

POPULAR PLANT-BASED DAIRY ALTERNATIVES

Product	Serving Size	Calories	Protein (g)	Saturated Fat (g)	Calcium (% DV)	Vitamin D (% DV)	Vitamin B ₁₂ (% DV)
CHEESE							
Daiya Cheddar Style Shreds	¼ cup	90	1	2	2	0	0
Follow Your Heart Provolone Slices	1 slice	60	0	4	0	0	0
Miyoko's Creamery Double Cream Garlic Herb Wheel	1 oz	120	3	5	0	0	0
Violife Just Like Feta Block	1 oz	90	0	7	0	0	30
YOGURT							
Forager Blueberry Cashewmilk Yogurt	5.3 oz	140	3	1	2	0	0
Kite Hill Vanilla Almond Milk Yogurt	6 oz	190	4	0.5	4	0	0
So Delicious Strawberry Coconutmilk Yogurt	5.3 oz	120	<1	3.5	15	10	45
Stonyfield Organic Raspberry Soy Yogurt	5.3 oz	150	6	0.5	8	0	0
SPREADS							
Earth Balance Original Buttery Spread	1 T	100	0	3	0	0	0
Follow Your Heart Original Veganaise	1 T	90	0	0.5	0	0	0
Kite Hill Plain Cream Cheese	2 T	70	2	0	2	0	0
Tofutti Plain Cream Cheese	2 T	60	1	2	0	0	0
DIPS							
Bitchin' Sauce Original	2 T	90	2	1	0	0	0
Kite Hill Ranch Dip	2 T	30	1	0	2	0	0
Siete Mild Nacho Cashew Queso	2 T	35	1	0	2	0	0
Tofutti Sour Cream	2 T	85	1	2	0	0	0

SOURCE: COMPANY WEBSITES. THIS TABLE REPRESENTS ONLY A FEW OF THE MANY PLANT-BASED DAIRY ALTERNATIVES ON THE MARKET.