

# SELECTION OF GRAIN-BASED MILKS VS COW'S MILK

Grain-Based Milk	Calories per 8 oz	Total Fat (g)	Saturated Fat (g)	Protein (g)	Calcium (% DV)	Vitamin D (% DV)	Vitamin B <sub>12</sub> (% DV)	Ingredients
<b>Oatly Oat Milk, Original</b>	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, dicalcium phosphate, riboflavin, vitamin A, vitamin D <sub>2</sub> , vitamin B <sub>12</sub>
<b>Oatly Oat Milk, Barista Edition</b>	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, dicalcium phosphate, riboflavin, vitamin A, vitamin D <sub>2</sub> , vitamin B <sub>12</sub>
<b>Oatly Oat Milk, Low-Fat</b>	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, dicalcium phosphate, riboflavin, vitamin A, vitamin D <sub>2</sub> , vitamin B <sub>12</sub>
<b>Planet Oat Oat Milk, Original</b>	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 D <sub>2</sub> , riboflavin (vitamin B <sub>2</sub> ), and vitamin B <sub>12</sub>
<b>Plant Oat, Unsweetened Original Oat Milk</b>	45	0.5	0	1	25%	20%	10%	Oat milk (filtered water, oats), calcium carbonate, dipotassium phosphate (stabilizer), guar gum, sea salt, gellan gum, vitamin A palmitate, vitamin D <sub>2</sub> , riboflavin (vitamin B <sub>2</sub> ) and vitamin B <sub>12</sub>
<b>Califia Farms Oat Milk, Original</b>	130	7	1	2	15%	0%	0%	Oat milk (water, oats), sunflower oil, dipotassium phosphate (stabilizer), calcium carbonate, tricalcium phosphate, sea salt
<b>Califia Farms Protein Oat Milk</b>	140	7	1	8	45%	25%	0%	Oat milk (water, oats), pea protein, sunflower oil, sunflower butter, calcium carbonate, flaxseed oil, dipotassium phosphate (stabilizer), natural flavors, sea salt, tricalcium phosphate, gellan gum, vitamin D <sub>2</sub> , mushroom powder
<b>Take Two Barley Milk, Original</b>	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 D <sub>2</sub> , acacia gum
<b>Take Two Barley Milk, Unsweetened</b>	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 D <sub>2</sub> , acacia gum
<b>Living Harvest, Tempt Unsweetened Original Hemp Milk</b>	80	8	0.5	2	30%	25%	25%	Hemp nut base (filtered water, hemp nut [shelled hemp seed]), evaporated cane sugar, brown rice syrup, sunflower lecithin, tricalcium phosphate, gellan gum, sea salt, vitamin A palmitate, vitamin D <sub>2</sub> , riboflavin, vitamin B <sub>12</sub>
<b>Living Harvest, Tempt Unsweetened Vanilla Hemp Milk</b>	80	8	0.5	2	30%	25%	25%	Hemp nut base (filtered water, hemp nut [shelled hemp seed]), vanilla extract, sunflower lecithin, sea salt, gellan gum, dipotassium phosphate (stabilizer), vitamin A palmitate, vitamin D <sub>2</sub> , riboflavin, vitamin B <sub>12</sub>
<b>Whole Cow's Milk</b>	152	8	5	8	31%	24%	22%	Milk, vitamin D <sub>3</sub>

SOURCE: MANUFACTURER'S WEBSITES; USDA FOODDATA CENTRAL