

SOY

110 cal Daily Value

4.5g 6%

9g 3%

8g 16%

added 30%

SOYMILK (FILTERED WATER, SOYBEANS), CANE SUGAR, VITAMIN AND MINERAL BLEND (TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN [B2], VITAMIN B12), SEA SALT, NATURAL FLAVOR, GELLAN GUM.

37¢

ALMOND

60 cal Daily Value

2.5g 3%

8g 3%

1g 2%

added 30%

ALMONDMILK (FILTERED WATER, ALMONDS), VITAMIN AND MINERAL BLEND (CALCIUM CARBONATE, VITAMIN E ACETATE, VITAMIN A PALMITATE, VITAMIN D2), SUNFLOWER OIL, SEA SALT, GELLAN GUM, ASCORBIC ACID (VITAMIN C TO PROTECT FRESHNESS), NATURAL FLAVOR.

30¢

Nutrition Facts Read the labels and compare!

COW'S MILK CONTAINS 13 ESSENTIAL NUTRIENTS

CALCIUM helps build and maintain strong bones and teeth, reduces the risk of stress fractures and osteoporosis later in life, and plays a role in promoting normal blood pressure.

POTASSIUM helps regulate the balance of fluids in the body and maintain normal blood pressure.

VITAMIN A is important for good vision, healthy skin, and a healthy immune system.

NIACIN converts nutrients into energy to help the body's enzymes function normally.

PROTEIN helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks of protein).

PANTOTHENIC ACID (Vitamin B5) helps the body break down carbohydrates and turn them into energy.

VITAMIN D helps absorb calcium for healthy bones.

PHOSPHORUS works with calcium and vitamin D to help keep bones strong.

VITAMIN B12 helps build red blood cells and helps maintain the central nervous system.

RIBOFLAVIN helps convert food into energy. Plays a vital role in the development of the central nervous system.

ZINC helps maintain immune health, normal growth and development, and healthy skin.

SELENIUM helps maintain immune health, regulates metabolism, and protects healthy cells from damage.

IODINE is needed for proper bone and brain development during pregnancy, infancy, and childhood.

NOT ALL MILKS ARE CREATED EQUAL

Cow's milk is a unique package of essential nutrients. But what about **plant-based milk substitutes**? With more choices in the dairy aisle than ever before, you can make informed choices by reading the nutrition labels.



For dairy recipes and more nutrition information, visit WinnersDrinkMilk.com

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FAT-FREE MILK

LACTOSE-FREE FAT-FREE MILK

OAT

CASHEW

COCONUT

RICE

PEA

CALORIES per serving
1 cup (8 oz.)

90 cal Daily Value

90 cal Daily Value

120 cal Daily Value

25 cal Daily Value

70 cal Daily Value

130 cal Daily Value

100 cal Daily Value

FAT can vary within each category.

0g 0%

0g 0%

5g 6%

2g 3%

5g 6%

2.5g 3%

4.5g 7%

CARBS include natural and added sugars.

13g 5%

13g 5%

18g 7%

1g 0%

6g 2%

27g 10%

6g 3%

Milk is a great source of **PROTEIN**

8g 16%

8g 16%

1g 2%

<1g 0%

0g 0%

0g 0%

8g 11%

naturally present **CALCIUM** is easy to absorb.

naturally present **25%**

naturally present **25%**

added **35%**

added **30%**

added **35%**

naturally present **2%**

added **35%**

INGREDIENTS

Most plant-based milk alternatives are fortified to try to match milk's unique nutrient package.

FAT FREE MILK,
VITAMIN A
PALMITATE,
VITAMIN D3

FAT FREE MILK,
VITAMIN A
PALMITATE,
VITAMIN D3,
LACTASE ENZYME

OATMILK (FILTERED WATER, WHOLE GRAIN OAT FLOUR, OAT CONCENTRATE), CONTAINS 2% OR LESS OF: SUNFLOWER OIL, VITAMIN AND MINERAL BLEND (CALCIUM CARBONATE, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN [B2], VITAMIN B12), DIPOTASSIUM PHOSPHATE, SEA SALT, GELLAN GUM, LOCUST BEAN GUM, ASCORBIC ACID (TO PROTECT FRESHNESS), NATURAL FLAVOR.

CASHEWMILK (FILTERED WATER, CASHEWS), CONTAINS 2% OR LESS OF: ALMOND, VITAMIN AND MINERAL BLEND (CALCIUM CARBONATE, VITAMIN E ACETATE, VITAMIN A PALMITATE, VITAMIN D2), SALT, LOCUST BEAN GUM, SUNFLOWER LECITHIN, NATURAL FLAVOR, GELLAN GUM, ASCORBIC ACID (TO PROTECT FRESHNESS)

COCONUTMILK (FILTERED WATER, COCONUT CREAM), CANE SUGAR, VITAMIN AND MINERAL BLEND (CALCIUM CARBONATE, VITAMIN E ACETATE, VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12), DIPOTASSIUM PHOSPHATE, SEA SALT, SUNFLOWER LECITHIN, GELLAN GUM, ASCORBIC ACID (TO PROTECT FRESHNESS), NATURAL FLAVOR.

WATER, ORGANIC BROWN RICE (PARTIALLY MILLED), ORGANIC EXPELLER PRESSED SUNFLOWER OIL AND/OR ORGANIC SAFFLOWER OIL AND/OR ORGANIC CANOLA OIL, SEA SALT.

WATER, PEA PROTEIN BLEND (WATER, PEA PROTEIN), CANE SUGAR, SUNFLOWER OIL, CONTAINS LESS THAN 1% OF VITAMIN B12, VITAMIN D2, RIBOFLAVIN, VITAMIN A PALMITATE, SUNFLOWER LECITHIN, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), MAGNESIUM CITRATE, SEA SALT, NATURAL FLAVOR, GUAR GUM, GELLAN GUM.

Don't forget **PRICE** on average per serving!

22¢

41¢

42¢

44¢

48¢

41¢

70¢

Recommended Daily Value based on a 2,000 calorie diet.

Source: Nutrition Facts on beverage package. Nutrient amounts may vary based on brand. Cow's milk based on conventional white milk gallon generic in Indiana; Lactose-free milk based on Indiana half gallon average in August 2022. Alternatives based on half gallon pricing equivalents of leading brands at local Walmart stores: Silk® Original Soymilk, Silk® Original Almondmilk, Silk® Original Oatmilk, Silk® Original Coconutmilk, Silk® Unsweetened Cashewmilk, Rice DREAM™ Original Rice Drink, Ripple® Original Plant-Based Milk.