

A Guide to Milk & Milk Alternatives



Looking to add more calcium into your diet? Unsure about what type of milk you should use? Our Guide to Milk and Milk Alternatives can help you decide!



COWS MILK

- Source of Protein, Calcium, Vitamin D
- Gluten Free
- 9g of protein in 1 cup
- Great for baking & cooking, adding to tea or coffee, blending in smoothies and drinking



SOY MILK

- Source of Protein, Calcium, Vitamin D
- Lactose Free, Gluten Free, Cholesterol Free
- 6g of protein in 1 cup
- Great substitute for cows milk (ideal for vegetarian or vegan diets, blended in smoothies, replace 1:1 for milk in recipes)



ALMOND MILK

- Source of Calcium and Vitamin D
- Lactose Free, Gluten Free, Cholesterol Free
- Not a significant source of protein (1g in 1 cup)
- Can be used for baking and added to smoothies



RICE MILK

- Source of Calcium and Vitamin D
- Lactose Free, Gluten Free, Cholesterol Free
- Not a significant source of protein (0.75g in 1 cup)
- Can be used for baking and added to smoothies



COCONUT MILK

- Can be fortified with Calcium and Vitamin D
- Lactose Free, Gluten Free, Cholesterol Free
- Not a significant source of protein (less than 1g in 1 cup)
- Can be used for sauces, soups, homemade baking