

# PEA MILK NUTRITIONAL EVALUATION

Brand/Variety: \_\_\_\_\_ Date: \_\_\_\_\_

NUTRIENT (PER 240ML)	TARGET RANGE	ACTUAL VALUE	RATING (1-5)
Protein	8g - 10g	_____	
Sugar (Added)	0g - 5g	_____	
Calcium	30% - 45% DV	_____	
Vitamin D	15% - 25% DV	_____	
Iron	10% - 15% DV	_____	
Omega-3 (DHA/EPA)	Present	_____	

## Ingredient Cleanliness Checklist:

- No Carrageenan
- Non-GMO Project Verified
- No Artificial Sweeteners
- Glyphosate Residue Free

## Evaluation Summary & Taste Notes:

\*DV = Daily Value. Values based on standard plant-based fortification guidelines.