

# NON-DAIRY MILK CALCIUM CONTENT

Comparison per 8oz (240ml) serving

<b>MILK VARIETY (FORTIFIED)</b>	<b>CALCIUM (MG)</b>	<b>% DAILY VALUE*</b>
Almond Milk	450 mg	35%
Oat Milk	350 mg	27%
Soy Milk	300 mg	23%
Pea Milk (Ripple)	440 mg	34%
Coconut Milk (Carton)	120 mg	9%
Rice Milk	280 mg	21%
Cashew Milk	450 mg	35%

*\*Percentages based on a 1,300mg RDA for adults. Values represent typical fortified commercial brands. Shake well before serving as calcium may settle at the bottom.*