

Popular Soy Products in the Dairy Aisle

Products	Serving Size	Calories	Fat (g)	Protein (g)	Total Carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	Saturated Fat (g)	Calcium (% DV)	Vitamin D (% DV)
Eden® Organic Unsweetened Edensoy® Soymilk	8 fl oz	120	6	12	4	2	0	1	4	0
Silk® Original Soy Milk	8 fl oz	110	4.5	8	9	6	5	0.5	30	15
Reduced Fat Milk (2%), With Added Vitamin A and D	8 fl oz	122	4.6	8	12	12	0	2.7	24	14
Silk® Plain Soymilk Dairy-Free Yogurt Alternative	¾ cup (170 g)	110	4	7	10	5	4	0.5	20	10
Fage® Total 2% Reduced Fat Greek Yogurt	1 container (5.3 oz)	100	3	15	5	5	0	2	15	0
Silk® Strawberry Soymilk Dairy-Free Yogurt Alternative	1 container (5.3 oz)	130	3.5	6	18	12	11	0	15	10
Yoplait® Strawberry Original Yogurt	1 container (6 oz)	140	1.5	5	26	18	13	1	15	15
Field Roast™ Chao Creamery Creamy Original Plant-Based Slices	1 slice (20 g)	60	4.5	0	4	*	*	4	*	*
Sharp Cheddar Cheese Slice	1 slice (21 g)	86	7	5	0.5	0	0	4	11	1
Tofutti® Better Than Ricotta Cheese	2 oz	90	5	1	10	0	0	2.5	0	0
Ricotta Cheese, Part-Skim Milk	2 oz	78	4.5	6.5	3	0	0	3	11	0

SOURCE: THE PRODUCTS AND NUTRITION INFORMATION LISTED IN THIS TABLE COME FROM MANUFACTURER WEBSITES AND THE USDA AND REPRESENT ONLY A SAMPLE OF WHAT'S AVAILABLE ON THE MARKET.