

MEAT OR MEAT ALTERNATE REQUIREMENT

A meat or meat alternate must be served at lunch or supper in the amounts specified on the Food Chart.

In Alaska, game meat such as moose, salmon, caribou, etc. is creditable on the Food Program. It is the provider's responsibility to ensure game meat is safe for children to eat. However, some traditional foods not creditable are wild mushrooms, Bivalve shellfish such as clams or mussels, Fox meat & organs, Bear or walrus meat, Polar bear liver, Fermented meat & seafood (stink eggs, fermented beaver tail, fermented flipper, etc), and Non-commercial smoked fish products.

Meat or meat alternates provide protein, iron, B Vitamins (thiamin, riboflavin, niacin) and other nutrients. You may use a serving of meat or meat alternates as one of the two components of snack.

A 1 oz. meat portion refers to the edible portion of lean meat (beef, pork, lamb, and veal), poultry, fish, cheese, eggs, or nut butters.

To be creditable, Chicken Nuggets, Fish Sticks and Corndogs, must be homemade or have a CN label. A CN label stands for Child Nutrition Label that is found on select packages of these items, the CN label tells you how much of each component is in the product. To be able to serve these you must buy the CN labeled brand, cut out the CN label and turn it in to the Food Program office, then write the brand and product that you served on your menus. If the CN label is not on file in our office, the meal will be disallowed.

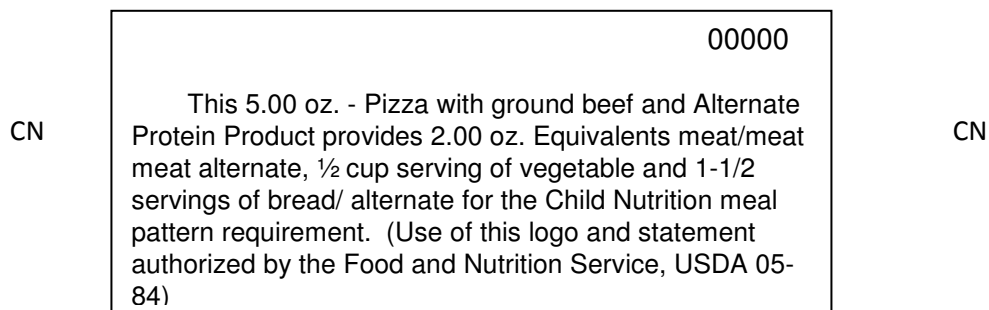
How to identify a CN label:

A CN label will always contain the following information:

- the CN logo, which is a distinct border.
- the meal pattern contribution statement.
- a six digit product identification number.
- USDA/FNS authorization.

Sample Label:

CN



CN

Only “all meat” Luncheon meats, hot dogs, etc, Are creditable on the Food Program.

Pepperoni and bacon are not creditable due to low protein content and high fat content. If you are serving a HM pepperoni and **cheese** pizza, the cheese will count as the meat alternate and the pepperoni will just be an “extra”.

Any combination of the foods listed below can meet the meat or meat alternate requirement (i.e., a hot dog and cheese chunk whose total weight equals on serving).

Meat and Meat Alternate	Under 3	3-6 yrs	6&over
Lean meat or poultry of fish	1 oz.	1 ½ oz.	2 oz.
Cheese-100% cheese	1 oz.	1 ½ oz.	2 oz.
Eggs	1 egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup
Peanut Butter	*2 Tbs.	*3 Tbs.	*4 Tbs.
Pasteurized cheese food	2 oz.	3 oz.	4 oz.
Pasteurized process cheese spread	2 oz.	3 oz.	4 oz.
Yogurt (NOT homemade)	2 oz.	2 oz.	4 oz.

***Note the minimum serving size for peanut butter.**

*** Note the difference in serving sizes between 100% cheese and processed cheeses.**

NON-CREDITABLE MEAT AND MEAT ALTERNATES Non-Creditable Meat/Meat Alternates (this is not a complete list, but items commonly found on new provider menus and are not reimbursable)

Bacon, Bacon-Bits, Chicken Nuggets, Commercial burritos, Cream Cheese, Frozen pizza, Imitation cheese, Oxtails, Pepperoni, Pig Tails, Pig feet, Powdered Cheese in boxed macaroni, Ravioli, Spagetti-o's, Spaghetti (canned), Sizzle lean, Soups (most canned), Tofu, Turkey nuggets, Non-CN labeled chicken nuggets, Non-CN labeled Fish sticks, Non-CN labeled Corndogs.

MEAT/ MEAT ALTERNATE

Food	Creditable		Comments
	yes	no	
Acorns		x	Acorns have a low protein content.
Baco - Bits		x	This may be a soy product.
Bacon and Imitation Bacon Products		x	These products are considered as fats with little protein.
Bacon, Turkey	x		Turkey bacon is creditable only if it is a CN labeled product.

Food	Creditable yes	no	Comments
Beans, Dried or Canned	x		Refer to the Food Buying Guide.
Beef Jerky	x		Beef jerky made with pure beef may be credited. 1 ounce of dried jerky equals 1 ounce lean, cooked meat. This product has a high sodium content and is difficult to chew.
Bologna	x		All meat (or poultry) products that do not contain by products, cereal, or extenders.
Canadian Bacon or Mild Cured Pork	x		1 lb. (16 oz.) will yield 11 - 1 oz servings of cooked, lean meat. Refer to the Food Buying Guide.
Canned or Frozen: Beef Stew Beef-a-Roni Chili Macaroni Meat Stew Pizza Pot Pies Ravioli	x		These products are creditable only if (1) they have a CN label or (2) a product analysis sheet signed by an official of the manufacturer (not a sales person). The documentation should state the amount of cooked, lean meat per serving. The servings available must contain the required minimum serving size for the meat/meat alternate component.
Canned, Pressed Luncheon Meat (Potted/Deviled)		x	This product has a high salt and fat content.
Cheese Foods, Cheese Substitutes and Cheese Spreads	x		A 2 oz serving equals 1 oz of meat alternate
Cheese, Imitation		x	
Cheese, Products		x	While cheese foods and spreads have a Standard of Identity, cheese products do not.
Cheese, Natural or Processed	x		
Cheese, Cottage or Ricotta	x		The portion size must be doubled. (A 2 ounce serving equals 1 ounce meat/meat alternate).
Chestnuts		x	Chestnuts have a low protein content.
Chicken Nuggets	x		Only the edible chicken portion is creditable as a meat. For breading/batter crediting, see the grain/bread section. Must have a "CN" label
Chitterlings		x	Chitterlings are considered as a fat.
Coconuts		x	Coconuts have a low protein content.
Corn Dogs, Corn Dog Nuggets	x		The crust is credited like cornbread. The frankfurter is credited as a meat/meat alternate. This product has a high fat and salt content. Must have a "CN" label.
Crab, Imitation		x	The processing washes away all vitamins.

Food	Creditable yes	no	Comments
Cream Cheese		x	Cream cheese contains less protein and more fat than creditable cheeses. A serving size that would provide an equivalent quantity of protein would be excessive, especially for pre-school children and adults.
Deviled Eggs	x		
Eggs	x		Eggs may be credited only when cooked. Raw eggs are a potential health hazard.
Falafel	x		The pre-ground weight of beans is credited.
Fish Sticks	x		Only the edible fish portion is creditable as a meat alternate. For breading/batter crediting, see the grain/bread section. Must have a "CN" label
Frankfurters or Hot Dogs	x		Must be all meat, and cannot contain any extenders. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
Frankfurters, Imitation		x	
Game, i.e. Squirrel, Venison etc...	x		For Safety reasons, you should know where the meat came from and that it was handled properly.
Gizzards	x		
Home Slaughtered Meat	x		In Alaska it is creditable to serve home slaughtered game meat. It is your responsibility to know whether it was handled safely.
Ham Hocks		x	Ham hocks are high in fat and low in protein.
Hummus	x		The pre-ground weight of beans is credited. Refer to the Food Buying Guide.
Kidney	x		
Liver	x		
Liverwurst or Luncheon Meat	x		All meat and poultry products that do not contain by-products, cereal, or extenders may be credited. This product is high in salt and fat.
Meat Sauce	x		Only homemade sauce may be credited.
Neufchatel Cheese		x	A soft unripened cheese similar to cream cheese, but which contains less fat and more moisture.
Nuts	x		Nuts may receive no more than one-half credit toward the meat/meat alternate component. Nuts may be a choking hazard for some populations.
Oxtails		x	This product has an insufficient amount of meat.
Peanut Butter	x		Peanut butter must be served in combination with another meat/meat alternate since the required portion sizes for peanut butter may be too large for pre-school children.

Food	Creditable yes	no	Comments
Peanut Butter Spreads		x	Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.
Peas or Lentils, Dried	x		
Pepperoni		x	High Fat content.
Pig's Feet, Neck bones, or Tails (parts)		x	These products contain small amounts of meat and are high fat products.
Pimento Cheese	x		A 2 oz. serving equals 1 oz of meat or meat alternate. See the cheese spread entry in the Food Buying Guide.
Pizza, Homemade	x		Creditable based on the amount of meat/meat alternate in each serving.
Pizza, Commercial	x		These products are creditable only if (1) they have a CN labeled product or (2) a product analysis sheet signed by an official of the manufacturer (not a sales person), which states the amount of cooked, lean meat/meat alternate per serving.
Polish Sausage	x		A cooked, smoked sausage, similar in composition to frankfurters, knockwurst, and similar sausage products. Polish sausages must contain a CN label to be credited.
Potted or Deviled Meats		x	These products are high in sodium and include extenders and binders.
Pot Pies, Commercial		x	These products do not contain adequate amounts of meat.
Pot Pies, Homemade	x		The meat in homemade potpies can be credited if there is sufficient meat/meat alternate per serving.
Powdered Cheese in Boxed Macaroni and Cheese		x	The powdered cheese mix is not credited toward any of the components. The macaroni, if enriched, may be credited toward the grain/bread requirement.
Pressed Meat Products; i.e. "Spam"		x	This product is high in sodium and fat.
Quiche	x		The egg, cheese, and/or meat may be credited if there is sufficient meat/meat alternate per serving. See crediting for crusts under the grain/breads section.
Salt Pork		x	This product is extremely high in fat.
Scrapple		x	Scrapple has insufficient meat content.
Seeds	x		See meal pattern regulations for crediting. Be careful using seeds with preschoolers to avoid choking hazards. Some adults may also have medical restrictions.

Food	Creditable yes	no	Comments
Shellfish, Imitation		x	
Soups, Homemade with Meat, or Meat Alternate	x		Homemade soups are creditable as a source of meat/meat alternate if the minimum amount of ¼ oz. per serving can be identified and documented.
Soups, Commercial		x	Commercial soups contain insufficient meat/meat alternate content per serving to receive crediting.
Soy Butter	x		Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter.
Spare Ribs	x		These products contain small amounts of meat and are high fat products. Only the lean meat portion is creditable.
Tempeh		x	Tempeh is fermented soybean. USDA has no Standard of Identity for this product.
Tofu		x	Tofu is soy bean curd. USDA has no Standard of Identity for this product.
Tripe		x	Tripe has low quality protein.
Vienna Sausage	x		This product is high in fat and sodium.
Yogurt, Commercial Plain, Un-flavored, Flavored, Sweetened	x		As of 3/97, commercially prepared products meeting the Standard of Identity for yogurt, low fat, and nonfat yogurt may be credited. 4 oz of yogurt equals 1 oz of the meat/meat alternate requirements.
“Yogurt”, Liquid		x	This product does not meet the definition of yogurt.
Yogurt in a tube	x		This product must meet all requirements to be labeled as yogurt on the ingredient label. The 2.2 oz size tube may be credited at .5 oz of the meat/meat alternate requirements
Yogurt, Homemade		x	There are potential safety concerns with this product.
Yogurt Products Frozen Yogurt, Bars, Yogurt Covering on Fruit and/or Nuts		x	These are considered “other” foods. There is insufficient yogurt in the coating mixtures.

Questions and Answers About Meat/Meat Alternates

1. Q: Why are nuts, seeds and nut/seed butters allowed as meat alternates?

A: Peanut butter has always been included as a meat alternate in the Child Nutrition Program because of its high protein content. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious and environmental factors. The use of these products as a meat alternate reflects current food consumption habits and nutrition information. **Nuts are not recommended for children under three years of**

age because choking may occur. Adult day care providers should also consider their elderly participants carefully to determine if choking is a potential concern. Please also be aware that some individuals may have food intolerances or allergies to these foods.

2. Q: Are grated romano and parmesan cheeses creditable?

A: Yes, however, small amounts of these cheeses, when used as a garnish or seasoning, or in a breading, should not be counted toward meeting the meat/meat alternate requirement of a meal. For both romano and parmesan cheeses, a 3/8 cup serving provides 1 ounce of meat alternate.

3. Q: Can pizza be credited as a meat/meat alternate?

A: Yes. This pizza should be either a homemade pizza with a recipe on file, a CN labeled pizza, or a cheese/meat pizza with a manufacturer's statement.

4. Q: Can vegetarian meals be served in the CACFP?

A: Yes, however, the meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt, cooked dried beans and peas, nut and seed butters or any combination of the above. As of March 2000, regulations were published that eliminated restrictions on the use of alternate protein products (APP). USDA has removed the 30 percent limit on the amount of APP that can be blended into a meat/meat alternate. Special fortification requirements for APP are also removed. However, productions containing more than 30% should be identified. In planning for the use of such products, remember that some participants may have allergies to some of these ingredients so that identification of products containing APP is critical. **Please be aware that such meat alternates as tofu, seitan and tempeh are not creditable meat alternates.**

5. Q: We have several participants that attend our day care who cannot eat certain foods because of religious reasons. Can we claim these participants on the food program?

A: Yes. In many cases substitutions to accommodate religious dietary restrictions can be made within existing meal pattern requirements. In those cases, the center or provider may make such adjustments as are needed. Please also refer to FNS Instructions 783-13, Rev. 2 Variations in Meal Pattern Requirements: Jewish Schools, Child Care Institutions and Service Institutions (December 3, 1992) and 783-14, Rev. 1 Variations in Meal Pattern Requirements: Seventh Day Adventist Schools, Child Care Institutions and Service Institutions (April 29, 1992). If religious dietary restrictions need additional accommodation, sponsors may request that alternate meal patterns be allowed by submitting a letter to the State agency or to the FNS Regional office that administers the program. The letter must state the reasons for the proposed changes and describe the dietary accommodations that are needed. At that time, the Regional office or State agency will make a decision based on the nutritional needs of the

participants. Prior written approval from the State agency or Regional office for CACFP meal pattern modifications based on religious exemptions is required and must be maintained on file.

Now that commercial yogurt may be credited as a meat/meat alternate in breakfasts, lunches and dinners as well as in the snack meal service, we have several questions:

6. Q: Must yogurt be offered in four ounce portions in order to be credited?

A: Although yogurt is credited at a ratio of four ounces of yogurt to one ounce of meat, this does not mean that programs are limited to offering yogurt in four ounce or eight ounce servings.

7. Q: What is the smallest amount of yogurt that may be credited as meeting the meat/meat alternate requirement?

A: Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 2 ounces (credited as 1/4 ounce of the meat meat/alternate) to 8 ounces (credited as fulfilling the total two ounce meat/meat alternate requirement).

8. Q: How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

A.: Commercially prepared fruit and non-fruit yogurt products both receive full crediting toward the meat/meat alternate requirement, based on the portion size by weight/volume in the carton; i.e., **four ounces of either fruited or non-fruit yogurt fulfill the equivalent of one ounce of meat/meat alternate**. It should be noted that the fruit in commercial fruited yogurts cannot be credited toward the fruit/vegetable component. Fruit may be credited only when the provider adds sufficient quantities of fresh, frozen or canned fruit to commercial yogurt.

9. Q: Chicken nuggets, hot dog nuggets and fish sticks are very popular in our center. How many nuggets or sticks should we serve to meet requirements?

A.: Check either the CN label or the manufacturer's sheet. The label or sheet will provide crediting information specific to the product. This documentation must be maintained on file and is especially important when serving novelty shaped products.

Milk

What is Creditable? FLUID MILK IS THE ONLY ITEM THAT CAN COUNT AS MILK

Milk must be pasteurized fluid milk. It is recommended that a child 1 year through 2 years be served whole milk. It is now also recommended to introduce skim milk into your child care for children over 2 because of the increasing risk of childhood obesity in the United States, especially in Alaska. However, you may serve low-fat, skim, or whole milk. It can be flavored with chocolate, strawberry, etc. Hot cocoa made with milk is creditable if listed on your menus as "cocoa with milk".

Formula and Soy milk are creditable only by special diet statement signed by a recognized medical authority for children over 1 year of age.

Milk means pasteurized fluid types of whole, low fat skim or cultured buttermilk, flavored or unflavored, which conforms to the definition of these types of milk as set by State and local standards. All milk should contain Vitamins A and D at levels specified by the Food and Dairy Administration and is consistent with State and local standards for such milk.

Fluid, evaporated, or dry milk in preparation of soups, puddings, baked products and other foods may not be counted towards meeting the milk requirement.

At breakfast, milk may be served as a beverage, or on cereal, or used in part for each purpose. If you are serving milk **and** juice at breakfast, the milk must be on cereal (two **drinks** are not allowable at a meal or snack). **At lunch and supper, milk must be served as a beverage.**

NON- CREDITABLE MILK GROUP:

FLUID MILK IS THE ONLY ITEM THAT CAN COUNT AS MILK!!!!

NOT PUDDING, YOGURT, CHEESE, ETC.

MILK

Food	Creditable yes	no	Comments
Milk, fluid (unflavored or flavored)	x		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Flavored milks include (but are not limited to) such flavors as strawberry, blueberry and banana. See chocolate milk below.
Acidified Milk, Acidified, Kefir Milk	x		Acidified milk is a fluid milk produced by souring fluid whole, low fat or skim milk with an acidifying agent. Examples of acidified milk are "acidified, kefir milk and acidified, acidophilus milk".
Buttermilk	x		

Food	Creditable yes	no	Comments
Chocolate Milk (cold)	x		Chocolate milk is creditable if it meets State and local standards for milk.
Cultured Milk, Cultured, Kefir Milk	x		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, low fat, or skim milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples of cultured milk are cultured buttermilk, cultured kefir milk and cultured acidophilus milk.
Goats Milk	x		It must be pasteurized and meet State and local standards. Goat's milk cannot be served to infants.
Lactose Reduced Milk	x		Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who can not digest the lactose in milk may benefit from the use of lactose reduced milk.
Low Fat Milk/Light Milk or Reduced Fat Milks	x		Low fat milk is not recommended for children under two years of age. The use of this product for children under age two must be supported by a medical referral form signed by a physician that includes the reason this product is recommended to be served.
Skim Milk-Non/Fat Free Milk	x		Skim milk is not recommended for children under two years of age. The use of this product for children under age two must be supported by a medical referral form signed by a physician that includes the reason this product is recommended to be served.
Soy Beverages/Drinks		x	Soy drinks and beverages are not fortified and do not contain Calcium, Niacin, or Vitamins D, E, or C.
Soy or Soybean Milk, Fortified	x		Soybean milk may be used but only as a substitute because of medical or other special dietary needs. See FNS Instruction 783-2 Rev.2. The use of this product for medical reasons must be supported by a statement from a recognized medical authority that includes recommended alternate foods.
UHT (Ultra High Temperature) Milk	x		UHT is a Grade A pasteurized milk that has been heated to about 280°F for a few seconds then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	x		May not be served to children under one year of age The use of this product for children under age two must be supported by a medical referral form signed by a physician that includes the reason this product is recommended to be served. .
Milk Products:			
Chocolate (hot)	x		Hot chocolate must be made with fluid milk; only the fluid milk portion is creditable.
Cocoa	x		Cocoa must be made with fluid milk; only the fluid milk portion is creditable.

Food	Creditable yes	no	Comments
Cream Sauces		x	Cream sauces do not meet the definition of milk.
Cream Soups		x	Cream soups do not meet the definition of milk.
Custard		x	Custard does not meet the definition of milk.
Eggnog, Commercial	x		For commercial eggnog, only the fluid milk portion is creditable.
Eggnog, Homemade		x	Homemade eggnog requires the use of raw eggs which can present a health hazard.
Evaporated Milk		x	Evaporated milk does not meet the definition of milk .
Half and Half		x	Half and Half does not meet the definition of milk.
Ice Cream		x	Ice cream does not meet the definition of milk.
Ice Milk		x	Ice milk does not meet the definition of milk.
Imitation Milk		x	Imitation milk does not meet the definition of milk.
Milkshakes	x		Milkshakes may be used to meet the milk component of lunches, suppers and supplements (snacks) served in the CACFP, if those milkshakes contain the minimum quantity of fluid milk per serving appropriate for the age group being served. Refer to FNS Instruction 783-7, Rev. - 1.
Pudding		x	Pudding does not meet the definition of milk.
Pudding Pops		x	Pudding pops do not meet the definition of milk.
Reconstituted, Dry Milk (Powdered)		x	See Sections 226.20 e and f of the CACFP regulations concerning the availability of fluid milk.
Rice Milk		x	Rice milk does not meet the definition of milk.
Sherbet/Sorbet		x	Sherbet does not meet the definition of milk. See fruits and vegetables section.
Sweetened Condensed Milk		x	Sweetened condensed milk does not meet the definition of milk.
Sour Cream		x	Sour cream does not meet the definition of milk.
Yogurt		x	Yogurt does not meet the definition of milk. Please refer to the crediting of yogurt under the meat/meat alternate component section.

QUESTIONS AND ANSWERS ABOUT MILK

1. Q: Why is reconstituted dry milk not creditable as fluid milk?

A: Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Reconstituted milk may be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in Part 226.20 (e). In addition, Part 226.20 (f) of the regulations permits dry milk to be used on an ongoing basis but only when the center is unable to obtain a

supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Office, State agency or the sponsoring agency as applicable, for guidance prior to taking action.

2. Q: If a participant cannot have milk, can I be reimbursed for breakfast and lunch?

A: Yes, if you obtain a written medical statement from a recognized medical authority that states that the participant should not be served milk. The statement also must specify substitute food(s). Please see Part 226.20 (h).

3. Q: Can the milk used in the preparation of products such as puddings, cream sauces and ice cream count toward the milk requirement?

A: No, the milk served must be served as a beverage and/or poured over cereal at breakfast, lunch/dinner or snack in order to be credited toward the milk requirement.

4. Q: Can milk be purchased directly from a farm?

A: Yes, as long as it is pasteurized, fluid milk that meets State and local health standards. Also, it must include Vitamins A and D at levels consistent with State and local standards.

5. Q: Can commercial milk shakes be served to meet the milk requirement?

A: This provision has been updated in FNS Instruction 783-7 Revision 1, (issued January, 24, 1995). This revised instruction permits the use of commercial milk shake mixes, if State and local officials define the mix as fluid milk in the geographic area where the mix is to be served. Since milk shakes tend to be filling, be aware that preschool children and some adult participants either may not be able to consume sufficient quantities of milkshakes or alternately, may leave other portions of the meal not consumed. This nutritional consideration should be a factor in your decision whether to serve milkshakes and under which circumstances.

6. Q: Why does the chart indicate that whole milk is not permitted for children under one year of age and skim/low fat milk is not recommended for children under two years of age?

A: As of November 1999, our regulations no longer permit the use of whole cows' milk at eight months. This change reflects the results of recent pediatric nutritional research. If whole milk is served to a child prior to its first birthday, there must be a medical referral form on file. In addition, evaporated milk no longer meets the definition of milk (previously evaporated milk in formula was permitted for infants between eight months and one year). Regulations reflect the position of the American Academy of Pediatrics that it is recommended that breast milk or iron fortified formula be used for the entire first year.

Recent publicity of the relationship between high fat diets and heart disease has led

some caregivers to believe that they should feed their infants skim or low fat milk to prevent obesity or atherosclerosis later in life. However, based upon current scientific research, the feeding of skim or low fat milk to infants and children up to age two is not considered appropriate.

Pediatric nutrition authorities agree that skim milk (fresh liquid, reconstituted, nonfat dry milk powder or evaporated, skimmed milk) or low fat (1/2, 1 or 2 percent low fat milk) should not be fed to infants. These milks contain insufficient quantities of fat (including linoleic acid) iron, Vitamins E and C. They also contain excessive amounts of protein, sodium, potassium and chloride for infants. **The amount of proteins and minerals in low fat and skim milk is even higher than in whole cows' milk; these milks put a strain on an infant's kidneys as does whole cows' milk and goats' milk.**