

the Milk Facts



Today's grocery stores offer a large and often confusing selection of milk and nondairy alternatives. When trying to make the best choice there's a lot to consider. Let's look at some facts to help you make an informed decision.



Milk is a Powerhouse of Nutrients.

There are many types of cow's milk and each one provides the same **13 Essential Nutrients**. These nutrients are needed for proper growth, peak mental and physical energy, and a strong immune system.

The nutrients in milk:

Build and maintain your bones, teeth, and tissue

Keep your immune system healthy

Help your body use food for energy

Work to keep your heart, skin & eyes healthy

Did you know ?

Milk contains only 3 ingredients: Milk, Vitamin A and Vitamin D.

Health experts recommend choosing foods with minimal processing and added ingredients. Read the ingredients list on beverage labels to help you decide.

Milk is naturally sweet from lactose.

Some beverages have added sugars for additional sweetness and flavor. Added sugars add calories, so check the Nutrition Facts Label.

Milk is categorized by fat levels.

Non-fat can also be called fat-free. Whole milk can also be called A&D milk. 2% can also be called reduced fat. 1% can also be called low fat.

You can count on milk to provide at least 8 grams of protein per cup.

The protein in milk is a high quality protein, meaning it is easily absorbed and is a complete protein ready for muscle building. Plant based alternatives have varying amounts and quality of protein. Refer to the Nutrition Facts label.


Milk offers a variety of options for every taste and preference.

Milk comes in a variety of choices including fat free, 1%, 2%, whole, lactose free, ultra filtered, organic, flavored, shelf stable and powder.

Check the facts


When it comes to nutrition, not all options in the dairy aisle are created equal. Read the Nutrition Facts Label to compare and make your best choice.

All nutrient amounts sourced from FoodData Central, USDA

 Fat-Free Milk	
Serving size	1 cup
Calories	84
Total Fat	0 gram(g)
Saturated Fat	0 g
Total Sugar	12 g
Added Sugar	0 g
Protein	8 g
Calcium	325 mg
Vitamin D	3 mcg


Ingredients: **3**

Fat Free Milk, Vitamin A Palmitate, Vitamin D3

 Fat-Free Lactose-Free Milk	
Serving size	1 cup
Calories	84
Total Fat	0 g
Saturated Fat	0 g
Total Sugar	12 g
Added Sugar	0 g
Protein	8 g
Calcium	325 mg
Vitamin D	3 mcg


Ingredients: **4**

Fat Free Milk, Lactase Enzyme, Vitamin A Palmitate, Vitamin D3

 Soy milk unsweetened, plain	
Serving size	1 cup
Calories	101
Total Fat	5 g
Saturated Fat	0 g
Total Sugar	6 g
Added Sugar	6 g
Protein	7 g
Calcium	381 mg
Vitamin D	11 mcg


Ingredients: **12**

Soy milk (Filtered Water, Soybeans), Cane Sugar, Vitamin and Mineral Blend (Tricalcium Phosphate, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12), Sea Salt, Natural Flavor, Gellan Gum

 Almond milk unsweetened, plain	
Serving size	1 cup
Calories	47
Total Fat	4 g
Saturated Fat	0 g
Total Sugar	0 g
Added Sugar	0 g
Protein	2 g
Calcium	388 mg
Vitamin D	4 mcg

Ingredients: **9**

Almond milk (Water, Almonds), Calcium Carbonate, Sunflower Lecithin, Sea Salt, Natural Flavor, Locust Bean Gum, Gellan Gum, Potassium Citrate

 Oat milk unsweetened, plain	
Serving size	1 cup
Calories	118
Total Fat	7 g
Saturated Fat	0 g
Total Sugar	6 g
Added Sugar	6 g
Protein	2 g
Calcium	364 mg
Vitamin D	4 mcg

Ingredients: **12**

Oat base (water, oats), Low erucic acid rapeseed oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12



Do you have lactose intolerance?

People often confuse lactose intolerance (LI) with a dairy allergy, yet there's a BIG difference. People with LI can still find ways to enjoy dairy. There are lactose-free milk options available, including ultra-filtered milk which is higher in protein, lower in sugar, and lactose-free.