

Nuts to You!

Best Bites (✓✓) and **Honorable Mentions** (✓) have no more than 1 teaspoon of added sugar and 2 grams of saturated fat per cup, no rice or rice syrup, and at least 30% of the Daily Value (DV) for calcium and 25% for vitamin D. Best Bites also have at least 7 grams of protein. Milks are ranked from least to most added sugar, then most to least protein, calcium, and vitamin D, then least to most calories.

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Cow's Milk (for comparison) (1 cup)					
✓✓ Milk, fat-free	80	0	8	30	25
✓✓ Milk, 1%	100	0	8	30	25
Milk, 2% ^F	120	0	8	30	25
Milk, whole ^F	150	0	8	30	25

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Soy Milk (1 cup)					
Edensoy Organic Unsweetened	120	0	12	4	0
Westsoy Organic Unsweetened	100	0	9	0	0
✓✓ Silk Organic Unsweetened ¹	80	0	8	30	30
✓✓ Trader Joe's Organic Unsweetened, refrig.	70	0	7	30	30
✓✓ 365 (Whole Foods) Organic Unsweetened	80	0	7	30	30
✓ Silk Light Original	60	0.5	6	45	30
✓✓ Silk Original ¹	110	1	8	45	30
✓✓ Silk DHA Omega-3	100	1	7	40	30
✓✓ Trader Joe's Organic Original, refrig.	90	1	7	30	30
✓✓ Trader Joe's Organic Vanilla, refrig.	90	1	7	30	30
✓✓ 365 (Whole Foods) Organic Original	100	1	7	30	30
✓✓ Dream Organic Enriched Original	100	1	7	30	25
✓ Silk Light Vanilla	70	1	6	45	30
Silk Vanilla ¹	100	1.5	6	45	30
Silk Light Chocolate	90	3	3	45	30
Silk Chocolate	120	4	5	45	30

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Pea Protein Milk (1 cup)					
✓✓ Bolthouse Farms Unsweetened	90	0	10	45	40
✓✓ Ripple Unsweetened ¹	80	0	8	45	30
✓✓ Good Karma Flaxmilk + Protein Unsweetened	70	0	8	30	25
✓✓ Silk Protein Nutmilk	130	0.5	10	45	25
Dream Boosted Almond Original	120	0.5	10	20	25
✓✓ Bolthouse Farms Original	110	1	10	45	40
Silk Protein Nutmilk Vanilla	140	1.5	10	45	25
Ripple Original	100	1.5	8	45	30
Bolthouse Farms Vanilla	140	3	10	45	40
Silk Protein Nutmilk Chocolate	150	3.5	10	45	25
Ripple Vanilla	130	3.5	8	45	30
Bolthouse Farms Chocolate	160	4	10	45	40
Ripple Chocolate	150	4	8	45	30

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Almond Milk (1 cup)					
Dream Ultimate Unsweetened	130	0	5	6	0
Elmhurst Milked Almonds Unsweetened	130	0	5	0	0
New Barn Organic Unsweetened ¹	90	0	3	6	0
✓ Silk Unsweetened ¹	30	0	1	45	25
✓ Blue Diamond Almond Breeze Unsweetened ¹	35	0	1	45	25
✓ Trader Joe's Unsweetened	40	0	1	45	25
Califia Farms Unsweetened ¹	40	0	1	45	0
✓ Dream Enriched Unsweetened Original	50	0	1	30	25
365 (Whole Foods) Organic Unsweetened	40	0	1	10	25
Pacific Organic Unsweetened	35	0	1	2	25
✓ Blue Diamond Almond Breeze Reduced Sugar Original	40	0.5	1	45	25
Califia Farms Vanilla	50	0.5	1	45	0
✓ Silk Light Original	40	1	1	45	25
Califia Farms Original	60	1	1	45	0
Elmhurst Milked Almonds	150	1.5	5	6	0
Blue Diamond Almond Breeze Original	60	1.5	1	45	25
Silk Original	60	1.5	1	45	25
Silk Organic Original	60	1.5	1	10	25
Blue Diamond Almond Breeze Hint of Honey Vanilla	60	2	1	45	25
Blue Diamond Almond Breeze Vanilla	80	3	1	45	25
Silk Vanilla	80	3	1	45	25
Silk Dark Chocolate ¹	110	4.5	2	45	25

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Other Nut Milks (1 cup)					
Elmhurst Milked Cashews	130	0	4	2	0
Elmhurst Milked Hazelnuts Unsweetened	100	0	3	2	0
✓ Silk Cashew Unsweetened	25	0	1	45	25
Elmhurst Milked Walnuts	130	0.5	3	2	0
Forager Project Organic Cashew Original	90	0.5	2	2	0
Elmhurst Milked Peanuts	150	1	6	2	0
Elmhurst Milked Hazelnuts	140	1	4	4	0
✓ Dream Cashew Original	50	1	1	30	25
Silk Cashew Original	60	1.5	1	45	25
Pacific Hazelnut Original	110	3.5	2	30	25

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Blended Milks (1 cup)					
✓ Blue Diamond Almond Breeze Almond Cashew Unsweetened	25	0	1	45	25
✓ Silk Almond & Coconut Unsweetened	35	0	1	45	25
✓ Blue Diamond Almond Breeze Almond Coconut Unsweetened	40	0	1	45	25
✓ Dream Blends Almond, Cashew & Hazelnut Enriched Unsweetened Original	50	0	1	30	25
✓ Silk Almond & Coconut Original	50	1	1	45	25

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Flax, Hemp, Oat, & Rice Milks (1 cup)					
Pacific Hemp Unsweetened	60	0	3	30	20
✓ Good Karma Flaxmilk Unsweetened	25	0	0	30	25
Dream Rice Organic Enriched Original	120	2	1	30	25
Pacific Hemp Vanilla	160	4	3	50	30
Pacific Organic Oat Original	130	4.5	4	35	25

	Calories	Added Sugar (tsp.)*	Protein (g)	Calcium (%DV)	Vitamin D (%DV)
Coconut Milk (1 cup)					
Silk Unsweetened ^F	45	0	0	45	25
Silk Original ^F	80	1.5	0	45	25
Trader Joe's Vanilla ^{1,F}	90	2	0	20	30

✓✓ Best Bite. ✓ Honorable Mention. * Estimate. ¹ Average. ^F Contains more than 2 grams of saturated fat.

Protein Target: 75 grams. **Daily Values (DVs):** **Added Sugar:** 50 grams (12 teaspoons). **Calcium:** 1,000 milligrams. **Vitamin D:** 400 IU.

Note: % DVs for calcium and vitamin D are based on the old Nutrition Facts label, which is still on most foods. The new label has higher DVs for calcium (1,300 mg) and vitamin D (20 micrograms, or 800 IU).

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