

Milk Comparison Chart



Nutrients per 8oz cup:

Type of Milk	Calories	Protein	Fat	Carbs	Added Sugar	Calcium	Vitamin D	Iron	Sodium	*Other vitamins/minerals	Major Food Allergens
Whole Cow's Milk with Vitamin D (USDA)	150	8g	8g	12g	0g	280mg	3mcg (120IU)	0mg	105mg	Phosphorus, vit A, vit B12, potassium, riboflavin, zinc, choline, magnesium, selenium	Cow's milk
Lowfat Cow's Milk (1%) (USDA)	100	8g	2.4g	12g	0g	305mg	3mcg (120IU)	0mg	107mg	Phosphorus, vit A, vit B12, potassium, riboflavin, zinc, choline, magnesium, selenium	Cow's milk
Almond and Cashew Milk with Pea Protein (Original Silk Protein)	130	10g	8g	3g	2g	450mg	2.5mcg (100IU)	1.7mg	230mg	Potassium, vit E	Almond, Cashew
Soy Milk (Silk Original Soymilk)	110	8g	4.5g	9g	5g	450mg	3mcg (120IU)	1.3mg	90mg	Vit A, folate, phosphorus, potassium, riboflavin, vit B12, magnesium	Soy
Pea Milk (Ripple Original)	90	8g	4.5g	6g	5g	465mg	6mcg (240IU)	0mg	110mg	Potassium, vit A, vit B12	-

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Oat Milk (Oatly Oat Drink Whole)	137	2.4g	6.7g	16g	0g	288mg	3.6mcg (144IU)	0mg	93mg	Potassium, phosphorus, vit B12, riboflavin	-
Almond Milk (Blue Diamond Almond Breeze Original)	60	1g	2.5g	8g	7g	450mg	5mcg (200IU)	0.7mg	150mg	Potassium, vit E, vit A, phosphorus, magnesium	Almond
Coconut Milk (Silk Original Coconutmilk)	70	0g	4g	6g	5g	460mg	2mcg (80IU)	0.5mg	65mg	Potassium, vit A, vit E, vit B12	Coconut
Cashew Milk (Silk Unsweet Cashew Milk)	25	<1g	2g	1g	0g	450mg	2.5mcg (100IU)	0.5mg	160mg	Potassium, vit A, vit E	Cashew, Almond
*Rice Milk (Simply Balanced)	120	1g	2.5g	22g	0g	350mg	3.5mcg (136IU)	0.6mg	70mg	Potassium, vit A	-
Hemp Milk (Pacific Foods)	140	4g	6g	19g	12g	263mg	2mcg (80IU)	2mg	130mg	Potassium, magnesium	-

This chart is for you to see how plant-based milk alternatives compare to cow's milk. I am not recommending one milk alternative over another as that will depend on someone's personal situation.

All plant-based milk varieties listed above are fortified with vitamins and minerals meaning they have been added to the product and are not naturally occurring. The vitamins and minerals in cow's milk are naturally occurring. Not all milk alternatives are fortified and the number and quantity of nutrients may vary from one brand to another, so look at the nutrition facts label and ingredient list to find out.

*Due to the risk of arsenic exposure with excessive intake of rice products, the AAP recommends to not use rice milk as a substitute for cow's milk. Talk with your doctor if you are using rice milk as a substitute.