

# KNOW YOUR MILK

There are real differences for you to consider between milk and non-dairy milk alternatives. For the complete picture — from calories and added sugar, to nutrients and ingredient list, as well as the amount of protein and price — here's how each drink compares when you read the product label.

HOW DO THESE DRINKS STACK UP?	WHOLE MILK	FAT FREE	LOWFAT CHOCOLATE MILK	ALMOND MILK	VANILLA ALMOND MILK	SOY MILK	VANILLA SOY MILK	OAT MILK
Calories	150	80	160	90	90	100	100	130
Protein (g)	8	8	8	1	1	6	7	4
Total Sugar (g)	12	12	25	15	15	9	7	19
Added Sugar (g)	0	0	13	13	13	7	5	0
Calcium	20%	25%	25%	45%*	35%*	35%*	25%*	25%*
Vitamin D	15%*	15%*	15%*	25%*	15%*	15%*	15%*	15%*
Riboflavin	35%	35%	50%	35%*	35%*	35%*	40%*	40%*
Phosphorous	15%	20%	20%					
Vitamin B12	45%	50%	25%	130%*	130%*	130%*	130%*	
Protein	16%	16%	18%			12%	14%	
Pantothenic Acid	20%	20%	20%					
Vitamin A	10%	15%*	15%*	15%*	15%*	15%*	15%*	15%*
Vitamin E					45%*			
Zinc				10%*	15%*			
Iron								10%
Magnesium						10%	10%	
Niacin	15%**	15%**	15%**					
Ingredients	Milk, vitamin D	Milk, vitamin A, vitamin D	Lowfat milk, sugar, cocoa, corn starch, salt, carrageenan, natural flavor, vitamin A, vitamin D	Almondmilk (filtered water, almonds), sugar, sea salt, natural flavor, locust bean gum, sunflower lecithin, gellan gum, calcium, vitamin E, zinc, vitamin A, riboflavin, vitamin B12, vitamin D	Almondmilk (filtered water, almonds), sugar, calcium, vitamin E, zinc, vitamin A, riboflavin, vitamin B12, vitamin D, sea salt, natural flavor, sunflower lecithin, locust bean gum, gellan gum	Soymilk (filtered water, soybeans), sugar, calcium, vitamin A, vitamin D, riboflavin, vitamin B12, sea salt, natural flavor, gellan gum	Soymilk (filtered water, soybeans), dried cane syrup, calcium, locust bean gum, vitamin A, vitamin D, riboflavin, vitamin B12, sea salt, natural flavor, gellan gum, vanilla extract	Water, oats, oat bran, calcium, sea salt, gellan gum, vitamin D, riboflavin, vitamin A
Price Per Serving	\$0.24	\$0.24	\$0.46	\$0.42	\$0.42	\$0.42	\$0.42	\$0.86

U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Supplemented with nutrition information from nationally available brands. Product formulation will differ by brand, flavor and fat content, so ingredients may vary.

\* Indicates nutrient is fortified  
 \*\* As niacin equivalents

