

Nutrition Content	Calories	Carbohydrates (g)	Added Sugar (g)	Fiber (g)	Protein (g)	Fat (g)	Calcium (mg)	Vitamin D (ug)	Omega-3
Soy Milk	105	12	N/A	1	6	3.5	300	2.7	1.5
Coconut Milk	75	7	N/A	1	0	5	459	2.4	N/A
Almond Milk	35	1.4	0	1	1.4	2.7	481	2.4	0.5
Oat Milk	130	24	N/A	1.9	4	2.5	N/A	N/A	N/A
Hazelnut Milk	105	1	1	N/A	3	N/A	25	0	N/A
Cow Milk	105	12.2	13	NA	8.5	2.4	314	98	N/A

N/A= Not Available

Sources: Information received from Nutritionist Pro and USDA Food Composition Databases

*All measures are average values per 8-oz serving