

NUTRITION COMPARISON OF DAIRY FREE MILK ALTERNATIVES



ALMOND MILK (UNSWEETENED)

CALORIES: 30-40 per cup
PROTEIN: 1 gram
FAT: 0 grams



CASHEW MILK

CALORIES: 40-50 per cup
PROTEIN: 1 gram
FAT: 2 grams



SOY MILK

CALORIES: 95 per cup
PROTEIN: 7-12 grams
FAT: 4 grams



RICE MILK

CALORIES: 70 per cup
PROTEIN: 0 gram
FAT: 2 grams



COCONUT MILK

CALORIES: 70 per cup
PROTEIN: 1 gram
FAT: 5 grams



OAT MILK

CALORIES: 90 per cup
PROTEIN: 2-4 grams
FAT: 2.5 grams



COW'S MILK (1%)

CALORIES: 110 per cup
PROTEIN: 8 grams
FAT: 2 grams

Nutrition Note: Generally speaking cow's milk has significantly more protein than the non-dairy substitutes.

Nutrition information based on averages of several brands.

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