

Nutrition Information for Cow, Almond and Soy Milk (all values are for 1 cup (240 ml))

	Whole Milk	2% Milk	1% Milk	Almond ¹	Soy
Calories	146	122	90	30	100
Total Fat (g)	71	4.8	0	2.5	4
Saturated Fat (g)	4.6	3.1	0	0	0.5
Cholesterol (mg)	24	20	5	0	0
Sodium (mg)	98	100	130	180	125
Sugar (g)	13	12	12	1	5
Protein (g)	8	8	8	1	7
Calcium (g)	275	285	300	455	270
Potassium (mg)	350	366	400	170	270

¹ Unsweetened