

DAIRY SUBSTITUTE PROTEIN CONTENT

Values per 1 Cup (240ml) Serving

Soy Milk 8.0g

Pea Milk 8.0g

Oat Milk 3.0g

Hemp Milk 3.0g

Flax Milk 2.0g

Cashew Milk 1.0g

Almond Milk 1.0g

Coconut Milk (Carton) 0.5g

Rice Milk

0.4g

Note: Data represents average unsweetened commercial varieties. Individual brands may vary.