

DAIRY SUBSTITUTE NUTRITIONAL GUIDE

Values per 1 Cup (240ml) - Unsweetened Varieties

Substitute Type	Calories	Protein (g)	Fat (g)	Carbs (g)	Key Benefit
Whole Cow Milk <u>Reference</u>	150	8.0	8.0	12.0	High Bioavailability
Soy Milk	80-100	7.0	4.0	4.0	Complete Protein
Almond Milk	30-40	1.0	2.5	1.0	Low Calorie / Vit E
Oat Milk	120-140	3.0	5.0	16.0	Fiber / Creamy Texture
Coconut Milk (Carton)	45-50	0.0	4.5	1.0	MCT Fats
Pea Milk	70-90	8.0	4.5	0.0	Hypoallergenic Protein
Rice Milk	110-120	0.5	2.0	22.0	Easiest to Digest
Cashew Milk	25-35	1.0	2.0	1.0	Smooth Consistency
Hemp Milk	60-80	3.0	6.0	1.0	Omega-3 Content

Note: Values may vary by brand. Look for "Fortified" versions for Calcium and Vitamin D.