

Alternative "Milk" Beverages Don't Add Up



Only Cow's Milk Contains

- ✓ Naturally occurring calcium
- ✓ High quality protein
- ✓ Less than 5 ingredients

What's in your cup?

Keep it natural with real cow's milk.



	FORTIFIED SOY "MILK BEVERAGE"	Protein: 8 (grams per 8 ounces)	Number of Ingredients: 12	Silk Soy Milk Original
	ALMOND "MILK BEVERAGE"	Protein: 1 (grams per 8 ounces)	Number of Ingredients: 13	Silk Almond Milk Original
	COCONUT "MILK BEVERAGE"	Protein: 0 (grams per 8 ounces)	Number of Ingredients: 14	So Delicious Organic Unsweetened Coconutmilk Beverage
	RICE "MILK BEVERAGE"	Protein: 1 (grams per 8 ounces)	Number of Ingredients: 4-6	Rice Dream Original Rice Beverage
	CASHEW "MILK BEVERAGE"	Protein: <1 (grams per 8 ounces)	Number of Ingredients: 17	So Delicious Unsweetened Cashewmilk Beverage
	OAT "MILK BEVERAGE"	Protein: 3 (grams per 8 ounces)	Number of Ingredients: 11	Oatly Original Oatmilk
	PEA "MILK BEVERAGE"	Protein: 8 (grams per 8 ounces)	Number of Ingredients: 14	Ripple Original Pea Milk Beverage

Information based on current product data. Be sure to always check the label on beverages you purchase for the most up-to-date ingredient statement.

Did you know that cow's milk contains 13 essential nutrients?

Protein

Fewer ingredients doesn't mean less protein! Cow's milk contains 8 grams of high-quality, naturally-occurring protein in each 8-ounce glass.



Did You Know?

All milk—low-fat, fat-free, flavored or lactose-free—have the same thirteen essential nutrients, including calcium, phosphorus, protein, vitamins A, D, and B12, riboflavin, pantothenic acid, niacin, zinc, selenium, iodine, and potassium.*

Calcium

Dairy foods, like real cow's milk, provide the **highest sources of calcium**. You would need to eat 3½ cups of broccoli, 1 cup of almonds or 10 cups of raw spinach to get the same amount of calcium provided by one 8-ounce glass of cow's milk.

Beware!

Even though alternative "milk" beverages may tout more calcium on their labels, much of the added calcium settles to the bottom, meaning you consume less.

What about Lactose?



**DAIRY COUNCIL
OF ARIZONA**

Content courtesy of the
United Dairy Industry of Michigan.

Are you Intolerant?

- 1 in 10 people say they're lactose intolerant through self-reporting
- Many people with lactose-intolerance are unaware of the true meaning and how to manage it. Because the condition is often misunderstood, some may be missing out on the benefits of dairy foods, but they may not have to



**LACTOSE
FREE**



- A cup of milk typically has about 12 grams of lactose. Lactose-free milk is another option – it's real milk, just without the lactose
- For many, smaller amounts of regular milk on cereal, in smoothies or with meals can be tolerated, too
- Try drinking milk with a meal or snack. Solid foods help slow digestion and allow the body more time to digest lactose

Check out our
website at
arizonamilk.org

Cow's Milk

The Natural Choice



**Smart shoppers
choose cow's milk.**