

Milk's Inherent Nutrition Profile is Tough to Match

- Nutrient-rich profile in
 - 3 simple ingredients:
 - 9 essential nutrients
 - High quality protein
 - No added sugars
- Milk is the leading food source of **3 of the 4** nutrients of public health concern* for children¹ and adults²
 - Calcium
 - Potassium³
 - Vitamin D
- Low-fat and fat-free milk and milk products are recommended as part of healthy eating patterns⁴



There is an extensive body of research showing dairy's health benefits on critical issues related to public health.

*Nutrients of public health concern: calcium, potassium, vitamin D and fiber

1. Keast DR, Fulgoni 3rd VL, Nicklas TA, O'Neil CE. Food sources of energy and nutrients among children in the United States: National Health and Nutrition Examination Survey 2003–2006. *Nutrients*. 2013;5:283–301.

2. O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Food sources of energy and nutrients among adults in the US: NHANES 2003–2006. *Nutrients*. 2012;4:2097–120.

3. Low-fat milk provides 366 mg potassium per cup, 8% DV (USDA National Nutrient Database for Standard Reference Release 28 #01082)

4. 2015–2020 Dietary Guidelines for Americans. 8th Edition. 2015



8 oz.

Nutritional Profile of Milk Compared to Unsweetened Almond Beverage

Calories

Unsweetened Almond

40
calories

1% Milk

100
calories

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

**Unsweetened Almond:
14 ingredients****

Almondmilk (Filtered Water, Almonds), Natural Flavor, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Calcium Carbonate, Vitamin E Acetate, Zinc Gluconate, Vitamin A Palmitate, Riboflavin (B2), Vitamin B12, Vitamin D2

Macronutrients***

Per 8 oz.	Unsweetened Almond	1% Milk
Total Fat (g)	2.9	2.4
Saturated Fat (g)	0	1.5
Carbohydrate (g)	2	12
Sugars (g)	0	12
Added Sugar* (g)	0	0
Protein (g)	2	8

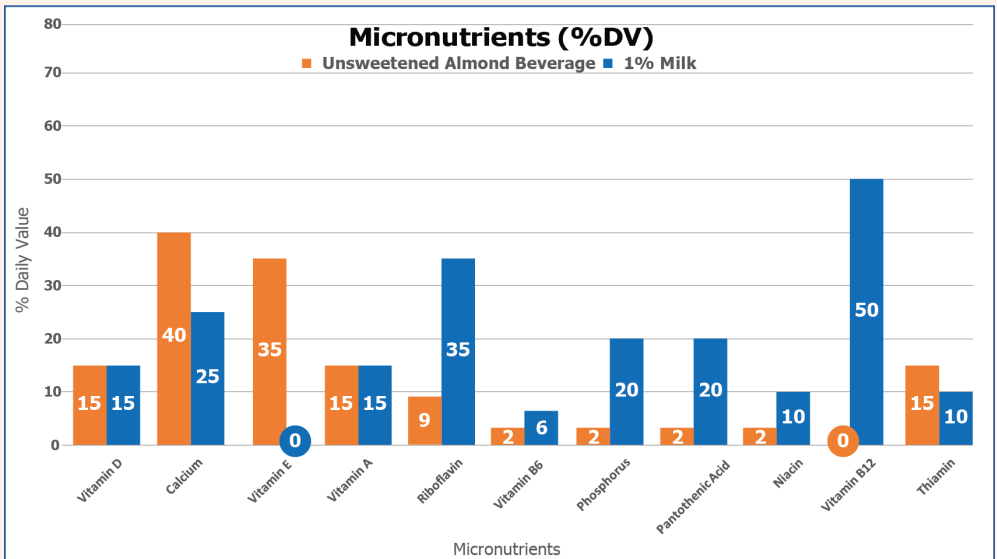
*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45136688. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14091

Did You Know?

Milk contains 9 essential nutrients. Only vitamin A and D are added to milk.



Good/Excellent Source

Unsweetened Almond:

6 essential nutrients*

Milk:

9 essential nutrients
including protein*

Sodium

Unsweetened Almond:

190 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14091

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Almond Beverage

Calories

Almond Beverage

90
calories

1% Milk

100
calories

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

Almond Beverage:

14 ingredients**

Almondmilk (Filtered Water,
Almonds), Cane Sugar, Sea Salt,
Locust Bean Gum, Sunflower
Lecithin, Gellan Gum, Calcium
Carbonate, Vitamin E Acetate,
Zinc Gluconate, Vitamin A
Palmitate, Riboflavin (B2),
Vitamin B12, Vitamin D2

Macronutrients***

Per 8 oz.	Almond Beverage	1% Milk
Total Fat (g)	3	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	16	12
Sugars (g)	15	12
Added Sugar* (g)	15	0
Protein (g)	1	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

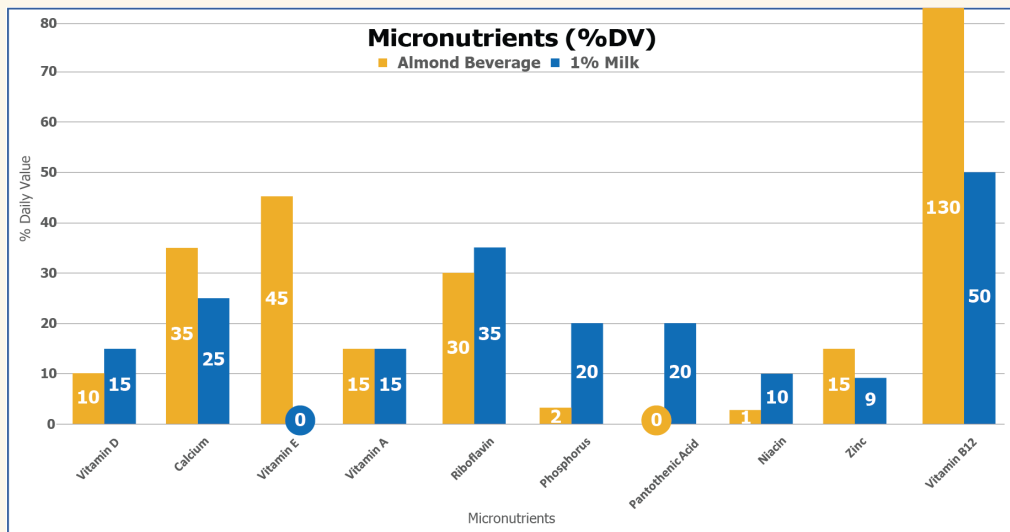
**Based on review of USDA NND SRR28 #45136756. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14016

† Based on USDA NND SRR28 #14016 and NND SRR28 #12061

Did You Know?

A serving of almond beverage is not nutritionally equivalent to a serving of almonds.



Good/Excellent Source

Almond Beverage:

7 essential nutrients*

Milk:

9 essential nutrients
including protein*

Sodium

Almond Beverage

150 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14016

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel

Nutritional Profile of Milk Compared to Soy Beverage



8 oz.

Calories

Soy Beverage

110
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Soy Beverage	1% Milk
Total Fat (g)	5	2.5
Saturated Fat (g)	0.5	1.5
Carbohydrate (g)	8	12
Sugars (g)	6	12
Added Sugar* (g)	5	0
Protein (g)	7	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45136578. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #16223

¹ 2015–2020 Dietary Guidelines for Americans. 8th Edition. 2015.

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

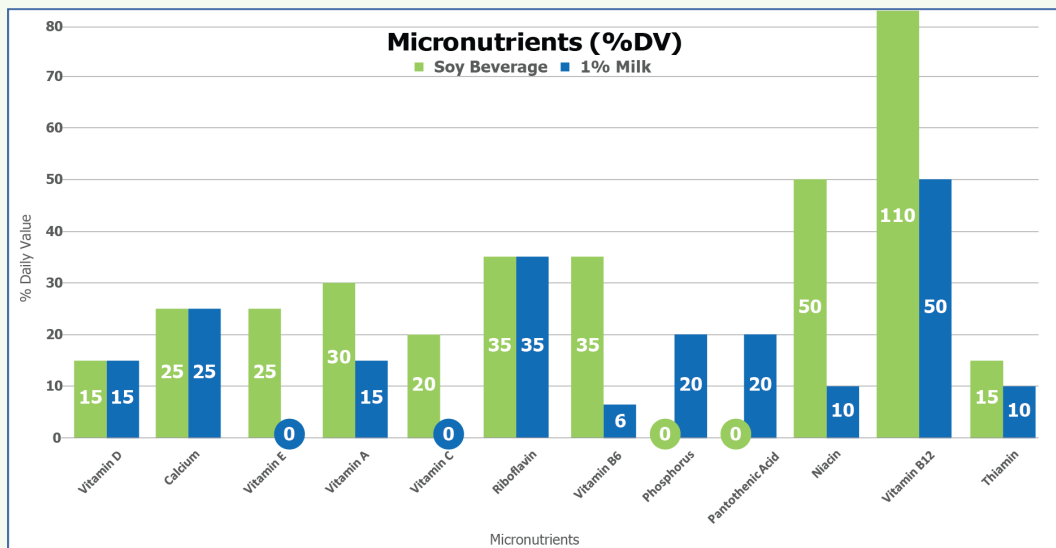
Soy Beverage:

12 ingredients**

Soy milk (Filtered Water, Soybeans), Cane Sugar, Tricalcium Phosphate, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12, Sea Salt, Natural Flavor, Gellan Gum

Did You Know?

Except for soy, 2015 Dietary Guidelines do not include alternative beverages as part of the Dairy group.¹



Good/Excellent Source

Soy Beverage:

10 essential nutrients
(with protein)*

Milk:

9 essential nutrients
including protein*

Sodium

Soy Beverage:

120 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #16223

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Coconut Beverage

Calories

Coconut Beverage	1% Milk
70 calories	100 calories

Ingredients

1% Milk: 3 ingredients
Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

**Coconut Beverage:
12 ingredients****

Coconutmilk (Filtered Water, Coconut Cream), Cane Sugar, Calcium Carbonate, Vitamin A Palmitate, Vitamin B12, Vitamin D2, Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum

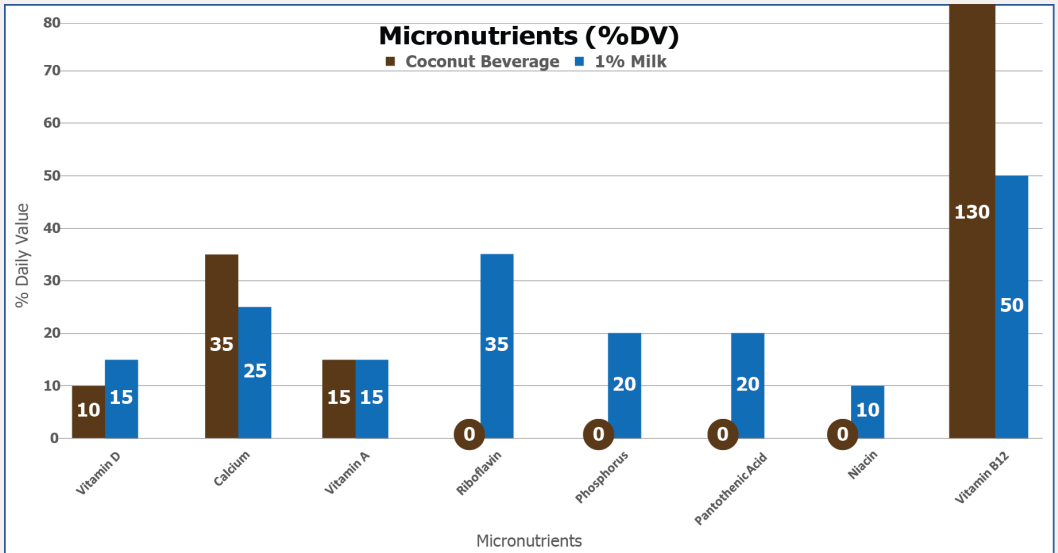
Macronutrients***

Per 8 oz.	Coconut Beverage	1% Milk
Total Fat (g)	5	2.5
Saturated Fat (g)	5	1.5
Carbohydrate (g)	7	12
Sugars (g)	6	12
Added Sugar* (g)	6	0
Protein (g)	<1	8

Did You Know?

Lactose is the natural sugar found in milk and is not considered added sugar.

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product.
**Based on review of USDA NND SRR28 #45179293. All of these ingredients are safe for consumption
*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14171



Good/Excellent Source

Coconut Beverage:
4 essential nutrients*

Milk:
9 essential nutrients
including protein*

Sodium

Coconut Beverage:
45 mg

1% Milk:
105 mg

Low-fat milk: USDA NND SRR28 #01082. Lactose is the natural sugar found in milk and is not considered added sugar.
*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Cashew Beverage

Calories

Cashew Beverage	1% Milk
60 calories	100 calories

Ingredients

1% Milk: 3 ingredients
Lowfat Milk, Vitamin A Palmitate, Vitamin D3

Cashew Beverage: 14 ingredients**
Cashewmilk (Filtered Water, Cashews) Cane Sugar, Sea Salt, Natural Flavor, Almond Butter, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Ascorbic Acid, Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2

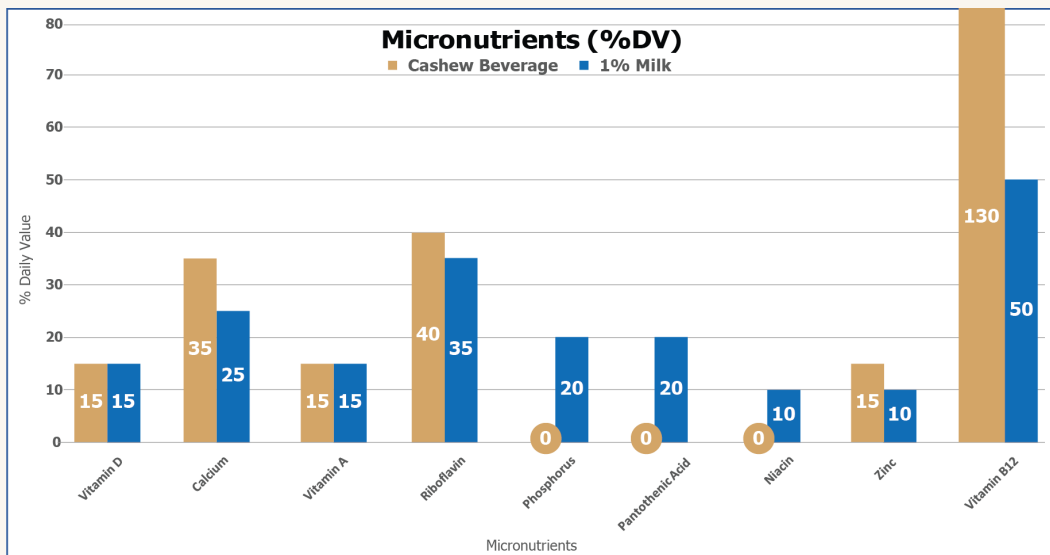
Macronutrients***

Per 8 oz.	Cashew Beverage	1% Milk
Total Fat (g)	2.5	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	9	12
Sugars (g)	7	12
Added Sugar* (g)	7	0
Protein (g)	1	8

Did You Know?

Cow's milk has only 3 simple ingredients: milk, vitamin D and vitamin A. Many alternatives can range between 8-14 ingredients. †

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product
**Based on review of USDA NND SRR28 #45179314. All of these ingredients are safe for consumption
*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28: 45179314
†Based on review of the following alternative products from USDA NND SRR28: 14091, 14016, 14054, 16223, 14171, 45179314, 14639



Good/Excellent Source

Cashew Beverage:
6 essential nutrients*

Milk:
9 essential nutrients including protein*

Sodium

Cashew Beverage:
170 mg

1% Milk:
105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #45179314
*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Rice Beverage



8 oz.

Calories

Rice Beverage

110
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Rice Beverage	1% Milk
Total Fat (g)	2.5	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	22	12
Sugars (g)	13	12
Added Sugar* (g)	0	0
Protein (g)	<1	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45135751. All of these ingredients are safe for consumption

***Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14639

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

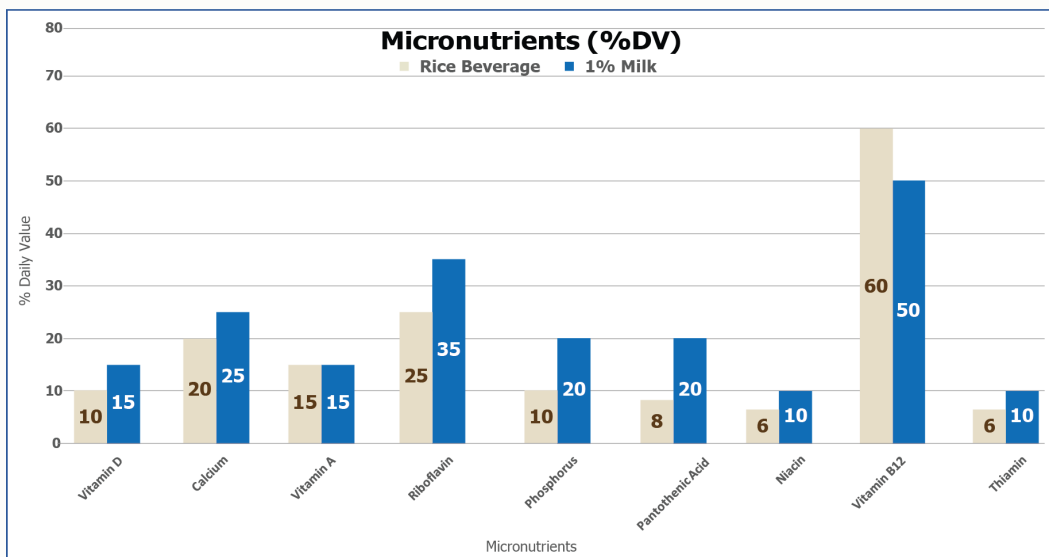
Rice Beverage:

8 ingredients**

Filtered Water, Organic Brown Rice Organic Expeller Pressed, Canola Oil/Organic Safflower Oil/Organic Sunflower Oil, Tricalcium Phosphate, Sea Salt, Vitamin A Palmitate, Vitamin D2, Vitamin B12

Did You Know?

Alternatives have no standard of identity and their nutrient profiles vary from brand to brand.



Good/Excellent Source

Rice Beverage:

6 essential nutrients*

Milk:

9 essential nutrients including protein*

Sodium

Rice Beverage:

95 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14639

*%DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel