

Milk's Inherent Nutrition Profile is Tough to Match

- Nutrient-rich profile in
 - 3 simple ingredients:
 - 9 essential nutrients
 - High quality protein
 - No added sugars
- Milk is the leading food source of **3 of the 4** nutrients of public health concern* for children¹ and adults²
 - Calcium
 - Potassium³
 - Vitamin D
- Low-fat and fat-free milk and milk products are recommended as part of healthy eating patterns⁴



There is an extensive body of research showing dairy's health benefits on critical issues related to public health.

*Nutrients of public health concern: calcium, potassium, vitamin D and fiber

1. Keast DR, Fulgoni 3rd VL, Nicklas TA, O'Neil CE. Food sources of energy and nutrients among children in the United States: National Health and Nutrition Examination Survey 2003–2006. *Nutrients*. 2013;5:288–301.

2. O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Food sources of energy and nutrients among adults in the US: NHANES 2003–2006. *Nutrients*. 2012;4:2097–120.

3. Low-fat milk provides 366 mg potassium per cup, 8% DV (USDA National Nutrient Database for Standard Reference Release 28 #01082)

4. 2015–2020 Dietary Guidelines for Americans. 8th Edition. 2015



Nutritional Profile of Milk Compared to Unsweetened Almond Beverage

8 oz.

Calories

Unsweetened Almond

40
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Unsweetened Almond	1% Milk
Total Fat (g)	2.9	2.4
Saturated Fat (g)	0	1.5
Carbohydrate (g)	2	12
Sugars (g)	0	12
Added Sugar* (g)	0	0
Protein (g)	2	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45136688. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14091

Ingredients

1% Milk: 3 ingredients

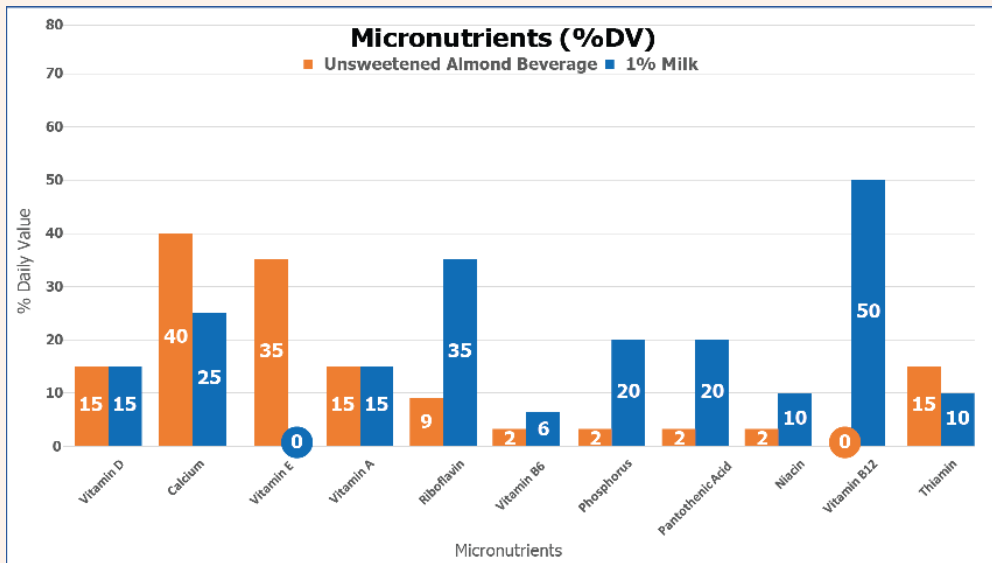
Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

**Unsweetened Almond:
14 ingredients****

Almondmilk (Filtered Water, Almonds), Natural Flavor, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Calcium Carbonate, Vitamin E Acetate, Zinc Gluconate, Vitamin A Palmitate, Riboflavin (B2), Vitamin B12, Vitamin D2

Did You Know?

Milk contains 9 essential nutrients. Only vitamin A and D are added to milk.



Good/Excellent Source

Unsweetened Almond:

6 essential nutrients*

Milk:

9 essential nutrients including protein*

Sodium

Unsweetened Almond:

190 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14091

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



8 oz.

Nutritional Profile of Milk Compared to Almond Beverage

Calories

Almond Beverage

90
calories

1% Milk

100
calories

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

Almond Beverage:

14 ingredients**

Almondmilk (Filtered Water,
Almonds), Cane Sugar, Sea Salt,
Locust Bean Gum, Sunflower
Lecithin, Gellan Gum, Calcium
Carbonate, Vitamin E Acetate,
Zinc Gluconate, Vitamin A
Palmitate, Riboflavin (B2),
Vitamin B12, Vitamin D2

Macronutrients***

Per 8 oz.	Almond Beverage	1% Milk
Total Fat (g)	3	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	16	12
Sugars (g)	15	12
Added Sugar* (g)	15	0
Protein (g)	1	8

Did You Know?

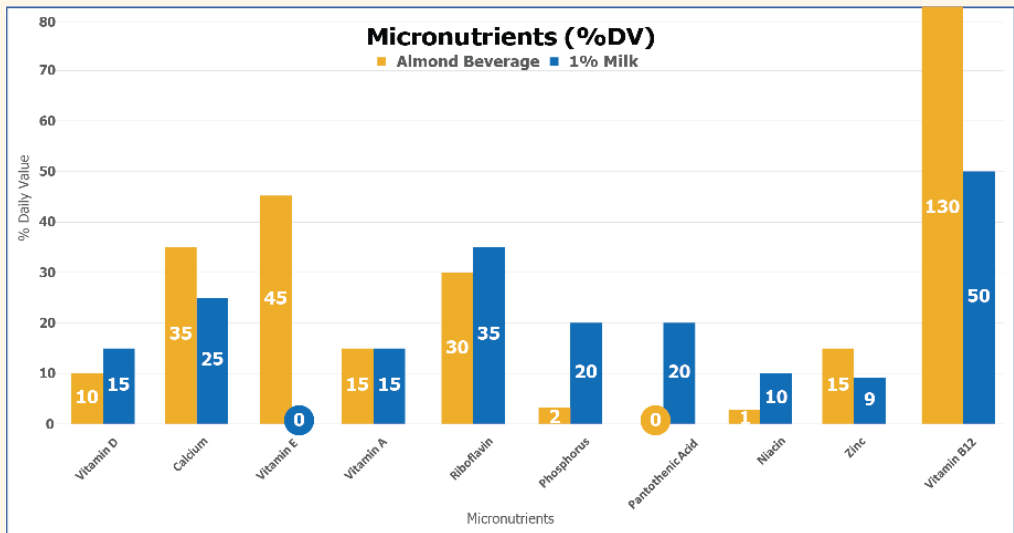
A serving of almond beverage is not nutritionally equivalent to a serving of almonds.

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45136756. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14016

† Based on USDA NND SRR28 #14016 and NND SRR28 #12061



Good/Excellent Source

Almond Beverage:

7 essential nutrients*

Milk:

9 essential nutrients including protein*

Sodium

Almond Beverage

150 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14016

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Soy Beverage

8 oz.

Calories

Soy Beverage

110
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Soy Beverage	1% Milk
Total Fat (g)	5	2.5
Saturated Fat (g)	0.5	1.5
Carbohydrate (g)	8	12
Sugars (g)	6	12
Added Sugar* (g)	5	0
Protein (g)	7	8

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

Soy Beverage:

12 ingredients**

Soy milk (Filtered Water, Soybeans), Cane Sugar, Tricalcium Phosphate, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12, Sea Salt, Natural Flavor, Gellan Gum

Did You Know?

Except for soy, 2015 Dietary Guidelines do not include alternative beverages as part of the Dairy group.¹

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

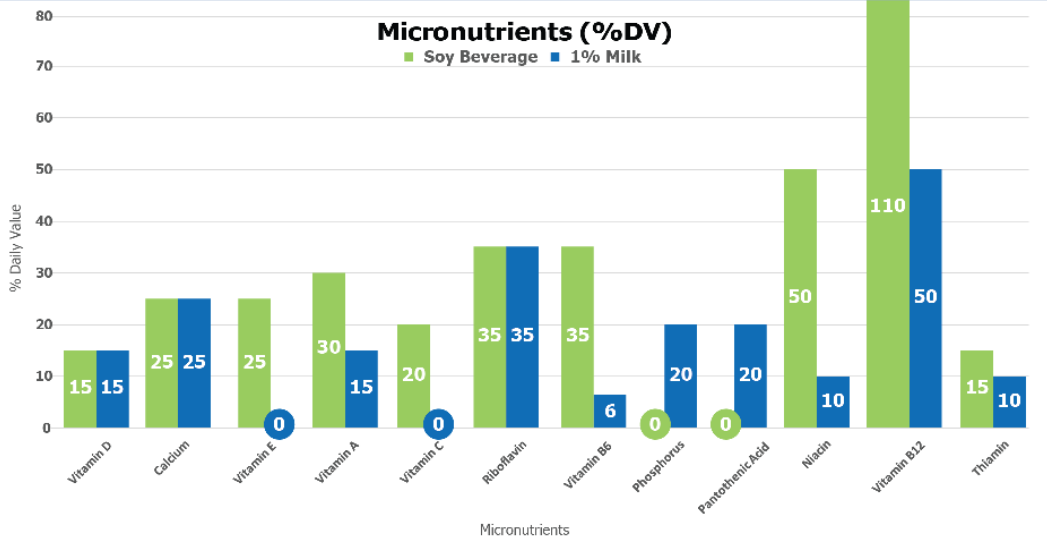
**Based on review of USDA NND SRR28 #45136578. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #16223

¹ 2015 –2020 Dietary Guidelines for Americans. 8th Edition. 2015.

Micronutrients (%DV)

■ Soy Beverage ■ 1% Milk



Good/Excellent Source

Sodium

Soy Beverage:

10 essential nutrients
(with protein)*

Milk:

9 essential nutrients
including protein*

Soy Beverage:

120 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #16223

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Coconut Beverage

Calories

Coconut Beverage

70
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Coconut Beverage	1% Milk
Total Fat (g)	5	2.5
Saturated Fat (g)	5	1.5
Carbohydrate (g)	7	12
Sugars (g)	6	12
Added Sugar* (g)	6	0
Protein (g)	<1	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product.

**Based on review of USDA NND SRR28 #45179293. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14171

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

Coconut Beverage: 12 ingredients**

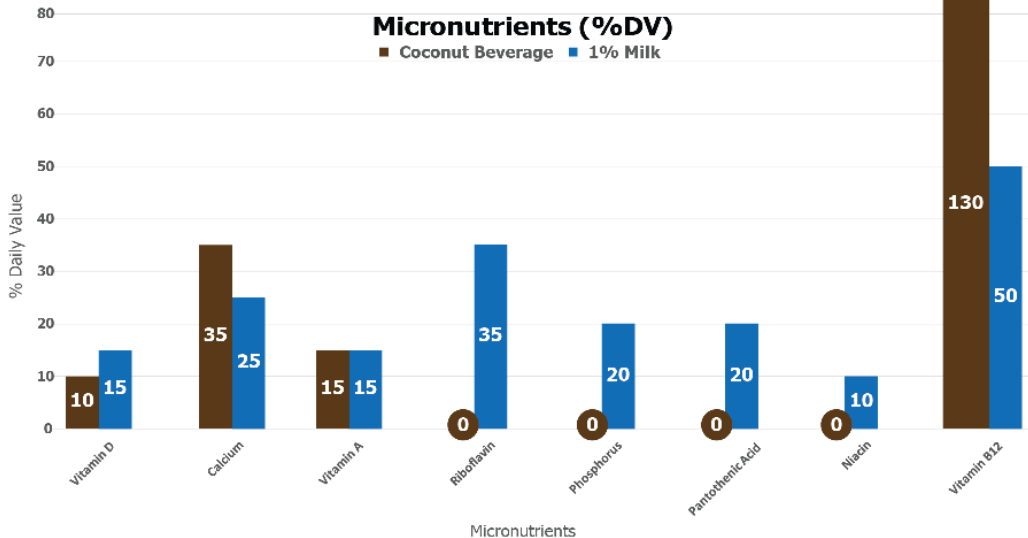
Coconutmilk (Filtered Water,
Coconut Cream), Cane Sugar,
Calcium Carbonate, Vitamin A
Palmitate, Vitamin B12, Vitamin
D2, Sea Salt, Natural Flavor,
Sunflower Lecithin, Locust Bean
Gum, Gellan Gum

Did You Know?

Lactose is the natural sugar found
in milk and is not considered
added sugar.

Micronutrients (%DV)

■ Coconut Beverage ■ 1% Milk



Good/Excellent Source

Coconut Beverage:

4 essential nutrients*

Milk:

9 essential nutrients
including protein*

Sodium

Coconut Beverage:

45 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Lactose is the natural sugar found in milk and is not considered added sugar.

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



Nutritional Profile of Milk Compared to Cashew Beverage

Calories

Cashew Beverage

60
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Cashew Beverage	1% Milk
Total Fat (g)	2.5	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	9	12
Sugars (g)	7	12
Added Sugar* (g)	7	0
Protein (g)	1	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45179314. All of these ingredients are safe for consumption

*** Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28: 45179314

†Based on review of the following alternative products from USDA NND SRR28: 14091, 14016, 14054, 16223, 14171, 45179314, 14639

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

Cashew Beverage: 14 ingredients**

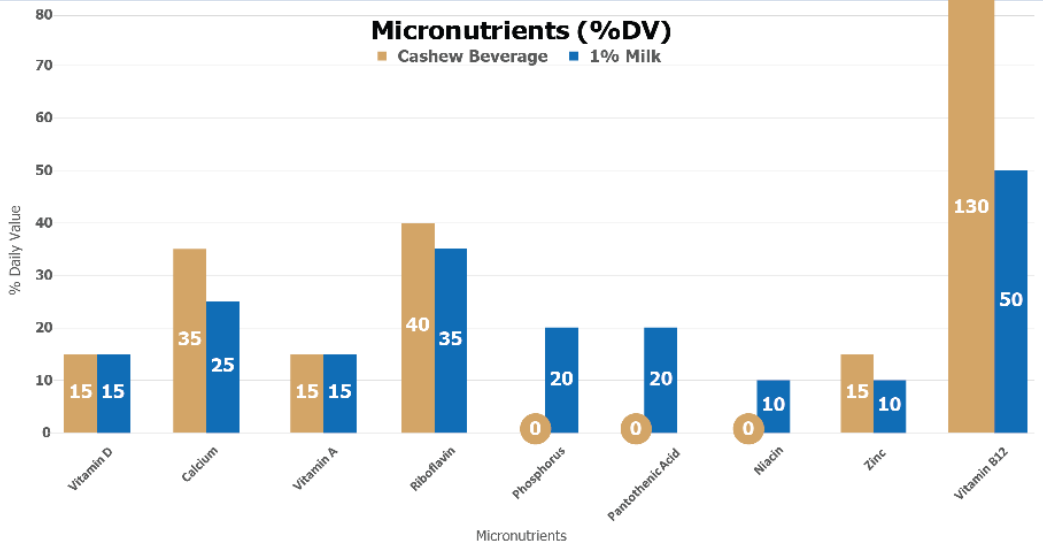
Cashewmilk (Filtered Water,
Cashews) Cane Sugar, Sea Salt,
Natural Flavor, Almond Butter,
Locust Bean Gum, Sunflower
Lecithin, Gellan Gum, Ascorbic
Acid, Calcium Carbonate,
Vitamin E Acetate, Vitamin A
Palmitate, Vitamin D2

Did You Know?

Cow's milk has only 3 simple ingredients: milk, vitamin D and vitamin A. Many alternatives can range between 8-14 ingredients.†

Micronutrients (%DV)

Cashew Beverage 1% Milk



Good/Excellent Source

Cashew Beverage:

6 essential nutrients*

Milk:

9 essential nutrients
including protein*

Sodium

Cashew Beverage:

170 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #45179314

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel



8 oz.

Nutritional Profile of Milk Compared to Rice Beverage

Calories

Rice Beverage

110
calories

1% Milk

100
calories

Macronutrients***

Per 8 oz.	Rice Beverage	1% Milk
Total Fat (g)	2.5	2.5
Saturated Fat (g)	0	1.5
Carbohydrate (g)	22	12
Sugars (g)	13	12
Added Sugar* (g)	0	0
Protein (g)	<1	8

*Added sugar for alternatives was calculated based on comparison to 8 fl oz Unsweetened variety of each product

**Based on review of USDA NND SRR28 #45135751. All of these ingredients are safe for consumption

***Nutrient composition based on USDA NND SRR28 #01082 and NND SRR28 #14639

Ingredients

1% Milk: 3 ingredients

Lowfat Milk, Vitamin A
Palmitate, Vitamin D3

**Rice Beverage:
8 ingredients****

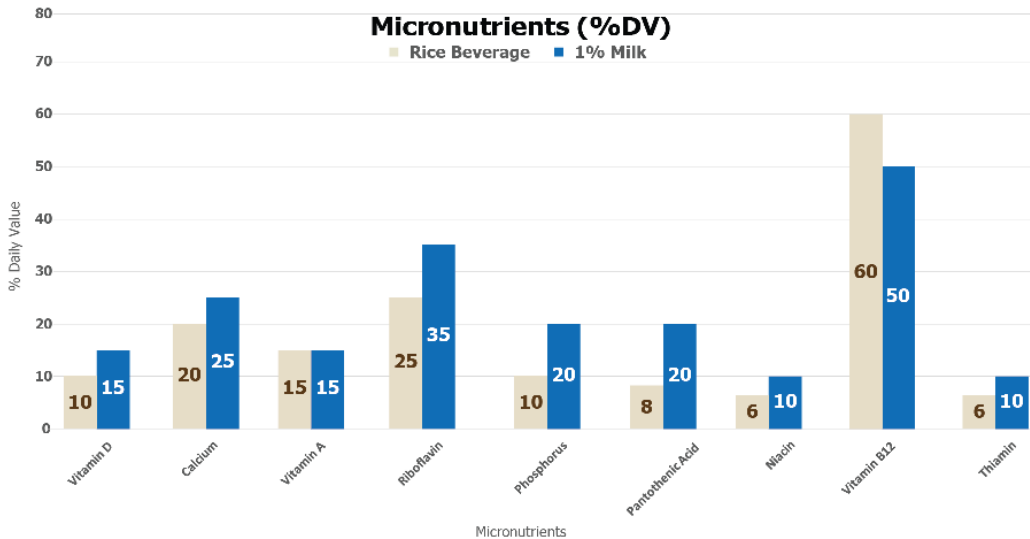
Filtered Water, Organic Brown
Rice Organic Expeller Pressed,
Canola Oil/Organic Safflower
Oil/Organic Sunflower Oil,
Tricalcium Phosphate, Sea Salt,
Vitamin A Palmitate,
Vitamin D2, Vitamin B12

Did You Know?

Alternatives have no standard
of identity and their nutrient
profiles vary from brand to brand.

Micronutrients (%DV)

■ Rice Beverage ■ 1% Milk



Good/Excellent Source

Sodium

Rice Beverage:

6 essential nutrients*

Milk:

9 essential nutrients
including protein*

Rice Beverage:

95 mg

1% Milk:

105 mg

Low-fat milk: USDA NND SRR28 #01082. Alternative product: USDA NND SRR28 #14639

*New %DV conversions were done to align with the Final Rule: Revision of the Nutrition and Supplement Facts Labels for nutrients available on product Nutrition Facts panel