

VEGAN MILK ALTERNATIVES

Nutritional Comparison per 240ml (1 Cup) - Unsweetened

MILK TYPE	CALORIES	PROTEIN (G)	FAT (G)	CARBS (G)	KEY BENEFIT
Soy Milk	80-90	7.0 - 8.0	4.0	4.0	Complete Protein
Almond Milk	30-40	1.0	2.5	1.0	Low Calorie
Oat Milk	120-140	3.0	5.0	16.0	Creamy Texture
Pea Milk	70-100	8.0	4.5	0.0	High Protein / Eco
Coconut Milk (Carton)	45-60	0.0	4.0	1.0	MCT Fats
Cashew Milk	25-40	1.0	2.0	1.0	Smooth Flavor
Hemp Milk	60-80	3.0	6.0	0.0	Omega-3 Content

*Values are approximate and vary by brand fortification. Data based on unsweetened commercial varieties.