

NUTRIENT COMPARISON

Milk & Alternate Beverages

NUTRIENT INFORMATION BASED ON 1 CUP (8 OZ):

Type ¹	Dairy (Whole)	Dairy (2%)	Dairy (1%)	Dairy (Fat-free)	Soy	Almond (Original)	Rice (Unsweetened)	Coconut
Calories	149	122	102	83	104	60	113	552
Protein (g)	7.7	8.1	8.2	8.3	6.3	1	0.7	5.5
Total Fat (g)	7.9	4.8	2.4	0.2	3.6	2.5	2.3	57.2
Calcium (mg)	276	293	305	299	299	450	283	38
Vitamin D (IU)	120	98	98	98	104	150	101	0
Potassium (mg)	322	344	366	382	296	0	65	631
Magnesium (mg)	24	27	27	27	36	16	26	89
Vitamin A (IU)	395	251	115	37	450	500	499	0
Sugar (g)	12.32	12.5	12.7	12.5	8.87	7	12.7	8

1- Nutrient information obtained from USDA nutrient database



Look for the Seal
California Milk Advisory Board