

**Nut and Seed Milks – Nutritional Information is for a 1-cup (8-ounce) serving**

<b>Brand</b>	<b>Product</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Calcium (mg)</b>	<b>Vitamin D (mcg)</b>	<b>Vit B12 (mcg)</b>
<b>Almond Breeze</b>	Original Almondmilk (refrigerated)	60	1	2.5	8	150	450	5	0
	Unsweetened Original Almondmilk (refrigerated)	30	1	2.5	1	170	450	5	0
	Original Extra Creamy Almondmilk (refrigerated)	80	1	7	4	140	450	5	0
	Original Almondmilk & Oatmilk Blend (refrigerated)	45	1	2	6	180	450	5	0
	Unsweetened Original Almondmilk Coconutmilk Blend (refrigerated)	40	1	3.5	1	120	450	5	0
	Original Almondmilk (shelf-stable)	60	1	2.5	8	150	450	0	0
	Original Almondmilk Coconutmilk Blend (shelf-stable)	60	1	3	7	125	450	0	0
	Unsweetened Original Almondmilk Coconutmilk Blend (shelf-stable)	40	1	3.5	1	120	450	0	0
<b>Bettergoods</b>	Plant-Based Unsweetened Original Almondmilk (refrigerated)	30	1	2.5	1	160	390	5	0
	Plant-Based Original Almondmilk (refrigerated)	60	1	2.5	8	180	390	5	0
<b>Califia Farms</b>	Organic Unsweetened Almondmilk (refrigerated)	60	2	5	2	140	20	0	0
	Unsweetened Almondmilk (refrigerated)	35	1	3	1	140	440	4.4	0
	Extra Creamy Almondmilk (refrigerated)	60	1	3.5	6	140	440	4.4	0
	Toasted Coconut Almondmilk (refrigerated)	45	1	3.5	2	140	440	4.4	0
	Unsweetened Almondmilk (shelf-stable)	40	1	3	1	140	440	4.4	0
<b>Dream</b>	Almondmilk Unsweetened Original with Calcium & Vitamin D (shelf-stable)	35	1	3	2	170	320	4.8	1.1

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
<b>Elmhurst 1925</b>	Unsweetened Milked Almonds (shelf-stable)	130	5	11	3	5	60	0	0
	Unsweetened Milked Cashews (shelf-stable)	130	4	10	7	10	15	0	0
	Sweetened Milked Cashews (shelf-stable)	130	4	10	8	85	15	0	0
	Unsweetened Milked Hazelnuts (shelf-stable)	90	2	9	1	5	24	0	0
	Unsweetened Milked Walnuts (shelf-stable)	120	3	11	1	5	24	0	0
	Milked Coconut & Cashews (shelf-stable)	130	3	11	6	105	10	0.1	0
<b>Forager Project</b>	Cashewmilk (shelf-stable)	90	3	6	8	25	29	0	0
<b>Good Karma</b>	Unsweetened Flaxmilk (shelf-stable)	25	0	2.5	1	85	270	2.2	1.3
	Unsweetened Flaxmilk + Protein (refrigerated)	50	5	2.5	1	140	290	2.2	1.3
<b>Hazelicious</b>	Hazelnut Milk: Unsweetened (shelf-stable)	80	2	7	3	75	30	0	0
	Hazelnut Milk: Lightly Sweetened (shelf-stable)	100	2	7	8	75	30	0	0
<b>Kirkland Signature</b>	Almond Non-dairy Beverage, Original, Unsweetened (shelf-stable)	30	1	2.5	1	110	600	5	1.2
<b>Living Harvest Tempt Hemp</b>	Original Hemp Milk (shelf-stable)	100	9	7	8	110	390	5	0.6
	Unsweetened Original Hemp Milk (shelf-stable)	80	2	8	1	125	390	5	0.6
<b>MALK</b>	Unsweetened Almond Malk (refrigerated and shelf-stable)	70	2	6	3	140	40	0	0
	Cashew Malk (refrigerated)	90	3	7	5	70	0	0	0
<b>Manitoba Milling Co.</b>	Original Unsweetened Flax Milk (shelf-stable)	90	4	6	6	105	300	2	1
<b>Mariana</b>	Walnutmilk Original (refrigerated)	45	1	3.5	3	140	450	5	0
	Walnutmilk Unsweetened (refrigerated)	40	1	3.5	2	140	450	5	0

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
<b>Milkadamia</b>	Macadamia Milk Original (shelf-stable)	70	1	4.5	7	115	450	3.7	5.8
	Macadamia Milk Unsweetened (shelf-stable)	50	1	4.5	<1	105	470	3.7	5.9
	Macadamia Milk Creamy (shelf-stable)	70	1	4.5	7	115	450	3.7	5.8
<b>Mooala</b>	Simple Almondmilk (shelf-stable)	50	2	4	2	140	30	0	0
	Unsweetened Almondmilk (shelf-stable)	40	2	3.5	2	120	150	0	0
<b>Nature's Promise</b>	Plant-Based Original Almondmilk (refrigerated)	60	1	2	1	130	450	0	0
	Plant-Based Original Almondmilk Unsweetened (refrigerated)	30	1	2	1	130	450	0	0
<b>New Barn Organics</b>	Unsweetened Almondmilk (shelf-stable)	90	3	8	1	60	16	0	0
<b>Niuke</b>	Peanut Plant Milk (shelf-stable)	130	6	11	2	210	227	1	1.4
<b>O Organics</b>	Almondmilk Original Unsweetened (refrigerated)	35	1	3	2	140	120	0	0
<b>Open Nature</b>	Almond Milk Original Unsweetened (refrigerated)	30	1	2.5	1	160	390	5	0
	Almond Milk Original (refrigerated)	60	1	2.5	8	180	390	5	0
<b>Pacific Foods</b>	Organic Unsweetened Almond Milk (shelf-stable)	40	1	3	2	180	20	2	0
	Original Organic Almond Milk (shelf-stable)	60	1	3	7	170	20	2	0
	Original Cashew Milk (shelf-stable)	50	1	4	2	95	40	0	0
	Original Hemp Milk (shelf-stable)	160	5	6	20	130	270	2	0
	Unsweetened Hemp Milk (shelf-stable)	60	3	4.5	1	120	260	2	0
<b>Plantstrong</b>	Unsweetened Almond Milk (shelf-stable)	50	2	4	1	105	310	4.8	2.5
	Oat & Walnut Milk (shelf-stable)	40	1	1.5	6	105	300	4.8	2.5
	Oat & Almond Milk (shelf-stable)	45	1	1.5	6	105	300	4.8	2.5

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
<b>Silk</b>	Unsweet Extra Creamy Almondmilk (refrigerated)	70	1	7	1	150	470	2	0
	Organic Unsweet Almondmilk (refrigerated)	40	1	3.5	1	130	110	2	0
	Organic Original Almondmilk (refrigerated)	50	1	2	8	170	110	2	0
	Unsweet Almondmilk (refrigerated)	30	1	3	<1	140	470	2	0
	Unsweet Almondmilk (shelf-stable)	30	1	2.5	1	135	450	2.5	0
	Original Almondmilk (refrigerated)	60	1	2.5	8	150	470	2	0
	Original Almondmilk (shelf-stable)	60	1	2.5	8	160	450	2.5	0
	Unsweet Cashewmilk (refrigerated)	25	1	2	1	160	470	2	0
	Unsweet Almond Coconut Blend (refrigerated)	30	1	2.5	<1	135	470	2	0
<b>Simple Truth</b>	Dairy Free Original Almond Milk (refrigerated)	60	1	2.5	8	130	450	4	1.2
	Dairy Free Unsweetened Original Almond Milk (refrigerated)	30	1	2.5	1	150	390	4	1.2
	Dairy Free Unsweetened Plain Almond Milk (shelf-stable)	30	1	2.5	1	160	390	5	0
<b>Táche</b>	Unsweetened Original Pistachio Milk (shelf-stable)	50	2	3.5	3	110	280	0	0
<b>365 by Whole Foods</b>	Organic Unsweetened Almond Milk (refrigerated)	40	1	3	2	150	50	5	0.6
<b>Three Trees</b>	Original Almond Milk (refrigerated)	100	4	9	3	10	66	0	0
	Oatmilk with Seeds (refrigerated)	100	4	4	13	20	33	4	0
	Pistachio Nutmilk (refrigerated)	100	4	8	4	50	45	0	0
<b>Thrive Market</b>	Organic Almond Beverage (shelf-stable)	45	1	4	1	120	20	0	0
<b>Trader Joe's</b>	Organic Unsweetened Almond Beverage (shelf-stable)	40	1	3	2	150	50	5	0.6
	Almond Beverage, Unsweetened (shelf-stable)	30	1	2.5	1	160	390	5	0
	Non-dairy Almond Beverage, Original (refrigerated)	60	1	2.5	8	180	390	5	0
	Non-dairy Almond Beverage, Original Unsweetened (refrigerated)	30	1	2.5	1	160	390	5	0

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
Trader Joe's	Unsweetened Almond, Cashew & Macadamia Nut Beverage (shelf-stable)	30	<1	2.5	1	120	160	0	0
Wegmans	Original Unsweetened Almondmilk (refrigerated)	30	1	2.5	1	150	440	4.8	0
	Original Almondmilk (refrigerated)	60	1	2.5	8	150	450	4.9	0
	Organic Original Unsweetened Almondmilk (refrigerated)	30	1	2.5	1	100	20	0	0

Information in the table above was gathered from product labels, and manufacturers' websites in Summer and Fall, 2024. This chart includes original and unsweetened flavors and may not include all products available.

In this table, we use the wording on the product's website. That's why you may see both "Almondmilk" and "Almond Milk," for example.

None of these beverages should be used to replace infant formulas or breast milk. They are not suitable for use by infants as a main food since they do not resemble breastmilk or infant formula in composition.

Since information changes, if you have special concerns, verify information with the company.

This information was collected by VRG intern Neha Vivek.

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See more charts at [https://www.vrg.org/nutrition/milk\\_alternatives/](https://www.vrg.org/nutrition/milk_alternatives/)

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