

## Comparison of Cow's Milk and Unflavored Milk Alternatives\*

MILK ALTERNATIVE	KCAL	PROTEIN (g)	FAT/SAT FAT (g)	CARBOHYDRATE/ SUGARS** (g)	CALCIUM (mg)	VITAMIN D (IU)	VITAMIN B <sub>12</sub> (mcg)	IRON (mg)
Cow's Milk, 1%***	105	8.5	2.4/1.5	12.2/13	314	98	0.9	0.1
Califia Farms Unsweetened Almondmilk	35	1	3/0	1/0	450	0	0	0.4
Silk Unsweetened Cashewmilk	25	<1	2/0	1/0	450	150	0	0.3
So Delicious Unsweetened Coconutmilk	45	0	4.5/4	1/<1	100	180	1.2	0
Good Karma Unsweetened Flaxmilk	25	0	2.5/0	1/0	300	150	0.6	0
Elmhurst Unsweetened Milked Hazelnuts	100	3	9/0.5	1/1	25	0	0	1
Pacific Foods Unsweetened Hemp Non-Dairy Beverage	60	3	4.5/0	0/0	282	80	0	2
Milkadamia Unsweetened Macadamia Nut Milk	50	1	5/1	1/0	450	150	1.2	0.3
Pacific Foods Original Oat Milk	130	4	2/0	25/17	121	80	0	1
Good Groceries Company Unsweetened Quinoamilk	70	2	1/0	12/2	300	150	0	0.6
Rice***	113	0.7	2.3/0	22/12.7	283	101	1.5	0.5
Soy***	80	7	1.61/0.2	4.2/1	301	119	2.7	1.1

— SOURCES: USDA FOOD COMPOSITION DATABASE; COMPANY WEBSITES

\* All measures are per 8-oz serving.

\*\* Includes naturally occurring and added sugars.

\*\*\* USDA Standard Reference