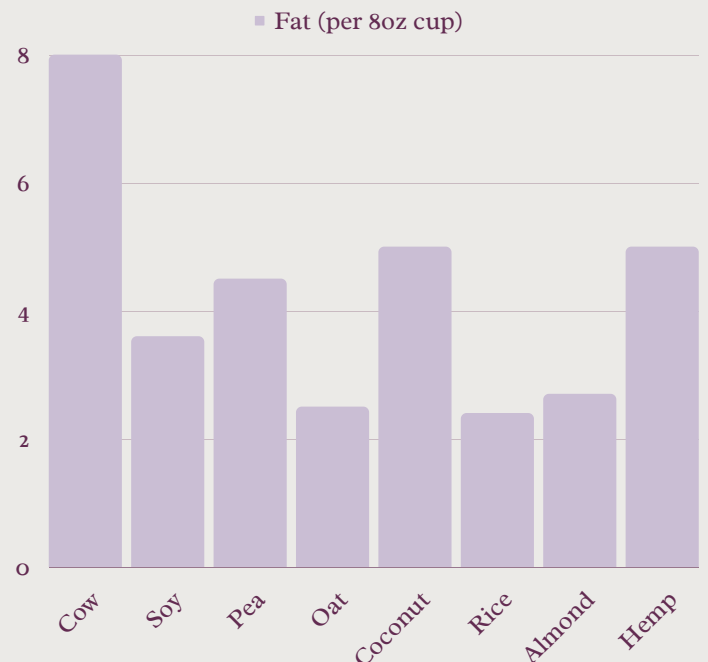
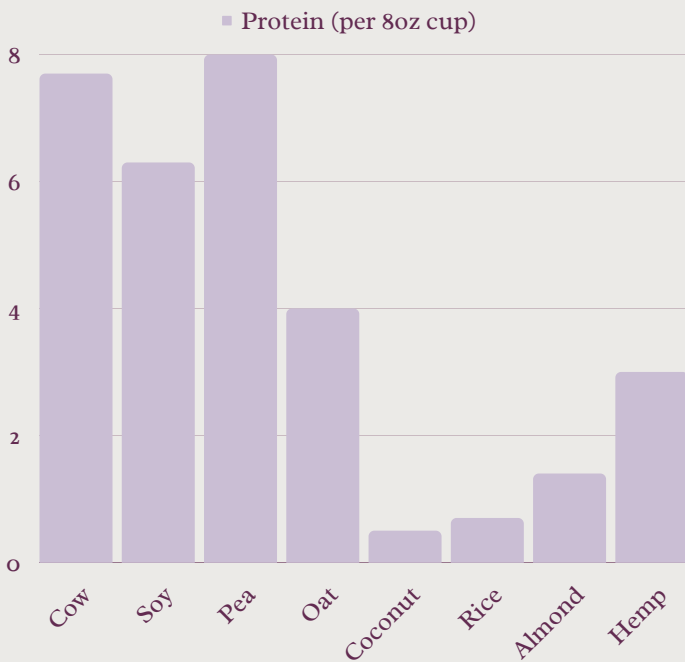
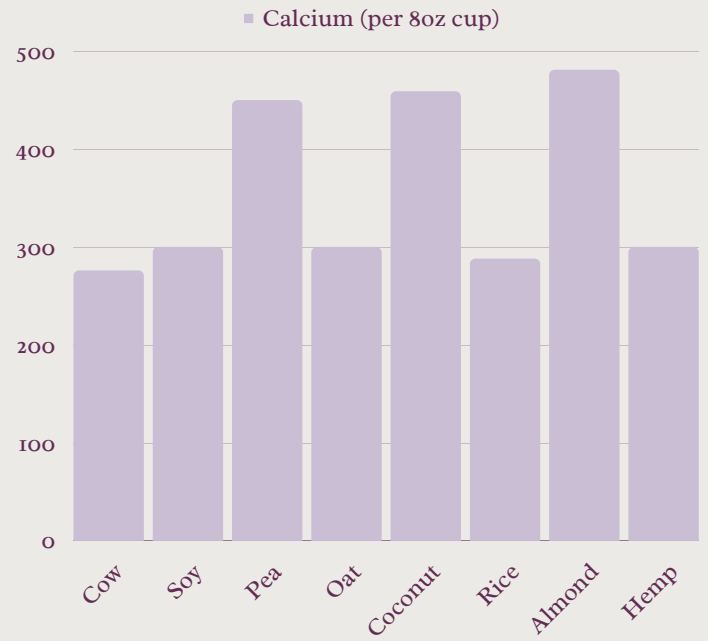
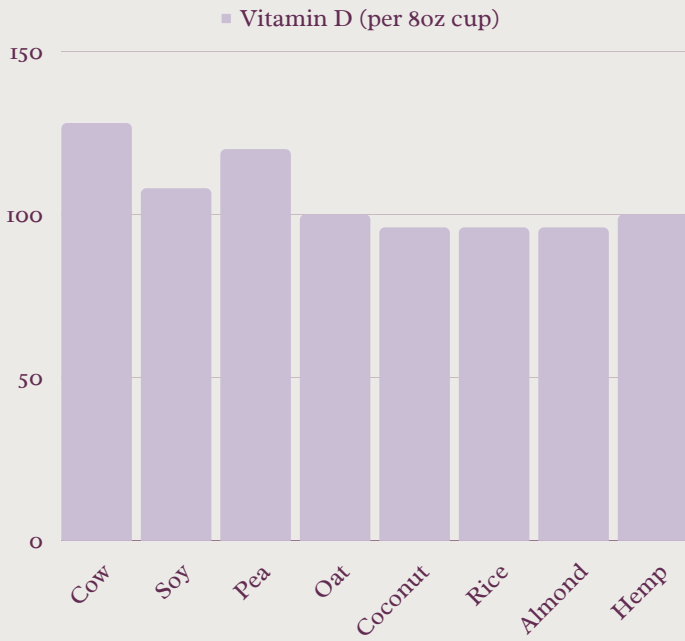


MILK OPTIONS

comparing nutritional content



Bottom line: the comparable (nutritionally) to dairy: soy, oat, and pea protein milk. Most of these milk alternatives are fortified to have similar amounts of calcium and vitamin D. Choose unsweetened versions and watch the sugar content in oat milk!