

Milks Compared

Today's milk drinker is faced with many options. Here are the nutrition facts for 1 cup (8 ounces) of each type:

Type	Calories	Fat (grams)	Protein (grams)	Carbohydrate (grams)	Calcium (% daily value)
Cow - Whole	149	7.9	7.7	11.7	28
Cow - Nonfat	83	0.2	8.3	12	30
Cow – Chocolate Lowfat	158	2.5	8.1	24	29
Goat	168	10.1	8.7	10.9	33
Soy – Lowfat unflavored	100	4.0	7.0	8.0	30
Almond	60	2.5	1.0	8.0	45
Rice	113	2.3	0.7	22	28
Coconut	80	5	1.0	7.0	10

Sources: USDA National Nutrient Database, product nutrition labels (Coconut, Almond)