

ALMOND MILK NUTRITIONAL REFERENCE

SERVING SIZE: 1 CUP (240ML) CATEGORY: PLANT-BASED DAIRY ALTERNATIVES

Nutrient	Unsweetened	Sweetened (Original)	Vanilla
Calories	30 kcal	60 kcal	80 kcal
Total Fat	2.5g	2.5g	2.5g
Saturated Fat	0g	0g	0g
Sodium	160mg	150mg	150mg
Total Carbohydrates	1g	8g	14g
Dietary Fiber	< 1g	< 1g	< 1g
Total Sugars	0g	7g	13g
Protein	1g	1g	1g

Nutrient	Unsweetened	Sweetened (Original)	Vanilla
Calcium (DV)	45%	45%	45%
Vitamin E (DV)	50%	50%	50%
Vitamin D (DV)	25%	25%	25%

**Percent Daily Values (DV) are based on a 2,000 calorie diet. Nutritional values are estimates based on average commercial brands.*