest Possible Score

- ✓ Soy Protein = 1.0
- ✓ Similar to animal proteins...
 - whey protein = 1.0
 - egg protein = 1.0



Why allow soy?

	Calories	Calcium (mg)	Vitamin D (IU)	Protein (g)	Saturated Fat (g)
Nonfat Milk	83	223	101	8	0
Whole Milk	146	246	98	8	4.5
Soy milk (fortified)	110	300	120	7	0.5
Soy milk (unsweetened)	80	300	120	7	0.5
Juice (fortified)	100	350	100	2	0



Why allow soy?

Research on Soy and Health:

- ✓ Soy protein has a proven record of **reducing blood cholesterol.**
 - ✓ FDA Health Claim
- ✓ Soy containing diets can **help bones retain calcium.**
- ✓ Soy like milk protein enhances **satiety.**



Why allow soy?

Research on Soy and Health:

- ✓ Studies have shown that **adolescent soy consumption may lower risk of breast cancer** later in life.
- ✓ Soymilk shows promise in helping **decrease hypertension.**

Students Accept Soy

Stonyfield Vending Machines

Sales of soymilk in a vending machine with other healthy snacks to high school students in Rhode Island are going well.



Venice High School Soymilk Vending

- ✓ Sales of White Wave soymilk to high school students going well in pilot project.

All Children Deserve a Nutritious Beverage

Soymilk is:

- ✓ Cost competitive
- ✓ Highly nutritious
- ✓ Great tasting
- ✓ Readily available
- ✓ Convenient to store and serve
- ✓ **a nutritional beverage for an increasingly diverse student population.**

