
















Milk & Milk Alternatives: Nutrition Facts

Having choices is great, but with so many options its easy to get confused
Use this chart to understand what's in your 250 mL glass

BEVERAGE	CALORIES	PROTEIN / FAT	CALCIUM / VITAMIN D	COST	~WATER (L) USED
 1% Cow's Milk	108	9 g / 2.5 g	322 mg / 103 IU	 \$0.36	 120 L
 Fortified Soy Beverage	 110	7 g / 3.5 g	316 mg / 86 IU	 \$0.53	 74 L
 Fortified Almond Beverage	 96	1 g / 2.5 g	312 mg / 85 IU	 \$0.53	 93 L
 Fortified Coconut Beverage	 49	0 g / 4.5 g	223 mg / 76 IU	 \$0.53	 7 L



Vegan

All types of milk and milk alternatives can be included as part of a healthy diet; Choose the beverage that's right for you

*Health Canada recommends that children consume only full fat (3.25%) cow's milk until the age of 2



These are estimates of the "water footprint": the volume of water used to directly or indirectly produce each milk

References

- Nutrient information obtained from the Canadian Nutrient File, Government of Canada, Food codes 63 (cow's milk), 6720 (fortified soy beverage), 7225 (fortified almond beverage), 7479 (fortified coconut beverage)
- Cow's milk cost obtained from Canadian Dairy Information Center, Government of Canada, https://www.dairyinfo.gc.ca/index_e.php?1=df1&62=cons&3=pe-pd; Plant-based beverage costs obtained from <https://www.walmart.ca/search/s/ilk%20milk>
- Water use estimates obtained from: Poore, J., et al. (2018). Science, 360 (6392), 987-992.; Erwin, A., et al. (2012). Ecological Indicators, 18 (392-402).
- Health Canada, Canadian Paediatric Society, Dietitians of Canada, & Breastfeeding Committee for Canada (2014) Nutrition for healthy term infants: Recommendations from six to 24 months