

Oat Milk vs. Soy Milk

Nutritional Comparison (Per 1 Cup / 240ml Unsweetened)

NUTRIENT	OAT MILK	SOY MILK
Calories	120 - 140 kcal	80 - 100 kcal
Protein	3g	7g - 9g
Total Fat	5g	4g
Carbohydrates	16g - 20g	4g
Fiber	2g (contains Beta-glucan)	1g - 2g
Sugar	7g (Natural)	1g
Calcium	350mg (Fortified)	300mg (Fortified)
Vitamin B12	50% DV	50% DV

Note: Values are approximate and vary by brand. Always check specific product labels.