

## Nutrients in Cow's Milk and Dairy Free Substitutes

Product	Cow's Milk (skim)	Cow's Milk (1%)	Cow's Milk (2%)	Cow's Milk (whole)	Soy milk (plain)	Soy milk (flavored)	Soy Milk (unsweet)	Rice Milk
<b>Serving Size</b>	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
<b>Calories</b>	91	105	102	147	110	110	80	120
<b>Fat (g)</b>	0.7	2.5	4.9	8.1	4	3.5	4	2.5
<b>Saturated Fat (g)</b>	0.4	1.5	3.1	4.6	0.5	0	0	0
<b>Chol (mg)</b>	5	10	20	24	0	0	0	0
<b>Sodium (mg)</b>	130	127	100	98	100	100	110	80
<b>Carbs (g)</b>	12.3	12.3	12.4	12.9	11	14	3	23
<b>Fiber (g)</b>	0	0	0	0	3	2	1	0
<b>Sugars (g)</b>	12.3	12.3	12.4	12.9	6	10	1	10
<b>Protein (g)</b>	8.7	8.9	8.1	7.9	7	6	7	1
<b>Calcium (mg)</b>	299	305	250	290	300*	300*	300*	288*
<b>Potassium (mg)</b>	419.1	397	367	349.4	260	230	280	0
<b>Vitamin D (µg)</b>	2.9*	2.9*	2.9*	3.2*	2.9*	2.9*	2.9*	2.4*

\* Fortified milks only

Data obtained from: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-12/>  
<https://fdc.nal.usda.gov/index.html>



## Nutrients in Cow's Milk and Dairy Free Substitutes

Product	Potato Milk	Hemp Milk	Almond Milk	Cashew Milk	Quinoa Milk	Oat Milk	Pea Protein Milk	Coconut Milk
<b>Serving Size</b>	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
<b>Calories</b>	70	130	60	25	72	80	75	76
<b>Fat (g)</b>	0	6	2.5	2	1.2	1.5	5	5
<b>Saturated Fat (g)</b>	0	1	0	0	0.1	0	0.5	5
<b>Chol (mg)</b>	0	0	0	0	0	0	0	0
<b>Sodium (mg)</b>	120	60	150	170	14	120	120	46
<b>Carbs (g)</b>	20	14	8	1	13	14	0	7
<b>Fiber (g)</b>	0	2	7	0	1.7	2	0	0
<b>Sugars (g)</b>	2	4	1	0	0.5	1	0	6
<b>Protein (g)</b>	0	1	1	1	1.6	4	8	0.5
<b>Calcium (mg)</b>	30*	20*	200*	450*	125*	20*	450*	459*
<b>Potassium (mg)</b>	50	976	180	160	103	94	350	46
<b>Vitamin D (µg)</b>	0	0	2.4*	0	0	0	0	2.44*

\* Fortified milks only

Data obtained from: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-12/>  
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