

NUTRITION TO GO

Non-Dairy Milk Sources

Many people cannot or do not eat dairy products (cow's milk, cheese, and yogurt). There are many alternatives to cow's milk. Here is some advice to help you choose the healthier non-dairy products.

Which Non-Dairy Milk is Best?

There is not a non-dairy milk that is "better" than another. Here are the keys to choosing the healthiest product for you:

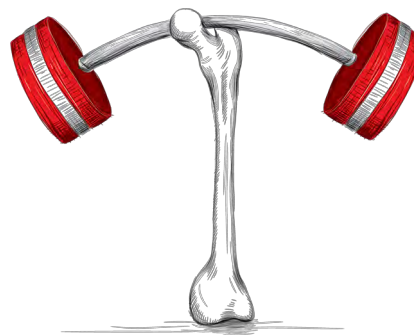
- Look for products that say "**fortified with calcium and vitamin D**". Vitamin and mineral amounts will vary by brand.
- Use the Nutrition Facts label to find the **exact amount of calcium and vitamin D**.
- Many non-dairy milks have added sugar. This is sugar that is not found naturally in the milk. Try purchasing unsweetened types to avoid this added sugar. Reading the **ingredients list** can help you see if there is added sugar in your milk.

What is Calcium?

Calcium is an important mineral that helps build strong teeth and bones. Our bodies do not make calcium, so it is important to get it from the food we eat.

What is Vitamin D?




Vitamin D is a fat soluble vitamin. It is an important nutrient to help you build and maintain strong bones.



How Much Vitamin D and Calcium Do I Need?

	Age	Calcium mg	Vitamin D IU(mcg)
Females	51-70	1200	600(15)
	71+	1200	800(20)
Males	51-70	1000	600(15)
	71+	1200	800(20)

*Vitamin D and Calcium are now listed on the new food label. Calcium is now listed as milligrams (mg) as well as percentage on the new Nutrition Facts label.

Type of Milk	Calcium (mg) per 8 ounces (1 cup)	Vitamin D (mcg) per 8 ounces (1 cup)	Average \$ per half gallon (may vary)
Low-fat Cow's Milk	305	2.9	\$2.39
Whole Cow's Milk	276	3.2	\$2.39
Lactose free Milk 	300	2.5	\$3.29
Almond Milk* 	451	2.4	\$3.99
Soy Milk*	340	2.9	\$3.29
Coconut Milk* 	450	2.9	\$4.99
Rice Milk*	283	2.4	\$4.20

*Fortified and unsweetened

Read the Facts—the Nutrition Facts, That Is!

In the near future, all Nutrition Facts labels will require the information for **added sugars, calcium, and vitamin D** to be printed on the back of the food product. **Reading the Nutrition Facts label is very important** to make sure you are getting enough of these vitamins and

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Call Our Toll-Free Line
for More Information
1-877-366-3874**