

## Comparison of Milk Products

<i>Per 8 ounce serving</i>	Calories	Carbs (g)	Sugars (g)	Protein (g)	Fats/Sat'd	Vitamin D	Calcium	Notes
<b>Cow's Milk</b>	150	13	13	8	8.0/5	25%	30%	Good protein source; high fat
<b>Low Fat Cow's Milk</b>	100	31	13	8	2.5/1.5	25%	30%	Good protein source w/o the fat
<b>Soy Milk</b>	80	4	1	7	4.0/0.5	30%	45%	Second to cow's milk in protein
<b>Almond Milk</b>	30	1	0	1	2.5/0	25%	45%	Low calorie; nut allergy; low protein
<b>Coconut Milk</b>	45	1	7	0	4.0/3.5	25%	45%	No protein
<b>Oat Milk</b>	130	24	5	4	2.5/0	25%	35%	Good source of fiber; low fat
<b>Rice Milk</b>	120	23	10	1	2.5/0	0%	2%	Little protein; little fat
<b>Pea Milk</b>	70	0	0	8	4.5/0.5	30%	45%	Good protein source; no sugars