

PLANT-BASED MILK NUTRITION

Average Values per 1 Cup (240ml) - Unsweetened Varieties

Milk Type	Calories	Protein (g)	Fat (g)	Carbs (g)	Key Benefit
Soy Milk	80 - 100	7 - 8	4.0	4.0	Complete protein
Oat Milk	120 - 140	3	5.0	16.0	Fiber (Beta-glucan)
Almond Milk	30 - 45	1	3.0	1.0	Low calorie / Vit E
Coconut Milk	45 - 60	0	4.5	1.0	MCT fats
Pea Milk	70 - 100	8	4.5	0.0	High protein / Eco
Cashew Milk	25 - 40	1	2.0	1.0	Creamy texture
Rice Milk	110 - 120	0.5	2.5	22.0	Hypoallergenic

Note: Values are estimates. Nutritional content varies significantly by brand and fortification (Calcium/Vit D).