

Milk & Milk Alternatives Reference Sheet for WIC Health Professional

Milk and other dairy foods such as cheese provide important nutrients for health, growth and development. Dairy foods contain protein for muscles, calcium and vitamin D for strong teeth and bones, Vitamin A for vision and strong immune system as well as other vitamins and minerals.

Low-fat 1% milk is recommended for ages 2 and up. WIC participants may request milk alternatives for a variety of reasons. The table below displays the nutrients available in different types of milk alternatives as compared to low-fat 1% milk. WIC only provides soy milk that meet nutrient levels comparable to milk.

Nutrient	Milk		Milk Alternatives		
	Low-Fat 1% Milk (1 cup)	Lactose Free 1% Milk (1 cup)	Soy Milk Beverage* (1 cup)	Cheddar Cheese (1 oz.)	Tofu w/ Calcium Sulfate (3 oz.)
Calcium	30%	30%	6% - 45%	20%	58%
Protein	8 g	8 g	3 g - 8 g	7 g	13.4 g
Vitamin A	9.5%	10%	0% - 10%	5.6%	2.8%
Vitamin D	29%	25%	25% - 30%	1.8%	0%

* Milk alternatives provided by the WIC program must meet certain nutrition criteria. Almond, Rice and other milk alternatives provide less protein, vitamins and minerals per cup as compared to milk. No other milk beverage alternatives are WIC approved.

References:

Kentucky 2013-2014 WIC Approved Food Review Log; Lactaid Milk. <http://www.lactaid.com/products/lowfat-milk-1-percent>; Pennington, Jean, and Judith Spungen. *Bowes & Church's Food Values of Portions Commonly Used, Nineteenth Edition*. Baltimore: Lippincott Williams & Wilkins, 2010. Print.; My Plate <http://myplate.gov/food-groups/dairy-why.html>; United States Department of Agriculture Nutrient Database



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