Eating Through Meal Patterns
Child and Adult Care Food Program

Tofu and Soy Yogurt

Commercially prepared tofu and soy yogurt are creditable on the Child and Adult Care Food Program (CACFP) effective October 1, 2017. Allowing tofu and soy yogurt will add more flexibility to menus to better meet the needs of vegetarians and culturally diverse groups. Eating more plant-based sources of protein is healthy for vegetarians and omnivores alike.

TOFU CREDITING
- Tofu should be served in ways that are culturally appropriate such as stir-fries, omelets, or soup.
- Tofu cannot be incorporated into drinks or other dishes to add texture such as smoothies.
- Tofu cannot be added to less healthy dishes to improve nutrition such as baked desserts.
- Tofu found in processed products such as sausages must have a Child Nutrition (CN) label or Product Formulation Statement to assure it has the required 5g protein per ounce equivalent.

Learn more about CN Labels: www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program

SOY YOGURT CREDITING
- Soy yogurt must contain no more than 23 grams of sugar per 6 ounces of yogurt.
- Soy yogurt can be plain or flavored, sweetened or unsweetened.
- Soy yogurt is credited similarly to yogurts made from cow’s milk.
- Soy yogurt must be commercially prepared.

FUN FACTS
- Tofu and soy yogurt are both made from soymilk.
- Tofu comes in a variety of textures including silken, soft, firm, and extra firm.
- Soy products are good options for vegetarians and children with cow’s milk allergies.
- Tofu is a terrific food to cook with because it easily absorbs the flavors of marinades and sauces.

ONE BITE AT A TIME

The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or
MEAL PATTERN REQUIREMENTS

Tofu and soy yogurt credit as meat alternates.

<table>
<thead>
<tr>
<th>Food</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td>1.1 oz (1/8 cup)</td>
<td>1.1 oz (1/8 cup)</td>
<td>2.2 oz (1/4 cup)</td>
</tr>
<tr>
<td>Soy Yogurt</td>
<td>2 oz (1/4 cup)</td>
<td>2 oz (1/4 cup)</td>
<td>4 oz (1/2 cup)</td>
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<tr>
<td><strong>Lunch/Dinner</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Tofu</td>
<td>2.2 oz (1/4 cup)</td>
<td>3.3 (3/8 cup)</td>
<td>4.4 oz (1/2 cup)</td>
</tr>
<tr>
<td>Soy Yogurt</td>
<td>4 oz (1/2 cup)</td>
<td>6 oz (3/4 cup)</td>
<td>8 oz (1 cup)</td>
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<tr>
<td><strong>Snack</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
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Learn more about crediting: http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

**BREAKFAST IDEAS**
- Tofu Scramble
- Tofu Frittatas
- Tofu Quiche
- Soy Yogurt Parfait with Cereal

**SNACK IDEAS**
- Savory Soy Yogurt Dip with Vegetables
- Fruit Kabobs & Soy Yogurt Dip
- Soy Yogurt Smoothie
- Soy Yogurt with Fruit

**LUNCH/DINNER IDEAS**
- Curried Tofu with Vegetables & Rice Noodles
- Tofu Stir-Fry with Vegetables & Rice
- Marinated and Baked Tofu
- Marinated Tofu Tacos
- Asian Salad with Tofu

**MARINATED TOFU TIPS**

1. Cut extra firm tofu in water into slices.
2. Lay a dish towel and paper towels on a baking sheet.
3. Spread the tofu slices in a single layer on the paper towels.
4. Add a new layer of paper towels and another baking sheet.
5. Top with heavy items such as a cast iron skillet or cookbooks and leave for 30 min to a few hours.
6. Cook according to your recipe using methods such as baking or stir-frying for crispy tofu.

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