

COW'S MILK (LOW FAT)

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
100	13	13	8	2.5/1.5	25%	30%	370

SOY MILK

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
80	4	1	7	4/0.5	30%	45%	287

ALMOND MILK

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
30	1	0	1	2.5/0	25%	45%	160

COCONUT MILK

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
45	1	7	0	4/3.5	25%	45%	40

OAT MILK

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
130	24	5	4	2.5/0	25%	35%	95

RICE MILK

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
120	23	10	1	2.5/0	0%	2%	35

PEA MILK

CALORIES	CARBS (G)	SUGARS (G)	PROTEIN (G)	FAT/ SATURATED FAT (G)	VITAMIN D (MCG) DV	CALCIUM (MG) DV	POTASSIUM (MG)
70	0	0	8	4.5/0.5	30%	45%	450