

Choosing a Dairy Alternative

When it comes to choosing milk, today's health-savvy shoppers have more options than ever before. In addition to traditional dairy milk, the refrigerated case now serves up an array of alternatives made from soy, almond, coconut, rice and other plant sources — with still more choices available in the shelf-stable section of the store.

Switching from cow's milk to a plant-based alternative such as soy can be an easy step toward overall healthier habits. A growing body of research suggests that diets containing abundant plant-based foods may have significant long-term health benefits, including helping to lower the risk of heart disease, stroke and diabetes.¹

To get the most from your choice, read labels with care when selecting plant-based milk. Opt for a product fortified with calcium and vitamin D to help support bone health, and be mindful of the sugar content in flavored varieties.

	CALORIES	PROTEIN (G)	FAT (G)	SAT FAT (G)	ALA OMEGA-3 (MG)	CHOLESTEROL (MG)	CARBS (G)	SUGAR (G)	FIBER (G)	SODIUM (MG)	CALCIUM	VITAMIN D	VITAMIN A	IRON	FOLATE	VITAMIN B12
PLAIN SOYMILK ²	90	6	3.5	0.5	270	0	8	6	1	120	30%	30%	10%	6%	6%	50%
VANILLA SOYMILK	100	6	3.5	0.5	270	0	11	8	1	95	30%	30%	10%	6%	6%	50%
UNSWEETENED SOYMILK	80	7	4	0.5	320	0	4	1	1	85	30%	30%	10%	6%	6%	50%
PLAIN ALMONDMILK ³	60	1	2.5	0	0	0	8	7	1	150	45%	25%	10%	4%	0%	50%
VANILLA ALMONDMILK	90	1	2.5	0	0	0	16	15	1	150	45%	25%	10%	4%	0%	50%
UNSWEETENED ALMONDMILK	35	1	2.5	0	0	0	1	0	1	150	45%	25%	10%	4%	0%	50%
PLAIN COCONUTMILK ⁴	80	1	5	5	0	0	7	6	0	15	10%	30%	10%	4%	6%	50%
VANILLA COCONUTMILK	90	1	5	5	0	0	9	7	0	30	10%	30%	10%	4%	6%	50%
PLAIN RICEMILK ⁵	120	1	2.5	0	0	0	23	10	0	80	30%	25%	10%	4%	0%	25%
VANILLA RICEMILK	130	1	2.5	0	0	0	26	12	0	80	30%	25%	10%	2%	0%	25%
PLAIN OATMILK ⁶	130	4	2.5	0	0	0	24	19	0	110	35%	25%	10%	10%	0%	0%
2% DAIRY MILK ⁷	120	8	5	3	20	20	12	12	0	100	30%	30%	10%	0%	2%	20%
SKIM DAIRY MILK	80	8	0	0	0	5	12	12	0	100	30%	30%	10%	0%	2%	20%
WHOLE DAIRY MILK	150	8	8	5	n/a	25	12	12	0	105	30%	30%	10%	0%	2%	20%

1 Hu FB. AJCN 2003; (supp): 544S-51S.

2 All soymilk nutrition information from silksoymilk.com, accessed October 5, 2010.

3 All almondmilk nutrition information from silkpurealmond.com, accessed October 5, 2010.

4 All coconutmilk nutrition information from www.turtlemountain.com, accessed October 5, 2010.

5 All ricemilk nutrition information from www.tastethedream.com, accessed October 5, 2010.

6 All oatmilk nutrition information from www.pacificfoods.com, accessed October 5, 2010.

7 All dairy data from USDA Nutrient Database for Standard Reference, Release 22, 2009.