



Milk's Inherent Nutrition Profile Is Tough To Match

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

Nutrient-rich profile in three simple ingredients:

- ✓ 13 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

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

1. Keast DR, Fulgoni 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. 2020-2025 Dietary Guidelines for Americans. 9th Edition. 2020.

NUTRITIONAL PROFILE of MILK COMPARED TO Unsweetened Almond Beverage



CALORIES

1% Milk 100 calories
Unsweetened Almond 40 calories

Did You Know?
 Milk contains 13 essential nutrients. Only Vitamin A and D are added to milk.

INGREDIENTS

1% Milk:
 Low-Fat Milk
 Vitamin A
 Palmitate
 Vitamin D3
4 INGREDIENTS

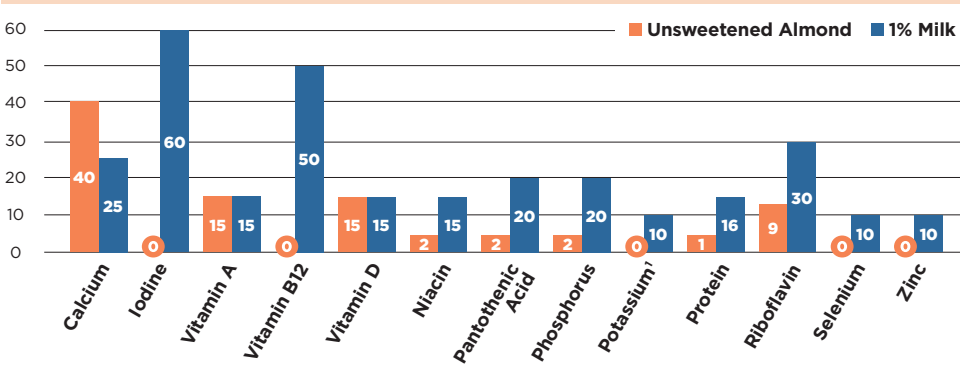
Unsweetened Almond*:
 Almond Milk (Filtered Water, Almonds), Contains Less Than 2% of Calcium Carbonate, Dipotassium Phosphate, Sea Salt, Gellan Gum, Sunflower Lecithin, Natural Flavors, Xanthan Gum, Vitamin A Palmitate, Vitamin D2, D-Alpha-Tocopherol (Vitamin E)
12 INGREDIENTS

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

*Based on review of USDA Agricultural Research Service FoodData Central
 **Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14091
 ***Added sugar for alternatives was calculated based on comparison to 8 fl. oz. unsweetened variety of each product

MICRONUTRIENTS (%DV)



GOOD/EXCELLENT SOURCE

1% Milk 13 essential nutrients, including protein*
Unsweetened Almond 5 essential nutrients*

SODIUM

1% Milk 105 mg
Unsweetened Almond 54 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.
 1. USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 milligrams is based on a 2005 Dietary Reference Intake (DRI) recommendation. In 2019, the National Academies of Sciences, Engineering, and Medicine updated the DRI to 3400 milligrams. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for food labeling.
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NUTRITIONAL PROFILE of MILK COMPARED TO Sweetened Almond Beverage



CALORIES

1% Milk	100 calories
Sweetened Almond	90 calories

Did You Know?

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

INGREDIENTS

1% Milk:

Low-Fat Milk
Vitamin A
Palmitate
Vitamin D3

4 INGREDIENTS

Sweetened Almond*:

Almond Milk (Filtered Water, Almonds), Cane Sugar, Calcium Carbonate, Natural Flavors, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Vitamin A Palmitate, Vitamin D2, D-Alpha-Tocopherol (Natural Vitamin E)

12 INGREDIENTS

MACRONUTRIENTS**

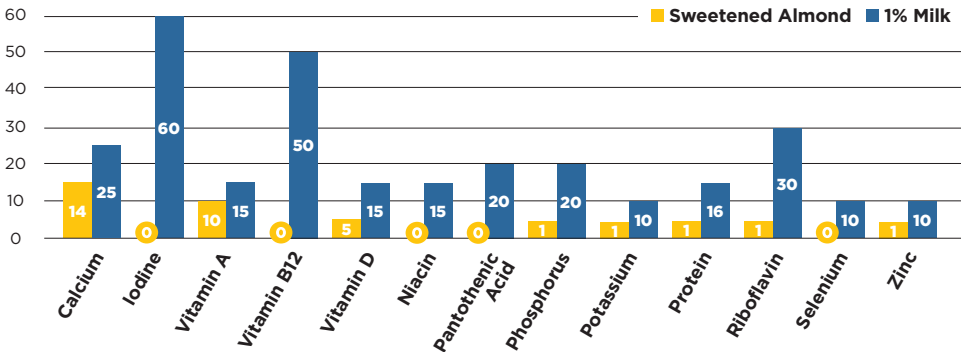
Per 8 oz.	Sweetened Almond	1% Milk
Total Fat (g)	3	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	16	12
Sugars (g)	15	12
Added Sugar*** (g)	15	0
Protein (g)	1	8

*Based on review of USDA Agricultural Research Service FoodData Central

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

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

MICRONUTRIENTS (%DV)



GOOD/EXCELLENT SOURCE

1% Milk	13 essential nutrients, including protein*
Sweetened Almond	10 essential nutrients*

SODIUM

1% Milk	105 mg
Sweetened Almond	168 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

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NUTRITIONAL PROFILE of MILK COMPARED TO Soy Beverage



CALORIES

1% Milk 100 calories
Soy Beverage 122 calories

Did You Know?
 Except for soy, 2020 Dietary Guidelines do not include alternative beverages as part of the Dairy group.†

INGREDIENTS

1% Milk:

Low-Fat Milk
 Vitamin A
 Palmitate
 Vitamin D3

4 INGREDIENTS

Soy Beverage*:

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

12 INGREDIENTS

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

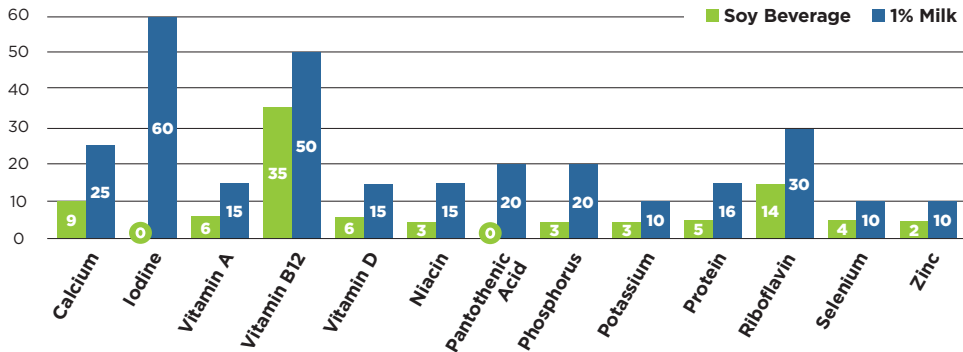
*Based on review of USDA Agricultural Research Service FoodData Central

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

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

† 2020-2025 Dietary Guidelines for Americans, 9th Edition, 2020.

MICRONUTRIENTS (%DV)



GOOD/EXCELLENT SOURCE

1% Milk 13 essential nutrients, including protein*
Soy Beverage 11 essential nutrients*

SODIUM

1% Milk 105 mg
Soy Beverage 120 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 Coconut Beverage



CALORIES

1% Milk 100 calories
Coconut Beverage 40 calories

Did You Know?
 Lactose is the natural sugar found in milk and is not considered added sugar.

INGREDIENTS

1% Milk:
 Low-Fat Milk
 Vitamin A
 Palmitate
 Vitamin D3

4 INGREDIENTS

Coconut Beverage*:

Coconut Milk (Filtered Water, Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2, Vitamin B12), Dipotassium Phosphate, Sea Salt, Sunflower Lecithin, Gellan Gum, Ascorbic Acid (Vitamin C To Protect Freshness), Natural Flavor

13 INGREDIENTS

MACRONUTRIENTS**

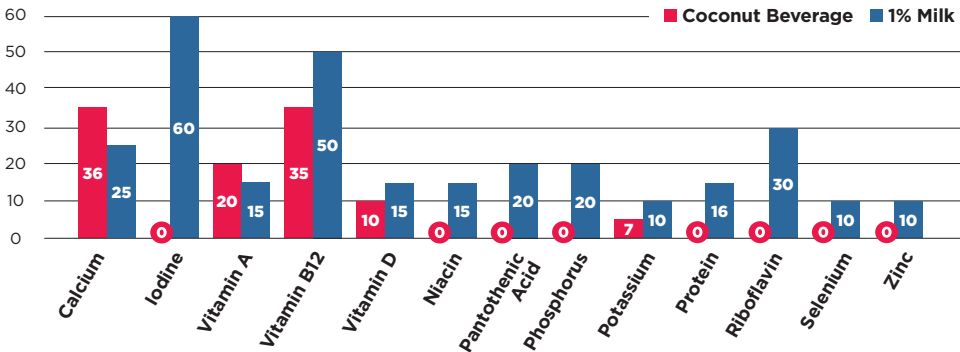
Per 8 oz.	Coconut Beverage	1% Milk
Total Fat (g)	5	2.5
Saturated Fat (g)	5	1.5
Carbohydrate (g)	7	12
Sugars (g)	6	12
Added Sugar*** (g)	5	0
Protein (g)	<1	8

*Based on review of USDA Agricultural Research Service FoodData Central

**Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14171

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

MICRONUTRIENTS (%DV)



GOOD/EXCELLENT SOURCE

1% Milk 13 essential nutrients, including protein*
Coconut Beverage 5 essential nutrients*

SODIUM

1% Milk 105 mg
Coconut Beverage 45 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

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NUTRITIONAL PROFILE of MILK COMPARED TO Cashew Beverage



CALORIES

1% Milk 100 calories
Cashew Beverage 60 calories

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.*

INGREDIENTS

1% Milk:
 Low-Fat Milk
 Vitamin A
 Palmitate
 Vitamin D3
4 INGREDIENTS

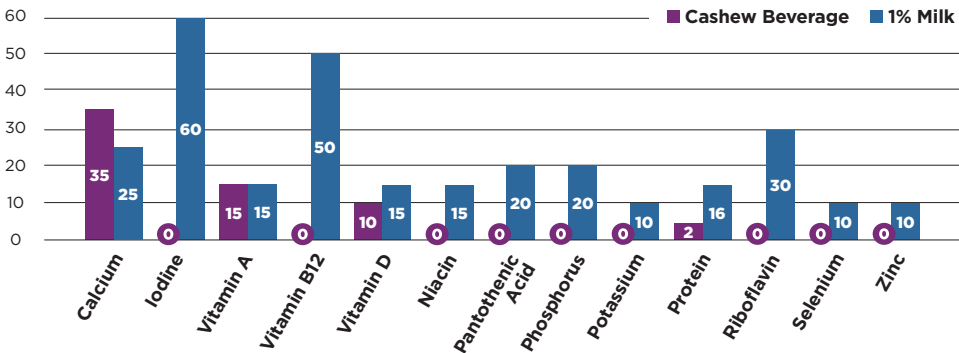
Cashew Beverage:
 Cashew Beverage (Filtered Water, Cashews), Contains 2% or Less of: Almonds, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Salt, Locust Bean Gum, Natural Flavor, Gellan Gum, Ascorbic Acid (Vitamin C To Protect Freshness)
12 INGREDIENTS

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

*Based on review of USDA Agricultural Research Service FoodData Central
 **Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28: 45179314
 ***Added sugar for alternatives was calculated based on comparison to 8 fl. oz. unsweetened variety of each product
 † Based on review of the following alternative products from USDA NND SRR28: 14091, 14016, 14054, 16223, 14171, 45179314, 14639

MICRONUTRIENTS (%DV)



GOOD/EXCELLENT SOURCE

1% Milk 13 essential nutrients, including protein*
Cashew Beverage 4 essential nutrients*

SODIUM

1% Milk 105 mg
Cashew Beverage 160 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 Rice Beverage



CALORIES

1% Milk	100 calories
Cashew Beverage	140 calories



INGREDIENTS

1% Milk:

- Low-Fat Milk
- Vitamin A
- Palmitate
- Vitamin D3

4 INGREDIENTS

Rice Beverage[†]:

- 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

8 INGREDIENTS

MACRONUTRIENTS**

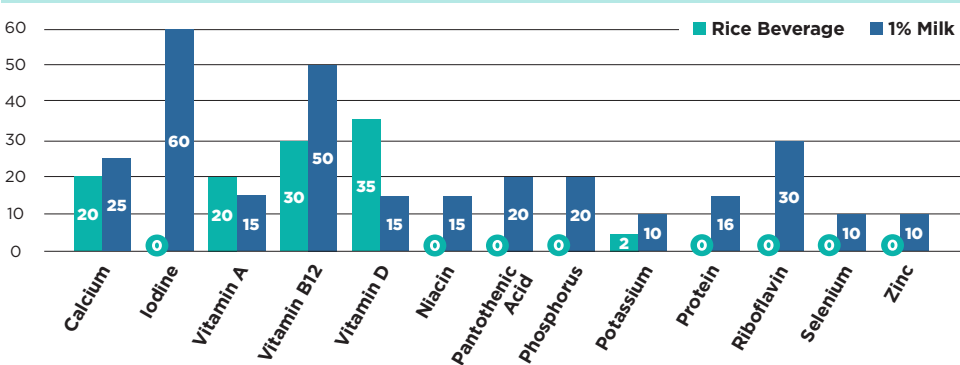
Per 8 oz.	Rice Beverage	1% Milk
Total Fat (g)	2.5	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	22	12
Sugars (g)	13	12
Added Sugar*** (g)	0	0
Protein (g)	<1	8

[†]Based on review of USDA Agricultural Research Service FoodData Central

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

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

MICRONUTRIENTS (%DV)



GOOD/EXCELLENT SOURCE

1% Milk	13 essential nutrients, including protein [†]
Rice Beverage	5 essential nutrients [†]

SODIUM

1% Milk	105 mg
Rice Beverage	100 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