

Grain and Pea Protein-Based Milks – Nutritional Information is for a 1-cup (8-ounce) serving

Rice Milks													
Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (IU)	Vit B12 (mcg)	Sweetener	"Vegan" on pkg or website?	"Gluten free" on pkg or website?	Organic?
Pacific Foods	Rice Original	130	1	2	27	60	300	100	0	none	yes	yes	no
Pacific Foods	Rice Vanilla	130	1	2	27	60	300	100	0	none	yes	yes	no
Rice Dream	Original Classic	120	1	2.5	23	100	20	0	0	rice syrup	yes	yes	yes
Rice Dream	Vanilla Classic	130	1	2.5	26	105	20	0	0	rice syrup	yes	yes	no
Rice Dream	Enriched Original	120	1	2.5	23	100	300	100	1.5	rice syrup	yes	yes	yes
Rice Dream	Enriched Unsweetened	70	0	2.5	11	110	250	100	1.5	rice syrup	yes	yes	yes
Rice Dream	Enriched Vanilla	130	1	2.5	26	105	300	100	1.5	rice syrup	yes	yes	no
Rice Dream	Enriched Chocolate	160	1	3	34	90	300	100	1.5	rice syrup	yes	yes	no
Rice Dream	Horchata	160	1	2.5	33	10	0	0	0	evaporated cane syrup	yes	yes	no
Rice Dream	Rice Nog	160	1	2	32	70	0	0	0	evaporated cane syrup	yes	yes	no
Rice Dream	Enriched Sprouted Unsweetened	70	0	2.5	11	110	250	100	1.5	none	yes	yes	yes
Trader Joe's	Rice Drink Vanilla Unsweetened	130	1	2.5	26	105	300	100	1.5	none	yes	yes	no
Trader Joe's	Rice Drink Original Unsweetened	120	1	2.5	23	100	300	100	1.5	none	yes	yes	yes
Kirklands	Original	120	1	2.5	23	75	300	100	1.5	none	no	yes	yes
Thrive Market	Original Rice	130	1	2.5	26	80	0	0	0	none	yes	yes	yes

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Oat Milks													
Oatly	Original	120	3	5	16	100	350	144	1.2	none	yes	yes	no
Oatly	Low Fat	90	3	1	16	100	350	144	1.2	none	yes	yes	no
Oatly	Chocolate	150	3	3.5	24	150	350	144	1.2	cane sugar	yes	yes	no
Pacific Foods Oat	Original	130	4	2	25	105	121	80	0	none	yes	no	yes
Pacific Foods Oat	Vanilla	130	4	2.5	25	110	300	100	0	none	yes	no	yes
Planet Oat	Original	90	2	1.5	19	120	350	160	0.2	none	no	yes	yes
Planet Oat	Vanilla	90	2	1.5	19	120	350	160	0.2	none	no	yes	yes
Planet Oat	Chocolate	140	3	2	31	135	350	160	0.2	cane sugar	no	yes	yes
Silk Oat Yeah	Plain	90	2	3.5	14	105	450	140	3	none	yes	no	no
Silk Oat Yeah	Vanilla	90	2	2.5	14	115	450	140	3	cane sugar	yes	no	no
Silk Oat Yeah	Chocolate	120	2	3	23	135	450	140	3	cane sugar	yes	no	no
Thrive Market	Original Oat	110	3	2	20	35	2.8	0	0	none	yes	no	yes

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Pea Milks													
Bolthouse Farms	Original	110	10	5	6	140	450	160	2.7	cane sugar	yes	yes	no
Bolthouse Farms	Vanilla	140	10	5	14	130	450	160	2.7	cane sugar	yes	yes	no
Bolthouse Farms	Unsweetened	90	10	5	1	140	450	160	2.7	none	yes	yes	no
Bolthouse Farms	Chocolate	160	10	5	19	160	450	160	2.7	cane sugar	yes	yes	no
Ripple	Original	100	8	4.5	6	130	450	120	0	cane sugar	yes	yes	no
Ripple	Unsweetened	70	8	4.5	0	130	450	120	0	none	yes	yes	no
Ripple	Vanilla	130	8	4.5	15	130	450	120	0	cane sugar	yes	yes	no
Ripple	Unsweetened vanilla	80	8	4.5	2	140	450	120	0	none	yes	yes	no
Ripple	Chocolate	150	8	4.5	19	130	450	120	0	cane sugar	yes	yes	no
Grain Blends													
Dream Blends	Rice & Quinoa	90	<1	3	16	140	300	100	3	none	yes	yes	yes

Information in the table above was gathered from product labels, and manufacturers' websites in January and February, 2019. This chart may not include all products available. Since information changes, if you have special concerns, verify information with the company. This information was collected by VRG volunteer Bryan Schroeder, RN.