

## Milk & Milk Alternative Quick Comparison Chart

<b>1 Cup</b>	<b>Cal</b>	<b>Pro (g)</b>	<b>Sugars (g)</b>	<b>Fat (g)</b>	<b>CHO (g)</b>	<b>Calcium (% DV)</b>	<b>Vit D (%DV)</b>	<b>Vit A (%DV)</b>	<b>Vit B12 (%DV)</b>
<b>Milk (1%)</b>	100	8	12	2.5	12	30	25	10	NA
<b>Soy (365)</b>	80	7	<1	4	4	30	30	10	50
<b>Almond (Silk)</b>	25	<1	0	2	1	45	25	10	NA
<b>Hemp (Pacific)</b>	70	3	0	5	1	30	30	10	25
<b>Rice (Rice Dream)</b>	130	1	12	2.5	26	30	25	10	25
<b>Coconut (Pacific)</b>	45	0	0	4	1	4	25	10	30
<b>Hazelnut (Pacific)</b>	110	2	14	3.5	19	30	25	10	10
<b>Macadamia (Milkadamia)</b>	50	1	0	5	1	45	25	10	50
<b>Oat (Pacific)</b>	130	4	19	2.5	24	35	25	10	NA
<b>Kefir (low fat - Lifeway)</b>	110	11	12	2	12	30	25	10	NA
<b>Pea (Ripple)</b>	100	8	6	5	6	45	30	10	NA
<b>Cashew (So Delicious)</b>	40	1	0	4	2	10	30	10	50

\*Numbers for table obtained by viewing containers, unsweetened versions (except for Vanilla Enriched Rice Dream), serving size 1 cup.

\*\*Note, nutritional profiles differ for original and sweetened versions and for different brands.

\*\*\*Almond & Hazelnut non-dairy beverages are also good sources of vitamin E.

\*\*\*\*Pea and oat non-dairy beverages are also good sources of iron.

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