

Coconut milks – Nutritional information is for a 1 cup (8-ounce serving)

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sat Fat (g)	Sodium (mg)	Calcium (mg)	Vit D (IU)	Vit B12 (mcg)	Sweetener	“Vegan” on pkg or website	“Gluten Free” on pkg or website	Organic?
Dream Blends Enriched	Coconut, Almond, & Chia Original	70	1	4	8	2.5	140	300	100	3	Evap Cane Syrup	Yes	Yes	No
Dream Blends Enriched	Coconut, Almond, & Chia Original Unsweetened	70	1	4	1	2.5	170	300	100	3	None	Yes	Yes	No
Dream Blends Enriched	Coconut, Almond, & Chia Original Unsweetened	70	1	4	1	2.5	170	300	100	3	None	Yes	Yes	No
Silk	Original	80	0	5	7	5	45	450	100	3	Cane Sugar	Yes	Yes	No
Silk	Vanilla	90	0	5	9	5	45	450	100	3	Cane Sugar	Yes	Yes	No
So Delicious	Chocolate	100	1	5	12	4	160	100	120	3	Dried cane syrup, Reb A (stevia extract), monk fruit	Yes	Yes	Made with organic coconut
So Delicious	Mint Chocolate	100	0	5	14	4	160	0	0	0	Dried cane syrup, Reb A (stevia extract), monk fruit	Yes	Yes	No

So Delicious	Nog	180	0	6	30	6	230	0	0	0	Dried cane syrup	Yes	Yes	No
So Delicious	Original	70	0	4.5	8	4	15	100	120	3	Dried cane syrup	Yes	Yes	Yes
So Delicious	Pumpkin Spice	140	0	2	30	2	200	0	0	0	Dried cane syrup	Yes	Yes	No
So Delicious	Sugar Free Original	45	0	4.5	2	4	65	100	120	3	Reb A (stevia extract), monk fruit	Yes	Yes	Made with organic coconut
So Delicious	Sugar Free Vanilla	50	0	4.5	2	4	65	100	120	3	Reb A (stevia extract), monk fruit	Yes	Yes	Made with organic coconut
So Delicious	Unsweetened	45	0	4.5	2	4	15	100	120	3	None	Yes	Yes	Yes
So Delicious	Unsweetened Vanilla	45	0	4.5	2	4	15	100	120	3	None	Yes	Yes	Yes
So Delicious	Vanilla	80	0	4.5	10	4	15	100	120	3	Dried cane syrup	Yes	Yes	Tes
Trader Joe's	Unsweetened	60	0	5	1	5	150	300	100	1.5	None	Yes	Yes	No
Trader Joe's	Vanilla	90	0	5	9	5	140	300	100	1.5	Evap Cane Sugar	Yes	Yes	No

Information in the table above was gathered from product labels and manufacturers' websites in July, 2013. This chart does not include all products available. Since information changes, if you have special concerns, verify information with the company.

VRG interns Candice Kalinski and Gabrielle Rapsis helped to collect product information.