



Restaurant Guide

The Best Plant-Based Milks



Plant-based Milks Nutritional Comparison

✓ = **EN's Picks**. As with all EN comparisons, this is only a sampling of products. Picks contain no more than 120 calories (6% DV), 1.5 g saturated fat (8% DV), and 8 g sugar, and at least 5 g of protein (10% DV), 300 mg calcium (30% DV), and 100 IU vitamin D (25% DV). For comparison: 1 cup of 1% cow's milk provides 110 calories, 2.5 g fat, 1.5 g saturated fat, 13 g carbohydrates, 125 mg sodium, 12 g sugar, 8 g protein, 300 mg calcium, and 100 IU vitamin D.

A generation or so ago people who were lactose intolerant, had milk allergies, or special dietary preferences didn't have many options for a milk replacement. If you couldn't find soy milk at your local supermarket, you had to rely on non-dairy creamer to moisten your breakfast cereal or add to coffee. But in the past few years the number of dairy milk alternatives has exploded. You can find milk-like beverages made from all sorts of plants, including nuts, seeds, and grains.

We scoured the market to find suitable products with these questions in mind:

- Are these plant beverages an equal substitute for cow's milk?
- Do they provide the same beneficial nutrients found in cow's milk, such as calcium and vitamin D (which is fortified in milk)?
- Are they in the same ballpark with regards to protein, fat, and saturated fat?

In general, many plant-based milks can be a good alternative to cow's milk. Some are higher in fat, saturated fat, sugar, or sodium, however, while others can't compare to the amount of protein, vitamins, and minerals found in cow's milk.

Helpful hints. Keep these tips in mind while choosing plant-based milks:

- **Protein power.** Choose plant-based milks containing at least 5 g of protein per cup to help you meet your daily protein needs. If your favorite type is low in protein, choose protein-rich foods throughout the day such as lean meats, eggs, nuts, and tofu to fill in the gaps.
- **Them bones.** Calcium and vitamin D are important for bone health. Fortunately, many plant-based milks are fortified with both. If, however, your drink of choice doesn't compare to cow's milk in this category, choose other calcium- and vitamin D-rich foods throughout the day, such as kale, spinach, fatty fish like tuna and salmon, egg yolks, and calcium- and vitamin D-fortified foods.
- **Saturated fat.** You may notice coconut milk is higher in saturated fat than other plant milks. Like other foods high in this form of unhealthy fat, if you like it, simply enjoy it in moderation. **EN**

—Heidi McIndoo, MS, RD

Plant-based Milks 1 cup (8 ounces)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Sugar (g)	Protein (g)	Calcium (mg)	Vitamin D (IU)
UNFLAVORED									
365 Organic Almond Milk, Original	60	2.5	0	8	150	7	1	100	100
✓ 365 Organic Soy Milk, Original	90	3.5	0.5	9	110	6	6	300	120
✓ 365 Organic Soy Milk, Original, Light	70	1.5	0	9	90	6	6	300	120
✓ Good Karma Flax Milk, Original, Unsweetened	50	2.5	0	2	80	0	5	300	100
Pacific Hazelnut, Original	110	3.5	0	19	120	14	2	300	100
Pacific Hemp Milk, Original	140	5	0.5	20	130	14	3	500	120
Pacific Hemp Milk, Original, Unsweetened	70	5	0.5	1	140	0	3	300	120
Pacific Organic 7-Grain, Original	140	2	0	27	75	16	3	350	120
Pacific Organic Oat, Original	130	2.5	0	24	115	19	4	350	100
Rice Dream, Original	120	2.5	0	23	80	10	1	300	100
Silk Almondmilk, Original	60	2.5	0	8	160	7	1	450	100
Silk Almondmilk, Original, Unsweetened	30	2.5	0	<1	160	0	1	450	100
Silk Almond/Coconut, Unsweetened	35	3	1	<1	170	0	<1	450	100
Silk Cashew, Original	60	2.5	0	9	170	7	<1	450	100
Silk Coconut, Original	80	5	5	7	45	6	0	450	100
✓ Silk Soymilk, Original	110	4.5	0.5	9	105	6	8	450	120
So Delicious Coconut Milk, Original	70	4.5	4	8	0	7	0	100	120
So Delicious Coconut Milk, Original, Unsweetened	45	4.5	4	2	0	0	0	100	120
Trader Joe's Almond Beverage, Original	60	2.5	0	8	150	7	1	450	100
✓ Trader Joe's Organic Soymilk, Original	90	3.5	0.5	7	70	6	7	300	120
✓ Trader Joe's Organic Soymilk, Original, Unsweetened	70	3.5	0.5	3	70	2	7	300	120
FLAVORED									
365 Organic Almond Milk, Vanilla	90	2.5	0	16	150	15	1	100	100
365 Organic Almond Milk, Vanilla, Unsweetened	40	3	0	2	180	<1	1	100	100
✓ 365 Organic Soy Milk, Vanilla	90	3.5	0.5	10	110	7	6	300	120
✓ 365 Organic Soy Milk, Vanilla, Light	70	1.5	0	10	85	7	6	300	120
✓ Good Karma Flax Milk, Vanilla, Unsweetened	50	2.5	0	2	80	0	5	300	100
Pacific Hazelnut, Chocolate	120	5	0.5	19	140	15	2	350	100
Pacific Hemp, Vanilla	160	5	0.5	24	135	16	3	500	120
Pacific Organic 7-Grain, Vanilla	140	2	0	28	75	16	3	350	120
Pacific Organic Oat, Vanilla	130	2.5	0	25	110	20	4	300	100
Rice Dream, Vanilla	130	2.5	0	26	80	12	1	300	100
Silk Almondmilk, Dark Chocolate	100	2.5	0	19	240	17	1	450	100
Silk Almondmilk, Vanilla	90	2.5	0	16	160	16	1	450	100
Silk Almondmilk, Vanilla, Light	60	2	0	11	160	11	<1	450	100
Silk Soymilk, Chocolate, Light	90	1.5	0	16	85	14	3	450	120
Silk Soymilk, Very Vanilla	130	3.5	0.5	18	110	15	6	450	120
So Delicious Coconut Milk, Vanilla	80	4.5	4	10	0	8	0	100	120
Trader Joe's Almond Beverage, Vanilla, Unsweetened	40	3	0	2	180	<1	1	450	100
Trader Joe's Coconut Beverage, Vanilla	80	4.5	4	10	0	8	0	100	120
✓ Trader Joe's Organic Soymilk, Vanilla	90	3.5	0.5	8	70	7	7	300	120

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, IU=International Units, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels, company websites.