

REAL DAIRY

# MILK

THERE IS NO ALTERNATIVE

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



## COW'S MILK

All cow's milk varieties – skim, 1%, 2%, whole, flavored, lactose-free – provide the same 13 essential nutrients. Vitamin A is added to low-fat varieties, but is naturally present in whole milk.

CALCIUM  
PROTEIN  
PHOSPHORUS  
RIBOFLAVIN  
VITAMIN B12  
PANTOTHENIC ACID  
NIACIN  
ZINC  
SELENIUM  
IODINE  
POTASSIUM\*  
VITAMIN A  
VITAMIN D



## SOY BEVERAGE

Refined from soybeans, which are natural sources of protein, and fortified with synthetic nutrients.

PROTEIN  
SELENIUM  
COPPER  
CHOLINE  
CALCIUM  
RIBOFLAVIN  
VITAMIN B12  
VITAMIN A  
VITAMIN D



## OAT BEVERAGE

Oats are milled in water, enzymes are added, and the bran is separated out before synthetic nutrients are added.

CALCIUM  
PHOSPHORUS  
RIBOFLAVIN  
VITAMIN B12  
VITAMIN A  
VITAMIN D  
POTASSIUM



## ALMOND BEVERAGE

Made from ground almonds and water, then fortified with synthetic nutrients.

CALCIUM  
VITAMIN A  
VITAMIN E  
VITAMIN D



## COCONUT BEVERAGE

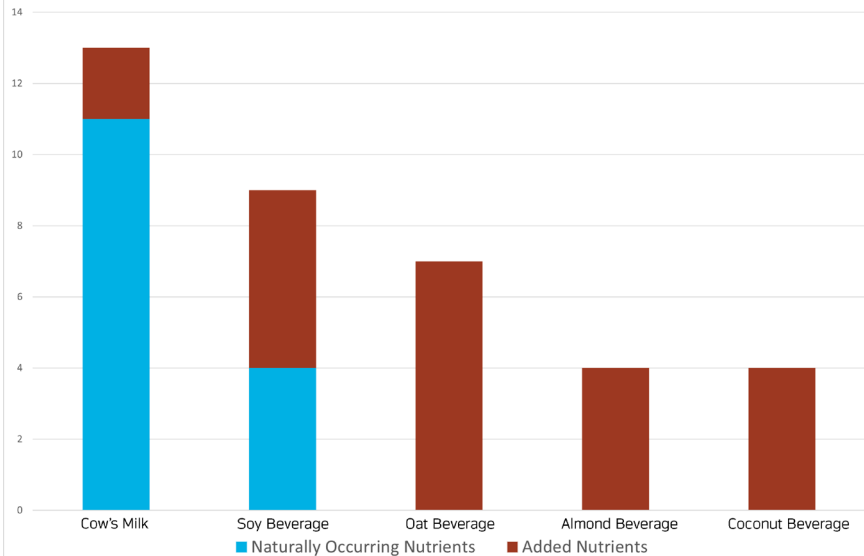
Coconut flesh is soaked in water, strained to extract liquid, and fortified with synthetic nutrients.

CALCIUM  
VITAMIN D  
VITAMIN A  
VITAMIN B12

**FACT:** When compared side-by-side, real cow's milk contains more **naturally occurring nutrients** than other products sold as "milks."

naturally occurring nutrient | added nutrient that does not occur naturally

## Real Dairy Milk: There Is No Alternative



Visit [thedairyalliance.com](https://thedairyalliance.com) to learn more about the health benefits of milk.

*Disclaimer: Nutrient composition for plant-based alternatives may vary by brand. Nutrient comparison based on available data on USDA FoodData Central. \*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rulemaking is needed to update this value for the purpose of food labeling.*