

REAL DAIRY



MILK: THERE IS NO ALTERNATIVE

Compare the nutrient content of **cow's milk** to plant-based beverages

NUTRIENTS



COW'S MILK

All cow's milk varieties provide nine essential nutrients, including fortified vitamin D.

- PROTEIN
- CALCIUM
- VITAMIN B5
- RIBOFLAVIN
- PHOSPHORUS
- VITAMIN B12
- NIACIN
- VITAMIN A*
- VITAMIN D*

*added nutrients



SOY BEVERAGE

Refined from soybeans, soy is a natural source of protein, but is fortified with synthetic calcium and vitamin D.

- PROTEIN
- RIBOFLAVIN
- PHOSPHORUS
- VITAMIN B12
- CALCIUM*
- VITAMIN D*

*added nutrients



RICE BEVERAGE

Milled from a mix of ground rice and water, rice beverage is high in carbohydrates, but is fortified with synthetic calcium and vitamin D.

- RIBOFLAVIN
- VITAMIN B12
- CALCIUM*
- VITAMIN D*

*added nutrients



ALMOND BEVERAGE

Made from ground almonds and water, almond beverage is fortified with synthetic vitamins.

- RIBOFLAVIN
- VITAMIN B12
- CALCIUM*
- VITAMIN D*

*added nutrients



COCONUT BEVERAGE

Coconut flesh is soaked in water to produce the beverage and offers vitamin D.

- VITAMIN D
- VITAMIN B12
- CALCIUM*

*added nutrients

Visit thedairyalliance.com to learn more about the health benefits of milk.