

VitaMin



Vital health information in a minute

How do milk alternatives measure up?

Cow's milk is an excellent source of calcium, a nutrient you need for strong bones. Not a big milk drinker? Non-dairy milks are a good choice if you have dairy allergies, lactose intolerance or a vegan diet. Even if you don't have a special reason, you might enjoy the taste of soy and other nondairy milks made from nuts, grains or seeds.

Look closely at the carton before you buy. Choose milk substitutes that are fortified with calcium and essential vitamins. Also select unsweetened milks instead of sweetened and flavored milks. Sweetened milk beverages are loaded with added sugar and calories.

Nutrition in 1 cup of milk¹

Cow's milk (nonfat)

With vitamins A and D added

Calcium 299 mg – *excellent source of calcium*

Protein 8.3 g – *good source of protein*

Calories 83

Fat 0.2 g – lowest fat

Sugar 12.5 g

Soy milk (unsweetened)

With calcium, vitamins A and D added

Calcium 301 mg – *excellent source of calcium*

Protein 7 g – *good source of protein*

Calories 80

Fat 4 g

Sugar 1 g – *low sugar*

Rice milk (unsweetened)

With calcium, vitamins A and D added

Calcium 283 mg

Protein 0.7 g

Calories 113

Fat 2.3 g

Sugar 12.7 g

Almond milk (unsweetened)

With calcium, vitamins A and D added

Calcium 200 mg

Protein 1 g

Calories 40

Fat 3 g

Sugar 0 g – *low sugar*



Make your own granola and enjoy with Greek yogurt in this [recipe for Sunflower Granola Breakfast Parfaits.](#)

Source:

1. USDA National Nutrient Database for Standard Reference. Dec. 7, 2011. <http://ndb.nal.usda.gov> (accessed April 8, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.



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