

Comparing Milks

Milk Type	Calories (in 1 cup)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugars (g)	Protein (g)	Calcium (% DV)
Almond Milk (Unsweetened)	35	3	0	170	0	1	45
Coconut Milk	45	4.5	4	15	0	0	10
Pea Milk	70	4.5	0.5	130	0	8	45
Hemp Milk	70	6	0.5	135	0	2	30
Soy Milk (Unsweetened)	80	4	0.5	75	1	7	30
Cow Milk Skim	90	0	0	130	12	8	30
Oat Milk (Unsweetened)	90	1.5	0	120	4	2	25
Rice Milk	120	2.5	0	100	10	1	30
Cow Milk 2%	130	4.5	5	125	12	8	30
Cow Milk Whole	150	8	5	125	12	8	30

There are so many milks on the market today! Each new variety comes covered in packaging that touts myriad health claims and nutrient boosts, but **which milks actually provide decent nutrition?** Take a look at the chart above to find the perfect milk for you.

Almond milk was the lowest in **calories** and one of the highest in **calcium**, though its **protein** content couldn't measure up to traditional cow's milk or pea milk. Skim milk was lowest in **fat**.

All plant milks are **cholesterol**-free, and skim milk, oat milk, and rice milk were lowest in heart-endangering **saturated fat**. Most of the unsweetened plant milks were lowest in **sugars**, though oat milk and rice milk surprised us with their levels of naturally-occurring sugars.