

RICE MILK NUTRIENT COMPARISON

Per 1 Cup (240ml) Serving

NUTRIENT TYPE	UNSWEETENED RICE MILK	ENRICHED RICE MILK	COMMERCIAL BRAND X
Calories	110 kcal	120 kcal	130 kcal
Total Fat	2.5 g	2.5 g	2.0 g
Carbohydrates	22 g	23 g	26 g
Sugars	10 g	10 g	13 g
Protein	0.7 g	1.0 g	1.0 g
Calcium	2% DV	25% DV	30% DV
Vitamin D	0% DV	25% DV	15% DV

Template Example Only - Values based on standard nutritional averages - For educational use