

NUTRIENT COMPARISON: **MILK, MILK ALTERNATIVES & OTHER NON-DAIRY BEVERAGES**

Table 1 includes the nutrient breakdown of various cow's milk and fortified soymilk products. One cup (250ml) of these beverages counts as one Canada's Food Guide serving of milk and alternatives.

TABLE 1: <i>MILK & MILK ALTERNATIVES</i>								
NUTRITION FACTS Serving size 1 cup (250ml)								
	1% Milk	2% Milk	3.3% Milk	Skim Milk	1% Chocolate Milk	2% Chocolate Milk	Soy Beverage (Silk Original)	Soy Beverage (Silk Light Original)
Calories (kcal)	108	129	155	88	166	190	100	70
Total Fat (g)	3	5	8	Trace	3	5	4	2
• Saturated Fat (g)	• 1.6	• 3.3	• 5.4	• 0.2	• 1.6	• 3.3	• 0.5	• 0
Cholesterol (mg)	13	21	26	5	8	18	0	0
Potassium (mg)	387	387	369	404	449	446	300	300
Sodium (mg)	113	106	103	109	161	158	120	120
Carbohydrate (g)	13	12	12	13	28	27	8	8
Protein (g)	9	9	8	9	9	8	7	6
Vitamin A (RAE)	150	142	72	158	153	145	90	90
Iron (mg)	0.1	0.1	0.1	0.1	0.6	0.6	1.4	1.4
Vitamin D (mcg)	2.6	2.8	2.7	2.7	2.6	2.6	2.3	2.3
Calcium (mg)	307	302	291	324	304	301	300	300

Table 2 includes the nutrient breakdown of various non-dairy beverages. These beverages do NOT count as a serving from Canada's Food Guide milk and alternatives food group.

TABLE 2: <i>NON-DAIRY BEVERAGES</i>						
NUTRITION FACTS Serving size 1 cup (250ml)						
	Almond Milk (Silk True Almond)	Chocolate Almond Milk (Almond Breeze)	Coconut Milk (Silk Original)	Rice Milk (Rice Dream Original)	Potato Milk (Darifree Powder)	Hemp Milk (Tempt Original)
Calories (kcal)	60	120	80	120	110	100
Total Fat (g)	2.5	3	5	2.5	0	6
• Saturated Fat (g)	• 0	• 0	• 5	• 0	• 0	• 0.5
Cholesterol (mg)	0	0	0	0	0	0
Potassium (mg)	60	250	40	70	360	0
Sodium (mg)	150	150	30	100	125	110
Carbohydrate (g)	8	22	7	23	27	9
*Protein (g)	1	1	1	1	0	2
Vitamin A (RAE)	135	90	90	90	135	90
Iron (mg)	0.2	0.8	0.6	0.6	0.6	0.8
Vitamin D (mcg)	2.3	1.3	2.3	1.3	2.3	1.3
Calcium (mg)	300	450	300	300	300	300

*Take a look at the LOW protein content of these beverages!

<http://www.drinksilk.ca/silk-light-true-almond.php>

<http://www.drinksilk.ca/silk-light-plain.php>

<http://www.drinksilk.ca/silk-plain.php#>

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/info-eng.php>

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Vitamins/Food-Sources-of-Vitamin-D.aspx>

<http://almondbreeze.com/?navid=329&pid=331>

<http://www.tastethedream.com/products/product/1467/202.php>

<http://www.shopwell.com/darifree-milk-alternative-non-dairy-chocolate-flavor/creamer/p/3058700030>

<http://www.livingharvest.com/products/nutrition-facts#milk>

<http://www.myfitnesspal.com/food/calories/living-harvest-tempt-hemp-milk-vanilla-4277403>