



# THE Milk GUIDE



## COWS

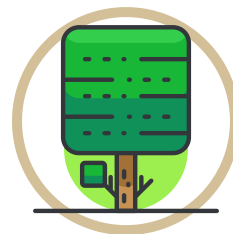
Cows milk comes in 4 varieties and while they differ in fat and calories they are similar in nutrients. Each milk provides 8 grams of protein and 12 grams of carbohydrate with 300 mg of calcium or 30% DRI.

**Whole milk or full-fat milk contains 3.5% milk fat and has a fuller, creamier texture** due to its high saturated fat content. It's also higher in calories yielding 150 calories per serving.

**Two percent milk fat provides half the fat of whole milk** and 120 calories per 8 oz. serving.

**One percent milk is even lower in fat and calories, providing 100 calories** and 2.5 grams of fat.

**Skim milk, also known as fat-free milk, is the lowest in calories at 90 calories per serving** and zero grams of fat.



## plant-based

Now, you can find coconut milk, cashew milk, pea protein, and more recently oat milk. Each plant milk varies nutritionally.

While **almond and rice milk are lowest in protein and calories**, they are fortified to provide the same (or sometimes more) calcium, and vitamins A and D.

**Cashew and coconut milk tend to be higher in fat and calorie content while oat milk is equivalent to 2% milk** in calorie and fat content, but has the benefit of soluble fiber.

**Pea protein-based milk, such as Ripple**, is another alternative for consumers that is vegan and higher in protein than nut-based milk.

**Hemp milk** is a good substitute for higher fat coffee creamer