

SOY MILK NUTRITIONAL VALUE

Average values per 1 Cup (240ml) | Unsweetened, Fortified

Nutrient Component	Amount	% Daily Value*
Calories	80 - 100 kcal	5%
Total Fat	4.0g	5%
Saturated Fat	0.5g	3%
Protein	7.0g - 8.0g	15%
Total Carbohydrates	4.0g	1%
Dietary Fiber	1.0g	4%
Sugars (Natural)	1.0g	-
Calcium	300mg	30%
Vitamin D	2.5mcg	15%
Vitamin B12	1.2mcg	50%

Nutrient Component	Amount	% Daily Value*
Potassium	300mg	6%
Iron	1.1mg	6%

*Percent Daily Values are based on a 2,000 calorie diet. Nutritional values may vary by brand and fortification levels.

Template for educational reference only.