

Milking It

Best Bites (✓✓) and **Honorable Mentions** (✓) have no more than 5 grams (1 tsp.) of added sugar and 2 grams of saturated fat per cup, no rice or rice syrup, and at least 10% of the Daily Value (DV) for vitamin D and 20% for calcium. Best Bites also have at least 7 grams of protein and 50% of the DV for vitamin B-12. Milks are ranked from least to most added sugar, then most to least vitamin D, calcium, and protein, then least to most calories. **Milks in bold have at least 50% of the DV for vitamin B-12.**

Soy Milk (1 cup)	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
✓✓ 365 Everyday Value (Whole Foods) Organic Unsweetened Original	70	0	7	25	25
✓✓ Silk Organic Unsweet¹	80	0	8	15	20
✓ Silk Light Original	60	0.5	6	15	30
✓✓ Silk Original	110	1	8	15	30
Edensoy Organic Original	140	1*	11	0	8
Silk Vanilla¹	100	1.5	6	15	30
Silk Chocolate	150	3.5	9	15	30
Silk Very Vanilla	130	3.5	6	15	30

Pea Protein Milk (1 cup)	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
✓✓ Ripple Unsweetened—Original or Vanilla	80	0	8	30	35
✓✓ Bolthouse Farms Plant Protein Unsweetened	90	0	10	20	35
✓ Silk DHA Omega-3 Unsweet Vanilla	50	0	6	20	35
✓ Silk Protein—Unsweet or Unsweet Vanilla	110	0	10	10	35
✓✓ Good Karma Flaxmilk+Protein—Unsweetened or Unsweetened Vanilla	60	0	8	10	25
✓ Silk Protein Original	130	0.5	10	10	30
✓✓ Ripple Original	90	1	8	30	35
✓✓ Bolthouse Farms Plant Protein Original	110	1	10	20	35
✓ Silk DHA Omega-3 Original	60	1	6	20	35
Silk Protein Vanilla	140	1.5	10	10	30
Ripple Vanilla	120	3	8	30	35
Ripple Chocolate	140	3.5	8	30	35
Silk Protein Chocolate	150	3.5	10	10	30
Bolthouse Farms Plant Protein Chocolate	160	4	10	20	35

Almond Milk (1 cup)	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
✓ So Delicious Unsweetened	25	0	1	15	35
✓ Almond Breeze Unsweetened Original	30	0	1	15	35
✓ Almond Breeze Unsweetened Vanilla	30	0	1	15	35
✓ Almond Breeze Unsweetened Chocolate	40	0	1	15	35
✓ Silk Unsweet—Original or Vanilla¹	30	0	1	10	30
Califia Farms Unsweetened	35	0	1	0	35
✓ Almond Breeze Reduced Sugar Original	40	0.5*	1	15	35
✓ Silk Less Sugar Original	30	0.5	1	10	30
Califia Farms Original	60	1*	1	0	35
Almond Breeze Original	60	1.5*	1	15	35
Silk Less Sugar Vanilla	45	1.5	1	10	30
Silk Original ¹	60	1.5	1	10	30
Almond Breeze Reduced Sugar Vanilla	60	2*	1	15	35
Almond Breeze Vanilla	80	3*	1	15	35
Silk Vanilla	80	3	1	10	30
Silk Dark Chocolate	100	4	1	10	30
Almond Breeze Chocolate	100	4.5*	1	15	35

Other Nut Milks (1 cup)	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
✓ Milkadamia Unsweetened	50	0	1	20	35
✓ Milkadamia Unsweetened Vanilla¹	60	0	1	20	35
✓ Silk Almond & Coconut Unsweet	35	0	1	10	35
✓ Silk Cashew Unsweet	25	0	1	10	30
✓ Silk Cashew Unsweet Vanilla	25	0	1	10	30
So Delicious Cashew Unsweetened	45	0	1	10	10
✓ Silk Almond & Coconut Original	50	1	1	10	35
Pacific Hazelnut Original ^R	110	3	2	10	10
Silk Cashew Chocolate	90	4	1	10	30

Oat Milk (1 cup)	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
✓ Dream Unsweetened	70	0	1	25	25
✓ Silk Oat Yeah The 0g Sugar One	60	0	1	15	35
Califia Farms Unsweetened	100	0	2	0	20
✓ Silk Oat Yeah The Plain One	80	1	2	20	35
✓ Planet Oat—Original or Vanilla	90	1	2	20	25
✓ Planet Oat Extra Creamy Original	120	1	2	20	25
Silk Oat Yeah The Vanilla One	80	1.5	2	20	35
Oatly Low Fat	90	1.5	3	20	25
Oatly	120	1.5	3	20	25
Oatly Full Fat	160	1.5	3	20	25
Chobani Plain	100	2	2	15	25
Chobani Plain Extra Creamy	120	2	2	15	25
Chobani Vanilla	110	2.5	2	15	25
Silk Oat Yeah The Chocolate One	120	3	2	20	35
Oatly Chocolate	150	4	3	20	25
Chobani Chocolate	140	4	2	15	8
Pacific Organic Vanilla	130	4.5	4	10	10

Flax, Hemp, & Rice Milks (1 cup)	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
✓ Tempt Hempmilk Unsweetened Original	80	0	2	25	30
✓ Tempt Hempmilk Unsweetened Vanilla	80	0	2	25	30
✓ Good Karma Flaxmilk Unsweetened	25	0	0	10	25
✓ Pacific Hemp Unsweetened Original	60	0	3	10	20
✓ Pacific Hemp Unsweetened Vanilla	60	0	3	10	20
Good Karma Flaxmilk Original	50	1.5	0	10	20
Dream Organic Rice Enriched Original	120	2.5*	1	15	25
Dream Organic Rice Classic Original	120	2.5*	1	0	2
Pacific Hemp Original ^R	140	3	4	10	20

Coconut Milk (1 cup) ^F	Calories	Added Sugar (tsp.)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)
Silk Unsweet	40	0	0	10	35
Silk Original	70	1	0	10	35
So Delicious Organic Original	70	1.5	0	10	10
So Delicious Chocolate	90	2	1	10	10

✓✓ Best Bite. ✓ Honorable Mention. * Estimate. ¹ Average of shelf-stable and refrigerated varieties. ^R Contains rice syrup. ^F Coconut milks contain more than 2 grams of saturated fat per cup.

Protein Target: 85 grams. **Daily Values (DVs): Saturated Fat:** 20 grams. **Added Sugar:** 50 grams (12 tsp.). **Vitamin D:** 800 IU (20 mcg). **Calcium:** 1,300 mg. **Vitamin B-12:** 2.4 mcg.

Note: % DVs for calcium and vitamins B-12 and D are based on the new Nutrition Facts label. The old label, which is still on some foods, has lower DVs for calcium (1,000 mg) and vitamin D (400 IU) and a higher DV for vitamin B-12 (6 mcg).

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