

Comparison of Milk with Milk Alternatives

Nutrient	Milk, 3.25%, 1 cup	Almond Breeze, 1 cup	Rice Milk, 1 cup	Hemp Milk, 1 cup <i>Protein not listed</i>	Coconut Milk, canned, * per 2 Tbsp (30 ml)	Coconut milk, carton So Delicious, 1 cup	Soy milk, 1 cup	1 cup rice milk plus 2 Tbsp coconut milk, canned	1 cup Hemp milk plus 2 Tbsp coconut milk, canned
Calories	157	40	120	130	55	80	100	175	185
Protein, g	8	1	1	4	.56	1	7	1.56	4.5
Fat, g	8	3	2	3	6	5	4	8	9
Carbohydrate, g	12	2	25	20	0.8	7	8	26	21
Calcium, mg	290	200	300	460	5	300	300	305	465
Vitamin D, IU	100	100	100	100	0	180	180	100	100
Iron, mg	0	0.36	0	2.7	0.9	0.72	1.8	0.9	3.6

Milk and Soy free products to try:

- Daiya products (cheese)
- Luna and Larry's Coconut Bliss (ice cream)
- So delicious coconut ice cream
- Almond or coconut yogurts
- Earth balance natural butter spread (oil based)
- *- Tofutti cream cheese and sour cream (* is soy based)