

NUT MILK CALORIE COMPARISON

Based on 1 Cup (240ml) Unsweetened Varieties

VARIETY	CALORIES	FAT (G)	PROTEIN (G)
Almond Milk	30 - 35	2.5	1.0
Cashew Milk	25 - 40	2.0	1.0
Hazelnut Milk	70 - 100	9.0	2.0
Macadamia Milk	50 - 55	5.0	1.0
Walnut Milk	120	11.0	3.0
Pistachio Milk	90	6.0	2.0

*Data values are averages and may vary by brand. For educational reference only.