

DAIRY ALTERNATIVE SUGAR COMPARISON

Standardized per 1 Cup (240ml) Serving

ALTERNATIVE MILK TYPE	UNSWEETENED	ORIGINAL	NOTES
Almond Milk	0g	7g	
Oat Milk	7g	17g	Natural grain sugars
Soy Milk	1g	6g	High protein
Coconut Milk (Carton)	0g	5g	Higher fat content
Cashew Milk	0g	7g	Creamy texture
Rice Milk	10g	13g	High glycemic index
Pea Milk	0g	6g	

Note: Sugar content may vary by brand. Always check the specific nutritional label before consumption.