









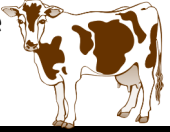

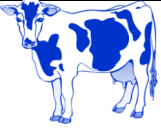
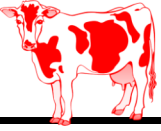


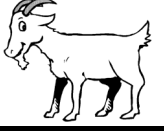











Comparing "Milks"

Beverage/ 8 oz		Calories	Sugar (g)	Protein (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Vit D (IU)	Ca (mg)	Na (mg)
Almond Milk (SILK Original)		60	7	1	2.5	0	8	89	451	160
Almond Milk (SILK Vanilla)		90	16	1	2.5	0	16	99	451	160
Almond Milk (SILK Unsweetened)		30	0	1	2	0	1	99	451	130
Cashew Milk (SILK Original)		60	7	1	2.5	0	9	100	451	170
Cashew Milk (SILK Unsweetened)		25	0	1	2	0	1	100	451	160
Coconut Milk (SILK Original)		80	7	0	5	4.5	7	100	451	10
Coconut Milk (SILK Vanilla)		90	9	0	5	4.5	10	100	451	35
Coconut Milk (SILK Unsweetened)		45	1	0	4.5	4	1	100	451	35
Cows Milk Fat Free (Darigold)		90	12	9	0	0	13	101	300	130

Note: Red Print = High Value

Beverage/ 8 oz	Calories	Sugar (g)	Protein (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Vit D (IU)	Ca (mg)	Na (mg)
Cows Milk 1% (Darigold) 	110	12	9	2.5	1.5	13	101	300	130
Cows Milk—Chocolate (Darigold 1%) 	190	29	10	3	1.5	31	101	350	230
Cows Milk—Strawberry (Darigold 1%) 	210	36	9	2.5	1.5	37	101	350	139
Cows Milk 2% (Darigold) 	130	12	8	5	3	13	100	300	130
Cows Milk Whole (Darigold) 	160	12	8	8	5	13	100	300	125
Flax Milk (Good Karma Unsweetened) 	25	0	0	2.5	0	1	100	300	80
Goats Low Fat Milk 	100	11	8	2.5	1.5	11	0	300	115
Goats Milk whole 	140	11	8	7	4	11	101	300	115
Hazelnut Milk (Pacific Foods Original) 	110	13	2	3.5	0	18	100	300	115

Note: Red Print = High Value

	Calories	Sugar (g)	Protein (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Vit D (IU)	Ca (mg)	Na (mg)
Hemp Milk (Living Harvest Original) 	160	6	2	7	0.5	8	0	300	110
Muscle Milk (11oz.) (Genuine) 	160	0	25	4.5	1	7	72	300	250
Oat Milk (Pacific Original) 	130	19	4	2.5	0	24	100	350	115
Rice Milk (Pacific Original) 	130	14	1	2	0	27	100	300	60
Soy Milk (SILK Original) 	100	6	7	4	0.5	8	119	299	119
Soy Milk (SILK Vanilla) 	100	7	6	3.5	0.5	10	119	299	95
Soy Milk (SILK Unsweetened) 	80	1	7	4	.5	4	0	299	85
Walnut Milk (Elmhurst Original) 	130	4	3	11	1	5	0	24	100

Source: USDA National Nutrient Database for Standard Reference, Release (2018)