

Dairy Alternatives are Different Than Real Dairy Milk

There are now more varieties of plant beverages than ever and the nutrients can vary widely by brand. Some plant milks have added nutrients and many also contain added sugars, which are not recommended for young children.

Plant Milk Nutrition (unflavored, unsweetened varieties)¹

	Cow's milk (whole)	Soy	Pea	Oat	Hazelnut	Hemp	Coconut	Cashew	Almond	Flax	Rice
Calories	152	80	80	90	90	60	40	25	30	25	70
Protein (g)	8	7	8	2	2	3	0	<1	1	0	0
Fat (g)	8	4	4.5	1.5	9	4.5	4	2	3	2.5	2.5
Added sugar (g)	0	0	0	0	0	0	0	0	0	0	0
Calcium (mg)	306	300	440	350	24	257	460	450	450	280	240
Vitamin D (mcg)	2.4	3	6	4	0	2	2	2.5	2.5	2.3	5
Potassium (mg)	374	350	405	400	105	100	310	0	170	0	0
Vitamin B12 (mcg)	1.34	3	2.5	0.2	--	--	0.9	--	--	1.4	0.6

Plant Milk Price²

	\$	\$\$	\$\$\$	\$\$	\$\$\$\$	\$\$\$\$	\$\$	\$\$	\$\$	\$\$	\$\$
\$/gallon	3.62	5.98	12.24	9.82	23.16	21.16	7.74	7.74	6.54	7.98	7.38
\$/8 fl oz serving	0.22	0.37	0.77	0.61	1.44	1.32	0.48	0.48	0.40	0.50	0.46

Modified from: Healthy Eating Research. Dairy Milk vs. Plant Milks.
<https://healthydrinkshealthykids.org/app/uploads/2022/09/Dairy-Milk-vs-Plant-Milks-for-Young-Kids.pdf>

Did you know?

Cup for cup, plant milks are more expensive than cow's milk.

1. Nutrition information is all for unsweetened, unflavored varieties. Specific products include: Soy L Silk Organic Unsweet, Pea- Ripple unsweetened Original, Oat- Planet Oat , Hazelnut- Elmhurst Unsweetened, Hemp - Pacific Foods Unsweetened Original, Coconut - Silk Unsweet Cashew, Silk Unsweet Almond- Silk Unsweetened Original, Flax- Good Karma Unsweetened Rice - Rice Dream Enriched Unsweetened
 2. Prices are taken from various U.S. Retailers, updated September 2022