

Beverage Comparison

WHAT'S IN YOUR GLASS?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in an 8-ounce glass of real milk and plant-based alternative beverages.

NUTRIENT INFORMATION BASED ON 1 CUP (8 OZ)



LOW-FAT MILK¹



SOY²



ALMOND²



OAT³

CALORIES AND NUTRIENTS

	LOW-FAT MILK ¹	SOY ²	ALMOND ²	OAT ³
Calories	110	110	60	120
Protein	8g	8g	1g	3g
Total Fat	2.5g	4.5g	2.5g	5g
Carbohydrates	12g	9g	8g	16g

VITAMINS AND MINERALS** (% DAILY VALUE*)

	LOW-FAT MILK ¹	SOY ²	ALMOND ²	OAT ³
Calcium	30%	45%	45%	25%
Phosphorus	25%	25%	N/A***	20%
Potassium	10%	10%	1%	8%
Riboflavin	25%	30%	30%	45%
Vitamin B12	20%	50%	50%	50%
Vitamin D	25%	30%	25%	20%

■ Naturally Occurring

Good Source = 10%-19% DV

Excellent Source = 20%+ DV

PRICE⁴

	LOW-FAT MILK ¹	SOY ²	ALMOND ²	OAT ³
Cost per serving	\$0.35	\$0.57	\$0.50	\$0.71
Cost Per (G) of Protein	\$0.04	\$0.07	\$0.50	\$0.24

¹ Cow's Milk Levels are per the USDA National Nutrition Database (NDB No.01083 SR-27); available at: <http://ndb.nal.usda.gov/>

² Silk Original Soy Milk, Original Almond Milk. Nutritional information per Silk® website www.silk.com

³ Oatly Original Oatmilk. Nutritional information per Oatly website <https://us.oatly.com/products/oatmilk>

⁴ Based on gallon volume equivalents per IRI Data 10/8/23. National Average. Cow's milk based on conventional white milk.

* The percent Daily Value (DV) provides nutrient information based on a caloric intake of 2,000 calories for adults and children four or more years of age.

** Nutrient information not listed here can be found on the product website.

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Adapted from What's in your glass? by National Dairy Council



LOOK FOR THE SEAL.
RealCaliforniaMilk.com