



Fewer ingredients and greater nutrition *at a fraction of the cost.*

Cow's Milk – There is **NO** Comparison

Whether it is whole or fat-free, lactose-free, flavored or organic, the fact is, cow's milk remains the gold standard of beverages for health, nutrition and affordability.

Cow's milk delivers an unwavering package of nine essential nutrients in the American diet. It is the No. 1 source of these nutrients for children — including calcium, vitamin D and potassium, nutrients in the Scientific Report of the 2015 Dietary Guidelines Advisory Committee found to be under-consumed.

Comparing the ingredient list of cow's milk to plant-based beverage alternatives, cow's milk is simply low-fat milk fortified with vitamin A and vitamin D.

Calcium is found naturally in cow's milk. Plant-based alternatives rely heavily on several added ingredients and fortification to produce the beverage and enhance overall nutritional value, some falling short on potassium.

In addition to being a top source of calcium and nine essential nutrients, every 8-ounce serving of low-fat milk boasts 8 grams of high-quality protein. Cow's milk tastes great, and it is a very affordable way to consume natural nutrition important for good health.



Low-Fat Dairy Milk Serving size: 1 cup (8 oz.)	Cashew Serving size: 1 cup (8 oz.)	Coconut Serving size: 1 cup (8 oz.)	Almond Serving size: 1 cup (8 oz.)	Soy Serving size: 1 cup (8 oz.)
Ingredients: Low-Fat Milk, Vitamin A Palmitate and Vitamin D3	Ingredients: Cashewmilk (Filtered Water, Cashews), Cane Sugar, Almond Butter, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid	Ingredients: Coconutmilk (Filtered Water, Coconut Cream), Cane Sugar, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin B12, Vitamin D2), Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum	Ingredients: Almondmilk (Filtered Water, Almonds), Cane Sugar, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Sunflower Lecithin, Locust Bean Gum, Gellan Gum	Ingredients: 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
Calories: 100 Total Fat: 2.5g Potassium: 370mg Total Carbs: 12g Protein: 8g Calcium: 30%, 305mg (all natural) Vitamin D: 25% (100 IU)	Calories: 60 Total Fat: 2.5g Potassium: 30mg Total Carbs: 9g Protein: <1g Calcium: 45%, 450mg (because of additives) Vitamin D: 25% (100 IU)	Calories: 80 Total Fat: 5g Potassium: 40mg Total Carbs: 7g Protein: 0g Calcium: 45%, 450mg (because of additives) Vitamin D: 25% (100 IU)	Calories: 60 Total Fat: 2.5g Potassium: 35mg Total Carbs: 8g Protein: 1g Calcium: 45%, 450mg (because of additives) Vitamin D: 25% (100 IU)	Calories: 110 Total Fat: 4.5g Potassium: 380mg Total Carbs: 9g Protein: 8g Calcium: 45%, 450mg (because of additives) Vitamin D: 30% (120 IU)
Average price: 28¢	Average price: 59¢	Average price: 57¢	Average price: 56¢	Average price: 53¢

Sources: Milk Price Survey, 2016 and Silk.com

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