# Selection of Grain-Based Milks vs Cow’s Milk

<table>
<thead>
<tr>
<th>Grain-Based Milk</th>
<th>Calories per 8 oz</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Protein (g)</th>
<th>Calcium (% DV)</th>
<th>Vitamin D (% DV)</th>
<th>Vitamin B₁₂ (% DV)</th>
<th>Ingredients</th>
</tr>
</thead>
</table>
| Oatly Oat Milk, Original               | 120               | 5             | 0.5               | 3           | 25%            | 20%              | 50%               | Oat base (water, oats), contains 2% or less of: low erucic acid rapeseed oil, dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt, dipotassium phosphate, riboflavin, vitamin A, vitamin D₂, vitamin B₁₂, 
|                                        |                   |               |                   |             |                |                  |                   | Oat base (water, oats), contains 2% or less of: tricalcium phosphate, sea salt, dipotassium phosphate, riboflavin, vitamin A, vitamin D₂, vitamin B₁₂, 
| Oatly Oat Milk, Barista Edition       | 140               | 7             | 0.5               | 3           | 25%            | 20%              | 50%               | Oat base (water, oats), low erucic acid rapeseed oil, contains 2% or less of: dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt, dipotassium phosphate, riboflavin, vitamin A, vitamin D₂, vitamin B₁₂, 
|                                        |                   |               |                   |             |                |                  |                   | Oat base (water, oats), contains 2% or less of: dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt, dipotassium phosphate, riboflavin, vitamin A, vitamin D₂, vitamin B₁₂, 
| Oatly Oat Milk, Low-Fat                | 90                | 1             | 0                 | 3           | 25%            | 20%              | 50%               | Oat base (water, oats), contains 2% or less of: dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt, dipotassium phosphate, riboflavin, vitamin A, vitamin D₂, vitamin B₁₂, 
|                                        |                   |               |                   |             |                |                  |                   | Oat milk (filtered water, oats), calcium carbonate, dipotassium phosphate (stabilizer), sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
| Planet Oat Oat Milk, Original         | 90                | 1.5           | 0                 | 2           | 25%            | 20%              | 10%               | Oat milk (filtered water, oats), calcium carbonate, dipotassium phosphate (stabilizer), sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
|                                        |                   |               |                   |             |                |                  |                   | Oat milk (filtered water, oats), calcium carbonate, dipotassium phosphate (stabilizer), sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
| Plant Oat, Unsweetened Original Oat Milk | 45              | 0.5           | 0                 | 1           | 25%            | 20%              | 10%               | Oat milk (filtered water, oats), calcium carbonate, dipotassium phosphate (stabilizer), sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
|                                        |                   |               |                   |             |                |                  |                   | Oat milk (filtered water, oats), calcium carbonate, dipotassium phosphate (stabilizer), sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
| Califia Farms Oat Milk, Original      | 130               | 7             | 1                 | 2           | 15%            | 0%               | 0%                | Oat milk (filtered water, oats), sunflower oil, dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
|                                        |                   |               |                   |             |                |                  |                   | Oat milk (filtered water, oats), sunflower oil, dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt, gellan gum, vitamin A palmitate, vitamin D₂, riboflavin (vitamin B₂), and vitamin B₁₂, 
| Califia Farms Protein Oat Milk        | 140               | 7             | 1                 | 8           | 45%            | 25%              | 0%                | Oat milk (filtered water, oats), pea protein, sunflower oil, sunflower butter, calcium carbonate, sunflower lecithin, dipotassium phosphate (stabilizer), natural flavors, sea salt, tricalcium phosphate, gellan gum, vitamin D₂, mushroom powder, 
|                                        |                   |               |                   |             |                |                  |                   | Oat milk (filtered water, oats), pea protein, sunflower oil, sunflower butter, calcium carbonate, sunflower lecithin, dipotassium phosphate (stabilizer), natural flavors, sea salt, tricalcium phosphate, gellan gum, vitamin D₂, mushroom powder, 
| Take Two Barley Milk, Original        | 90                | 5             | 1.5               | 5           | 35%            | 25%              | 0%                | Barley milk (water, barley, and rice protein), coconut cream, pure cane sugar, high oleic sunflower oil, pea protein, contains less than 1% of calcium carbonate, dipotassium phosphate (stabilizer), natural flavor, sea salt, locust bean gum, gellan gum, vitamin D₂, acacia gum, 
|                                        |                   |               |                   |             |                |                  |                   | Barley milk (water, barley, and rice protein), coconut cream, pure cane sugar, high oleic sunflower oil, pea protein, contains less than 1% of calcium carbonate, dipotassium phosphate (stabilizer), natural flavor, sea salt, locust bean gum, gellan gum, vitamin D₂, acacia gum, 
| Take Two Barley Milk, Unsweetened      | 70                | 5             | 1.5               | 5           | 35%            | 25%              | 0%                | Barley milk (water, barley, and rice protein), coconut cream, high oleic sunflower oil, pea protein, contains less than 1% of calcium carbonate, dipotassium phosphate (stabilizer), natural flavor, sea salt, locust bean gum, gellan gum, vitamin D₂, acacia gum, 
|                                        |                   |               |                   |             |                |                  |                   | Barley milk (water, barley, and rice protein), coconut cream, high oleic sunflower oil, pea protein, contains less than 1% of calcium carbonate, dipotassium phosphate (stabilizer), natural flavor, sea salt, locust bean gum, gellan gum, vitamin D₂, acacia gum, 
| Living Harvest, Tempt Unsweetened Hemp Milk | 80             | 8             | 0.5               | 2           | 10%            | 25%              | 25%               | Hemp nut base (filtered water, hemp nut (shelled hemp seed), 
|                                        |                   |               |                   |             |                |                  |                   | Hemp nut base (filtered water, hemp nut (shelled hemp seed), 
| Living Harvest, Tempt Unsweetened Vanilla Hemp Milk | 80          | 8             | 0.5               | 2           | 10%            | 25%              | 25%               | Hemp nut base (filtered water, hemp nut (shelled hemp seed), 
|                                        |                   |               |                   |             |                |                  |                   | Hemp nut base (filtered water, hemp nut (shelled hemp seed), 
| Whole Cow’s Milk                      | 152               | 8             | 5                 | 8           | 33%            | 24%              | 22%               | Milk, vitamin D₂, 

**Source:** Manufacturer’s Websites; USDA FoodData Central