

Cow's Milk Alternatives*

Nutritional Values



Milk	Kcal/ 8oz	Protein/ 8oz	Sugar/ 8oz	Fat/ 8oz	Iron/ 8oz	Calcium/ 8oz	Vit D/ 8oz
Cow (whole)	140-160	8 g	12 g	8-9 g	0 mg	270-300 mg	100 IU
Pea**	100	8 g	0 g	5 g	2.25 mg	450 mg	120 IU
Almond	30-90	1 g	0 g	3 g	0.3-0.6 mg	10-450 mg	100-150 IU
Soy	80-100	5-9 g	2-6 g	3.5-5 g	1.5-2.25 mg	110-450 mg	120 IU
Hemp	70-150	3-5 g	5 g	5-7 g	1.5-3.5 mg	300-400 mg	60-100 IU
Goat	170	9 g	11 g	10 g	0 mg	300-450 mg	0-100 IU
Coconut	50-90	0 g	1 g	5 g	0.3 mg	100-450 mg	100-120 IU
Rice	120-130	0-1 g	10 g	2.5 g	0.6 mg	20-300 mg	100 IU
Flax	25	0 g	0 g	2.5 g	0.3 mg	270-300 mg	100 IU

* All milk alternative products listed as unsweetened

** Some pea protein-based milk may contain 32mg DHA Omega-3 / 8oz