

Nutrients in Cow's Milk and Dairy Free Substitutes

	Cow's Milk (skim)	Cow's Milk (1%)	Cow's Milk (2%)	Cow's Milk (whole)	Soy Milk (plain)	Soy milk (vanilla)	Soy Milk (light)	Rice Milk (Rice Dream)	Almond Milk (Almond Breeze)	Almond Milk (Silk)	Coconut Milk (Silk)	Hemp Milk (Hemp Dream)
Serving size	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
Calories	91	105	122	147	100	100	70	120	60	60	80	100
Fat (g)	0.7	2.5	4.9	8.1	4	3.5	2	2.5	2.5	2.5	5	6
Sat. Fat (g)	0.4	1.5	3.1	4.6	0.5	0.5	0	0	0	0	5	0.5
Chol (mg)	5	10	20	24	0	0	0	0	0	0	0	0
Sodium (mg)	130	127	100	98	120	95	120	80	150	150	30	110
Carbs (g)	12.3	12.3	12.5	12.9	8	10	8	23	8	8	7	9
Fiber (g)	0	0	0	0	1	1	1	0	1	1	0	0
Sugars (g)	12.3	12.3	12.4	12.9	6	7	6	10	7	7	6	6
Protein (g)	8.7	8.5	8.1	7.9	7	6	6	1	1	1	1	2
Calcium (mg)	316.2	313.7	286	276	300	300	300	300	200	450	450	300
Potassium (mg)	419.1	397	367	349.4	300	300	300	0	180	60	40	NA
Vitamin D (IU)	98	98	98	98	119	119	119	100	100	100	100	100

Nutrition information for cow's milk obtained from www.calorieking.com.

Nutrition information for Silk products obtained from www.silkissoy.com

Nutrition information for Hemp Dream and Rice Dream obtained from the [Hain-Celestial Group](http://Hain-Celestial.com)

