Milk’s Inherent Nutrition Profile is Tough to Match

• Nutrient-rich profile in
  – 3 simple ingredients:
  – 9 essential nutrients
  – High quality protein
  – No added sugars

• Milk is the leading food source of 3 of the 4 nutrients of public health concern* for children¹ and adults²
  – Calcium
  – Potassium³
  – Vitamin D

• Low-fat and fat-free milk and milk products are recommended as part of healthy eating patterns⁴

*Nutrients of public health concern: calcium, potassium, vitamin D and fiber
3. Low-fat milk provides 366 mg potassium per cup, 8% DV (USDA National Nutrient Database for Standard Reference Release 28 #01082)

There is an extensive body of research showing dairy’s health benefits on critical issues related to public health.
# Nutritional Profile of Milk Compared to Unsweetened Almond Beverage

## Calories

<table>
<thead>
<tr>
<th></th>
<th>Unsweetened Almond</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>40 calories</td>
<td>100 calories</td>
</tr>
</tbody>
</table>

## Macronutrients***

<table>
<thead>
<tr>
<th></th>
<th>Per 8 oz.</th>
<th>Unsweetened Almond</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat (g)</td>
<td>2.9</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>1.5</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>2</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>0</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Added Sugar* (g)</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>2</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45136688. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14091

## Ingredients

**1% Milk: 3 ingredients**
- Lowfat Milk
- Vitamin A Palmitate
- Vitamin D3

**Unsweetened Almond: 14 ingredients**
- Almondmilk (Filtered Water, Almonds)
- Natural Flavor
- Sea Salt
- Locust Bean Gum
- Sunflower Lecithin
- Gellan Gum
- Calcium Carbonate
- Vitamin E Acetate
- Zinc Gluconate
- Vitamin A Palmitate
- Riboflavin (B2)
- Vitamin B12
- Vitamin D2

## Did You Know?

Milk contains 9 essential nutrients. Only vitamin A and D are added to milk.

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Sodium
Good/Excellent Source

Unsweetened Almond: 6 essential nutrients*  
Milk: 9 essential nutrients including protein*

Unsweetened Almond: 190 mg  
1% Milk: 105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14091
*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel.
# Nutritional Profile of Milk Compared to Almond Beverage

## Macronutrients***

<table>
<thead>
<tr>
<th>Per 8 oz.</th>
<th>Almond Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat (g)</td>
<td>3</td>
<td>2.5</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>1.5</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>16</td>
<td>12</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Added Sugar* (g)</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>1</td>
<td>8</td>
</tr>
</tbody>
</table>

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product.

**Based on review of USDA NND SRR28 #45136756. All of these ingredients are safe for consumption.

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14016

† Based on USDA NND SRR28 #14016 and NND SRR28 #12061

### Calories

- **Almond Beverage**: 90 calories
- **1% Milk**: 100 calories

### Ingredients

- **1% Milk**: 3 ingredients
  - Lowfat Milk, Vitamin A Palmitate, Vitamin D3

- **Almond Beverage**: 14 ingredients**
  - Almondmilk (Filtered Water, Almonds), Cane Sugar, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Calcium Carbonate, Vitamin E Acetate, Zinc Gluconate, Vitamin A Palmitate, Riboflavin (B2), Vitamin B12, Vitamin D2

### Did You Know?

A serving of almond beverage is not nutritionally equivalent to a serving of almonds.

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Sodium

Good/Excellent Source

Almond Beverage:
7 essential nutrients*

Milk:
9 essential nutrients including protein*

Almond Beverage
150 mg

1% Milk:
105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14016

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel
# Nutritional Profile of Milk Compared to Soy Beverage

## 8 oz.

### Calories

<table>
<thead>
<tr>
<th></th>
<th>Soy Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110 calories</td>
<td>100 calories</td>
</tr>
</tbody>
</table>

### Macronutrients***

<table>
<thead>
<tr>
<th></th>
<th>Soy Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat (g)</td>
<td>5</td>
<td>2.5</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0.5</td>
<td>1.5</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>Added Sugar* (g)</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7</td>
<td>8</td>
</tr>
</tbody>
</table>

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45136578. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #16223

## Did You Know?

Except for soy, 2015 Dietary Guidelines do not include alternative beverages as part of the Dairy group.¹

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Sodium
Good/Excellent Source
Milk:
1% Milk:
Soy Beverage:
Soy Beverage:
Milk:
Soy Beverage:
1% Milk:
105 mg
120 mg
110
50
50
10
10
20
20
9 essential nutrients including protein*
10 essential nutrients including protein*
15 15
25 25
25 15
30 35
20 35
0 6
0 0
0 10
15 10
Micronutrients (%DV)
Soy Beverage 1% Milk

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #16223
## Nutritional Profile of Milk Compared to Coconut Beverage

### 8 oz.

#### Calories

<table>
<thead>
<tr>
<th></th>
<th>Coconut Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70 calories</td>
<td>100 calories</td>
</tr>
</tbody>
</table>

#### Macronutrients***

<table>
<thead>
<tr>
<th>Per 8 oz.</th>
<th>Coconut Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat (g)</td>
<td>5</td>
<td>2.5</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>5</td>
<td>1.5</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>7</td>
<td>12</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>Added Sugar* (g)</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>&lt;1</td>
<td>8</td>
</tr>
</tbody>
</table>

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product.

**Based on review of USDA NND SRR28 #45179293. All of these ingredients are safe for consumption.

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14171

### Ingredients

**1% Milk:** 3 ingredients
- Lowfat Milk
- Vitamin A Palmitate
- Vitamin D3

**Coconut Beverage:** 12 ingredients**
- Coconutmilk (Filtered Water, Coconut Cream)
- Cane Sugar
- Calcium Carbonate
- Vitamin A Palmitate
- Vitamin B12
- Vitamin D2
- Sea Salt
- Natural Flavor
- Sunflower Lecithin
- Locust Bean Gum
- Gellan Gum

### Did You Know?

Lactose is the natural sugar found in milk and is not considered added sugar.

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Sodium
Good/Excellent Source

Low-fat milk: USDA NND SRR28 #01082. Lactose is the natural sugar found in milk and is not considered added sugar.

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel
**Nutritional Profile of Milk Compared to Cashew Beverage**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Cashew Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td><strong>60 calories</strong></td>
<td><strong>100 calories</strong></td>
</tr>
<tr>
<td><strong>Macronutrients</strong>*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>2.5</td>
<td>2.5</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>1.5</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>9</td>
<td>12</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>7</td>
<td>12</td>
</tr>
<tr>
<td>Added Sugar* (g)</td>
<td>7</td>
<td>12</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>1</td>
<td>8</td>
</tr>
</tbody>
</table>

**Ingredients**

- **Cashew Beverage:** 14 ingredients**
  - Cashewmilk (Filtered Water, Cashews) Cane Sugar, Sea Salt, Natural Flavor, Almond Butter, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Ascorbic Acid, Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2

- **1% Milk:** 3 ingredients
  - Lowfat Milk, Vitamin A Palmitate, Vitamin D3

**Did You Know?**

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product
**Based on review of USDA NND SRR28 #45179314. All of these ingredients are safe for consumption
*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28: 45179314
†Based on review of the following alternative products from USDA NND SRR28: 14091, 14016, 14054, 16223, 14171, 45179314, 14639

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Sodium

Good/Excellent Source

Cashew Beverage:
6 essential nutrients*

Milk:
9 essential nutrients including protein*

Cashew Beverage:
170 mg

1% Milk:
105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #45179314

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel
# Nutritional Profile of Milk Compared to Rice Beverage

## Calories

<table>
<thead>
<tr>
<th></th>
<th>Rice Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per 8 oz.</td>
<td>110 calories</td>
<td>100 calories</td>
</tr>
</tbody>
</table>

## Macronutrients***

<table>
<thead>
<tr>
<th></th>
<th>Rice Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat (g)</td>
<td>2.5</td>
<td>2.5</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>1.5</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>22</td>
<td>12</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>13</td>
<td>12</td>
</tr>
<tr>
<td>Added Sugar* (g)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>&lt;1</td>
<td>8</td>
</tr>
</tbody>
</table>

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45135751. All of these ingredients are safe for consumption

***Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14639

## Ingredients

### 1% Milk: 3 ingredients
- Lowfat Milk, Vitamin A Palmitate, Vitamin D3

### Rice Beverage: 8 ingredients**

## Did You Know?

Alternatives have no standard of identity and their nutrient profiles vary from brand to brand.
Sodium
Good/Excellent Source

Milk:
1% Milk: Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14639

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel

Micronutrients (%DV)

<table>
<thead>
<tr>
<th>Micronutrients</th>
<th>Rice Beverage</th>
<th>1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>15%</td>
<td>15%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>25%</td>
<td>35%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>8%</td>
<td>20%</td>
</tr>
<tr>
<td>Niacin</td>
<td>6%</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>60%</td>
<td>50%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>6%</td>
<td>10%</td>
</tr>
</tbody>
</table>

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14639

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel

Good/Excellent Source

Rice Beverage:
6 essential nutrients*

Milk:
9 essential nutrients including protein*

Sodium

Rice Beverage: 95 mg

1% Milk: 105 mg