

Popular Plant-Based Milk Products on the Market				
Product	Calories (per 8-oz serving)	Protein (g)	Calcium (% DV)	Other Nutrients (% DV)
Cow's milk (fat-free)	83	8 g	25%	Vitamin A 17% Vitamin D 13% Potassium 9%
Almond Base				
Almond Breeze Original Almond Milk	60	1 g	35%	Vitamin A 15% Vitamin D 25% Potassium 4%
Silk Original Almond Milk	60	1 g	30%	Vitamin A 15% Vitamin D 10%
Banana Base				
Mooala Original Plant-Based Bananamilk	60	1 g	25%	Potassium 8%
Coconut Base				
Mooala Original Plant-Based Keto Mylk	70	1 g	10%	Vitamin D 10%
Hemp Base				
Hemp Yeah! Original Hemp Milk	70	2 g	25%	Vitamin A 10% Vitamin D 10%
Oat Base				
Califia Farms Original Protein Oat (with pea protein)	140	8 g	45%	Vitamin D 25% Potassium 10%
Chobani Oat Zero Sugar Plain	80	1 g	20%	Vitamin A 10% Vitamin D 10% Potassium 8%
Pea Base				
NotCo 2% Reduced Fat NotMilk	90	4 g	24%	Vitamin D 23%
Ripple Original Plant-Based Milk	90	8 g	35%	Vitamin A 10% Vitamin D 30% Potassium 8%
Rice Base				
Rice Dream Enriched Unsweetened Rice Drink	70	0 g	25%	Vitamin A 10% Vitamin D 25%
Soy Base				
365 Everyday Value Organic, Unsweetened Original Soymilk	70	7 g	25%	Vitamin A 10% Vitamin D 25% Potassium 6%
Nature's Soy Unsweetened Soymilk	80	7 g	15%	Vitamin D 25% Potassium 8%
Other Grain or Seed Base				
Mamma Chia Unsweetened Original Chia Milk	60	2 g	30%	Vitamin A 20% Vitamin D 60% Potassium 2%
Take Two Original Unsweetened Barley Milk	70	5 g	35%	Vitamin D 25% Potassium 2%
Other Nut Base				
Elmhurst Dairy Milked Walnuts	120	3 g	2%	Potassium 2%
Lavva Unsweetened Plant Milk (with pili nuts)	140	3 g	6%	Potassium 6%
Malk Organic Cashew Milk	100	4 g	0%	Potassium 2%
Milkadamia Unsweetened Macadamia Milk	40	1 g	30%	Vitamin D 25%
Blend				
Forager Project Unsweetened Coconut Cashew Oat Milk	90	1 g	2%	Potassium 2%
So Delicious Organic Almondmilk with Cashew Beverage	35	1 g	0%	N/A
Source: Manufacturer websites. The table represents only a sample of what's available on the market.				