

# Milk vs. "Milk" Substitutes: Check the Labels...Get the Facts...Drink Your Milk!!

Think **Nutritious** and **Delicious** when choosing your best Milk option. Use the following **6 steps** to guide you through the "Nutrition Facts" on pages 2 and 3 to help you make your best Milk choice.

**Read Labels** to compare the nutrient content of different foods & beverages. Many nutrients are listed on the label but not all.

Nutrition Facts			
Serving Size 1 cup (8 fl oz)			
Servings Per Container 1			
Amount Per Serving		Calories from Fat	
<b>Calories 90</b>			
Total Fat		%Daily Value	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
<b>Cholesterol</b>	Less than 5mg	0%	
<b>Sodium</b>	120mg	5%	
Total Carbohydrate			
Dietary Fiber	13g	4%	
Sugars	0g	0%	
<b>Protein</b>	11g	18%	
Vitamin A	10%	Vitamin C	4%
Calcium	30%	Iron	0%
Vitamin D	25%		

INGREDIENTS: Fat Free Milk, Vitamin A Palmitate, and Vitamin D<sub>2</sub>.

SAMPLE: FAT FREE MILK

## Calories

The calories will vary depending on the amount of protein, fat and carbohydrate the beverage contains. Most beverage labels list the calories for a 1 cup serving (8 oz.).

**1 Which Milk has the most Calories?**

## Fat

Fats are an essential part of a healthy diet. The type and amount of fat you consume is important to your overall health. Choose lowfat or fat free dairy foods most often.

**2 List the Milk(s) with the least amount of Total Fat.**

## Total Carbohydrate

The total carbohydrate number includes the amount of complex carbohydrates, dietary fiber and sugars. Sugars include added sugars and naturally occurring sugars (for example, lactose is the sugar found naturally in milk). Many of these beverages are sweetened with added sugars that add flavor and calories. Check for added sugars in the Ingredients list by looking for words that end in "ose" or contain the words cane, corn or syrup.

**3 Find and circle all the added sugars listed on the Ingredients list of each Milk.**

## Protein

Protein is needed to build and maintain muscle, keep our blood healthy and our body structure strong. This is especially important for children, teens, athletes and seniors. Dairy Food Group foods should provide around 6 - 9 grams of protein per serving.

**4 What Milk(s) provides the most Protein?**

## Calcium

Calcium is an essential nutrient found naturally in Milk. Calcium is necessary to build and maintain bone mass and strength. Everyone from infants to adults needs calcium.

**5 Identify two forms of added calcium found in the Ingredients list.**

## Ingredients

The product ingredients are listed in descending order of prominence and weight. Milk should be the first ingredient. Additives that improve or maintain taste, texture and appearance such as carrageenan are listed on the Ingredients list along with added sugars and nutrients such as Vitamin A Palmitate.

**6 Which Milk(s) has the highest number of ingredients?**

## My Milk choice is:

**3**  
SERVINGS  
every day!

# MILK VS. "MILK" SUBSTITUTES

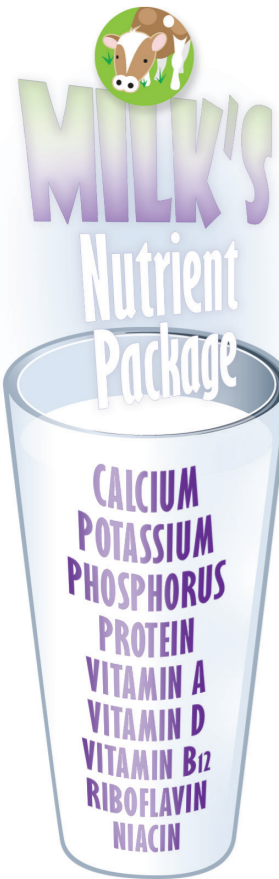
- Milk is a natural food that provides an irreplaceable package of 9 essential nutrients: **Calcium, Potassium, Phosphorous, Protein, Vitamin A, Vitamin D, Vitamin B12, Riboflavin, Niacin**
- The Dietary Guidelines for Americans recommend adults and children ages 9 and older include 3 servings of dairy foods in their daily eating plan.
- There are many non-dairy milk substitutes on the market today. Most plant-based milk alternatives are fortified to try to match Milk's unique nutrient package.



Let's take a closer look at how these beverages stack up.

For more information on your healthy eating plan go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

Use the Nutrition Facts label as a tool



Milk is naturally nutrient rich

**REMEMBER:**

3 servings of Milk, Cheese or Yogurt every day. Your Milk choice matters - it should be delicious and nutritious!

When it comes to nutrition, not all Milks are created equal ...

Read the label and compare.

- Check **Calories** per 1 cup serving.
- Total Fat** can vary within each category of beverages.
- Total Carbohydrate** includes natural and added sugars.
- Milk is a great **Protein** source - 8 grams or more.
- Naturally occurring **Calcium** is easily absorbed by our bodies.
- Less is more when it comes to the **Ingredients** list - start counting!

When comparing beverages also consider:

- Cost** Which Milk is the best deal?
- Taste** Will you drink it?
- Availability** Can you find it at your local store?

**Lactose Intolerance vs. Milk Allergy**

Are you choosing a milk substitute because you have a milk allergy or intolerance? Get the facts before you choose your beverage. Lactose intolerance and milk allergy are not the same thing.

**Fat Free Milk**

**Nutrition Facts**  
Serving Size 1 cup = 8 oz.  
Calories: 90

	% Daily Value
Total Fat 0g	0%
Total Carbohydrate 13.0g	4%
Protein 9.0g	18%
Calcium, natural	30%

**Ingredients:** FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D<sub>3</sub>

**Lactose-Free Milk (fat-free)**

**Nutrition Facts**  
Serving Size 1 cup = 8 oz.  
Calories: 90

	% Daily Value
Total Fat 0g	0%
Total Carbohydrate 13.0g	4%
Protein 8.0g	16%
Calcium, natural	30%

**Ingredients:** FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D<sub>3</sub>, LACTASE ENZYME

%Daily values are based on a 2000 calorie diet. Source: Nutrition Facts on beverage package. Nutrient amounts may vary based on brand.

**Soy Beverage\***

**Nutrition Facts**  
Serving Size 1 cup = 8 oz.  
Calories: 110

	% Daily Value
Total Fat 4.5g	7%
Total Carbohydrate 9.0g	3%
Protein 8.0g	16%
Calcium, added	45%

**Ingredients:** SOYMILK (FILTERED WATER, WHOLE SOYBEANS), CANE SUGAR, SEA SALT, CARRAGEENAN, NATURAL FLAVOR, TRI-CALCIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN A PALMITATE, VITAMIN D<sub>2</sub>, RIBOFLAVIN (B<sub>2</sub>), VITAMIN B<sub>12</sub>

**Almond Beverage\***

**Nutrition Facts**  
Serving Size 1 cup = 8 oz.  
Calories: 60

	% Daily Value
Total Fat 2.5g	4%
Total Carbohydrate 8.0g	3%
Protein 1.0g	2%
Calcium, added	45%

**Ingredients:** ALMOND MILK (FILTERED WATER, ALMONDS), EVAPORATED CANE JUICE, CALCIUM CARBONATE, SEA SALT, POTASSIUM CITRATE, CARRAGEENAN, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, VITAMIN D<sub>2</sub>, D-ALPHA-TOCOPHEROL (NATURAL VITAMIN E)

**Coconut Beverage\***

**Nutrition Facts**  
Serving Size 1 cup = 8 oz.  
Calories: 70

	% Daily Value
Total Fat 4.5g	7%
Total Carbohydrate 8.0g	3%
Protein 0g	0%
Calcium, added	10%

**Ingredients:** ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT CREAM), ORGANIC DRIED CANE SYRUP, CALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE, CARRAGEENAN, GUAR GUM, VITAMIN A PALMITATE, VITAMIN D-2, L-SELENOMETHIONINE (SELENIUM), ZINC OXIDE, FOLIC ACID, VITAMIN B-12

**Rice Beverage\***

**Nutrition Facts**  
Serving Size 1 cup = 8 oz.  
Calories: 120

	% Daily Value
Total Fat 2.5g	4%
Total Carbohydrate 23.0g	8%
Protein 1.0g	2%
Calcium, added	30%

**Ingredients:** FILTERED WATER, BROWN RICE (PARTIALLY MILLED), EXPELLER PRESSED HIGH OLEIC SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, TRICALCIUM PHOSPHATE, SEA SALT, VITAMIN A PALMITATE, VITAMIN D<sub>2</sub>, VITAMIN B<sub>12</sub>

\* Original version of product.

**Lactose Intolerance** means your body cannot digest lactose, the naturally occurring sugar found in dairy foods. This may cause uncomfortable symptoms such as gas, stomach pain and bloating. Many people who are lactose intolerant can tolerate small amounts of dairy foods. Lactose-free milk and fortified soy beverage may be good alternatives for those with lactose intolerance.

A **Milk Allergy** is an abnormal response by the body's immune system to the protein in milk and milk products. Symptoms can be mild to severe and include wheezing, vomiting, hives and digestive problems. It is usually seen in young children and most outgrow the allergy by age 2 or 3. A person with a cow's milk allergy should avoid all milk and products made with milk. See your physician for a correct diagnosis and treatment plan.