

# COMPARE MILK

<b>Nutrient Facts</b> Serving Size 1 Cup	<b>Whole Milk</b>	<b>1% Low-Fat</b>	<b>Almond Beverage</b> <small>*Blue Diamond Vanilla Almondmilk</small>	<b>Soy Beverage</b> <small>*Silk Soymilk light original</small>	<b>Coconut Beverage</b> <small>*Silk Original coconutmilk</small>
Calories	150	110	80	60	70
Total Fat	8 g	2.5 g	2.5 g	2 g	4.5 g
Total Carbs	13 g	13 g	14 g	5 g	6 g
Sugar	12 g	12 g	13 g	3 g	5 g
Sodium	125 mg	130 mg	150 mg	115 mg	65 mg
Protein	8 g	8 g	1 g	6 g	0 g
Calcium	30%	30%	45%	45%	35%
Vitamin D	25%	25%	25%	30%	10%
<b>Ingredients:</b>  <small>* % Daily Values on a 2,000 calorie diet</small>	Milk, Vitamin D3	Reduced fat milk (1% milkfat), vitamin A palmitate and vitamin D3	Water, almonds, cane sugar, calcium carbonate, natural flavors, sea salt, potassium citrate, sunflower lecithin, gellan gum, Vitamin A palmitate, vitamin D2, D-Alpha-tocopherol	Water, soybeans, cane sugar, calcium carbonate, sodium ascorbate, Vitamin A palmitate, vitamin D2, Riboflavin, vitamin B12, cane sugar, sea salt, natural flavor, Reb A, Gellan gum	Water, coconut cream, cane sugar, calcium carbonate, vitamin E acetate, vitamin D2, vitamin B12, dipotassium phosphate, sea salt, sunflower lecithin, gellan gum, locust bean gum, ascorbic acid, natural flavor

\*Dairy milk has no added sugar!

\* Calcium is naturally bioavailable in

Learn more:

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