

HEALTHFUL TIPS

Milk Options

There are many milk alternatives to choose from these days. Most are pricier than cow's milk and few reach the nutrition powerhouse standard set by good old fashioned skim milk. But if you cannot tolerate cow's milk, have chosen a vegan diet or just want to try something different, here's a quick comparison. Be sure to look for unsweetened varieties and – if you're working towards a protein goal – the protein content.

| Type | Pros | Cons | Protein | Carbs | Fat | Calories | Vitamin D | Calcium |
|-----------------------------------|--|--|---------|-------|-----|----------|-----------|---------|
| Skim Milk | Good source of well-absorbed calcium Good source of protein May help to regulate weight | Allergy and lactose intolerance common May be a source of antibiotics May be a source of bovine growth hormone | 8 | 12 | 0 | 80 | 100 IU | 300 mg |
| Goat Milk low fat | Dairy free, lactose free Easily digestible | Slightly tangy taste | 7 | 9 | 2.5 | 89 | 100 IU | 268 mg |
| Soy Milk unsweetened | Good source of calcium Good source of protein Dairy free, lactose free | Too much soy may lead to cancer May have "GMO" unless labeled "Non-GMO" | 7 | 3 | 4 | 80 | 120 IU | 300 mg |
| Almond Milk unsweetened | Good source of antioxidant vitamin E Fortified with calcium and vitamin D Dairy free, lactose free | Not a good source of protein | 1 | <1 | 2.5 | 30 | 100 IU | 450 mg |
| Rice Milk unsweetened | Dairy free, lactose free Fortified with calcium and vitamin D | Very low in protein | <1 | 15 | 2.5 | 90 | 100 IU | 250 mg |
| Coconut Milk unsweetened | Dairy free, lactose free Fortified with calcium and vitamin D | High in saturated fat Contains no protein | 0 | <1 | 4.5 | 45 | 100 IU | 450 mg |
| Sunflower Milk unsweetened | Dairy free, lactose free Good source of antioxidant vitamin E Fortified with calcium and vitamin D | Very low in protein | 1 | 2 | 4 | 45 | 120 IU | 300 mg |