

Plant-Based Dairy Alternatives Guide

From *The Plant-Powered Diet* by Sharon Palmer, RD

Sat Fat= saturated fat, oz= ounce, g= gram, tbsp= tablespoon, tsp= teaspoon

Plant-Based Dairy Alternative	Serving Size	Calories	Protein	Fat/Sat Fat	Sugar	Flavor [endCOLHD]
Plant-Based Milks						
7-Grain Milk (from oats, rice, wheat, barley, triticale, spelt, millet), Original	1 cup	140	3 g	2 g/0 g	16 g	Mild, sweet
Almond Milk, Chocolate	1 cup	100–120	1 g	3 g/0 g	16–20 g	Mild, sweet, nutty, chocolate
Almond Milk, Plain or Original	1 cup	50–60	1 g	2.5 g/0 g	5–7 g	Mild, sweet, nutty
Almond Milk, Unsweetened	1 cup	35–50	1 g	2.5–3.5 g/ 0 g	0 g	Mildly sweet, nutty
Almond Milk, Vanilla	1 cup	70–90	1 g	2.5 g/0 g	9–15 g	Mild, sweet, nutty, vanilla
Coconut Milk, Unsweetened	1 cup	50	1 g	5 g/5 g	0 g	Mild, sweet, coconut, thick
Hazelnut Milk, original	1 cup	110	2 g	3.5 g/0 g	14 g	Mild, sweet, nutty
Hemp Milk, Original	1 cup	100	2 g	6 g/.5 g	6 g	Mildly sweet
Oat Milk, Original	1 cup	130	4 g	2.5 g/0 g	19 g	Mild, sweet
Rice Milk, Chocolate	1 cup	160	2 g	3 g/ 0 g	28 g	Mild, sweet, watery, chocolate
Rice Milk, Plain or Original	1 cup	120–130	1 g	2–2.5 g/ 0 g	10–14 g	Mild, sweet, watery
Rice Milk, Vanilla	1 cup	130	1 g	2–2.5 g/ 0 g	12–14 g	Mild, sweet, watery, vanilla
Soy Milk, Chocolate	1 cup	130–180	5–8 g	2.5–3.5 g/ .5–1 g	14–19 g	Sweet, nutty, chocolate
Soy Milk, Lite	1 cup	60	4 g	2 g/0 g	5 g	Mild, sweet, nutty
Soy Milk, Low-fat	1 cup	90	4 g	1.5 g/0 g	7 g	Mild, sweet, nutty
Soy Milk, Non-fat	1 cup	70	6 g	0 g/0 g	9 g	Mild, sweet, nutty
Soy Milk, Plain or Original	1 cup	80–110	5–7 g	3–4 g/ 0–.5 g	6–7 g	Mild, sweet, nutty
Soy Milk, Unsweetened	1 cup	80–90	7–9 g	4–4.5 g/ 0–.5 g	1 g	Mildly sweet, nutty
Soy Milk, Vanilla	1 cup	80–110	5–6 g	2.5 g/ 0–.5 g	8–10 g	Sweet, nutty, vanilla
Sunflower Milk, Original	1 cup	80	2 g	3.5 g/.5 g	6 g	Mild, sweet, nutty

Plant-Based Yogurts						
Almond milk yogurt, vanilla	8 oz	220	3 g	8 g/n/a	26 g	Mild, sweet, vanilla
Coconut milk yogurt, vanilla	6 oz	140	1 g	6 g/6 g	19 g	Mild, sweet, coconut, vanilla
Rice milk yogurt, vanilla	6 oz	180	3 g	1 g/0 g	20 g	Mild, sweet, vanilla
Soy milk yogurt, plain, unsweetened	1 cup	130	10 g	6 g/1 g	2 g	Mild, nutty
Soy milk yogurt, vanilla	6 oz	150–160	5–7 g	3–4 g/ 0–.5 g	18–21 g	Mild, sweet, nutty, vanilla
Plant-Based Creamers, Sour Cream						
Soy Milk Creamer, Original	1 tbsp	15	0 g	1 g/0 g	0 g	Mild, creamy
Soy sour cream	2 tbsp	85	1 g	5 g/2 g	2 g	Mild, creamy
Plant-Based Cheese						
Plant-based parmesan	2 tsp	15	2 g	.5 g/0 g	0 g	Mild, good in pasta and baked dishes
Rice cheese, variety of flavors	1 oz	60	6 g	3 g/0 g	0 g	Mild, good melted
Soy cheese, shredded	1 oz	60–90	7 g	3–4 g/ 0–.5 g	0 g	Mild, good melted
Soy cheese, slices	1 slice (17–19 g)	40–70	1–3 g	2–2.5 g/ 0–3 g	0 g	Mild, good melted in sandwiches
Soy cream cheese	2 tbsp	85	1 g	5 g/2 g	2 g	Mild, creamy
Plant-Based Ice Creams						
Almond milk ice cream, vanilla	1/2 cup	140	1 g	7 g/1 g	12 g	Mild, sweet, vanilla, creamy
Coconut milk ice cream, vanilla	1/2 cup	130	1 g	6 g/5 g	10 g	Mild, sweet, coconut, vanilla, creamy
Hemp milk ice cream, vanilla	1/2 cup	140	0 g	7 g/.5 g	9 g	Mild, sweet, vanilla, creamy
Soy ice cream, vanilla	1/2 cup	110–140	1–2 g	1.5–8 g/ 0–1 g	9–13 g	Mild, sweet, vanilla, creamy

Source: Nutrition information from nutrition facts labels and company websites of a survey of popular brands, but may not include all brands available. Includes a range of nutrition information available for several products made by various brands.