

Nutrient Comparison of Dairy and Dairy Alternatives*

Dairy or Alternative	Kcal	Protein(g)	Fat/Sat Fat(g)	Carb/Sugar(g)**	Fiber(g)	Vitamin D(IU)***	Calcium(mg)	Iron(mg)	Potassium(mg)
Cow (whole)	161	9	11/6	11/11	0	0	290	0	367
Cow (1%)	161	8	8/5	13/12	0	4.8	300	0	0
Goat	58	3.3	2.9/1.7	4.6/4.6	0	1	125	0	175
Almond	149	5	11/1	9/7	0	0	7.2	1	161
Coconut	40	0	4/4	1/0	0	2.4	41	0	41
Flaxseed	24	0	2.5/0	1/0	0	101	300	.4	0
Hemp	101	2	4.5/.5	13/3	2	0	19	1	122
Oat	101	4	1.5/0	18/5	2	0	19	1	96
Rice	113	.7	2.3/0	22/13	0.7	101	283	0.5	65
Soy	101	7	4	7/5	2	120	401	1.1	331

*All measures are per 8-oz serving. Values are approximate and may vary by brand.

** Includes naturally occurring and added sugars.

***Fortified with vitamin D2 and D3.

Data source: [USDA FoodData Central](#)