

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

<b>Almond Milks</b>													
<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 (IU)</b>	<b>Vit B12 (mcg)</b>	<b>Sweetener</b>	<b>"Vegan" on pkg or website?</b>	<b>"Gluten free" on pkg or website?</b>	<b>Organic?</b>
Almond Breeze	Almondmilk Nog	70	1	1.5	14	75	150	0	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Almondmilk Blended with Bananas	80	2	2	15	150	450	100	0	Banana Puree	Yes	Yes	No
Almond Breeze	Original Almondmilk	60	1	2.5	8	150	450	100	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Unsweetened Original Almondmilk	30	1	2.5	1	170	450	100	0	None	Yes	Yes	No
Almond Breeze	Vanilla Almondmilk	80	1	2.5	14	150	450	100	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Unsweetened Vanilla Almondmilk	30	1	2.5	1	170	450	100	0	None	Yes	Yes	No
Almond Breeze	Chocolate Almondmilk	100	1	2.5	19	150	450	100	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Unsweetened Chocolate Almondmilk	40	1	3	2	170	450	100	0	None	Yes	Yes	No
Almond Breeze	Reduced Sugar Almondmilk	40	1	2.5	4	150	450	100	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Reduced Sugar Vanilla Almondmilk	60	1	2.5	8	150	450	100	0	Cane Sugar	Yes	Yes	No
Califia Farms	Organic Almond Homestyle Nutmilk	110	3	10	4	150	39	0	0	None	Yes	Yes	Yes
Califia Farms	Choc-A-Maca Almondmilk	160	8	9	15	250	500	0	0	Cane Sugar	Yes	Yes	No

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?
Califia Farms	Maca-'Nilla Almondmilk	140	8	7	13	230	559	0	0	Cane Sugar	Yes	Yes	No
Califia Farms	Unsweetened Almondmilk (shelf-stable)	35	1	3	1	160	430	0	0	None	No	Yes	No
Califia Farms	Unsweetened Almondmilk	35	1	3	1	160	450	0	0	None	Yes	Yes	No
Califia Farms	Unsweetened Vanilla Almondmilk	40	1	3	2	160	450	0	0	None	Yes	Yes	No
Califia Farms	Toasted Oats N' Almond Almondmilk	30	1	1.5	2	160	473	0	0	None	Yes	Yes	No
Califia Farms	Original Almondmilk	60	1	4	6	160	450	0	0	Cane Sugar	Yes	Yes	No
Califia Farms	Vanilla Almondmilk	50	1	3	4	160	450	0	0	Cane Sugar	Yes	Yes	No
Dream	Unsweetened Almond Drink	50	1	3.5	3	135	300	100	3	None	Yes	Yes	No
Dream	Ultimate Almond Original Almond Beverage	150	5	11	9	110	60	0	0	Evaporated Cane Syrup	Yes	Yes	No
Dream	Ultimate Almond Unsweetened Almond Beverage	130	5	11	4	110	60	0	0	None	Yes	Yes	No
Dream	Ultimate Almond Vanilla Almond Beverage	170	5	11	12	110	60	0	0	Evaporated Cane Syrup	Yes	Yes	No
Dream	Pumpkin Spice Almond Drink	50	1	1.5	8	50	100	100	3	Evaporated Cane Syrup	Yes	Yes	No

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?
Elmhurst 1925	Milked Almonds (Original)	150	5	11	9	100	7	0	0	Cane Sugar	Yes	Yes	No
Elmhurst 1925	Milked Almonds (Unsweetened)	130	5	11	3	5	7	0	0	None	Yes	Yes	No
Malk	Unsweetened Almond Malk	100	4	10	4	80	52	32	0	None	No	No	Yes
Malk	Unsweetened Vanilla Almond Malk	110	4	10	4	80	56	32	0	None	No	No	Yes
New Barn Organics	Organic Creamy Original Almondmilk	110	2	5	16	60	15	0	0	Coconut Nectar	Yes	Yes	Yes
New Barn Organics	Organic Unsweetened Almondmilk	50	2	5	1	50	14	0	0	None	Yes	Yes	Yes
New Barn Organics	Organic Unsweetened Vanilla Almondmilk	60	2	5	1	50	15	0	0	None	Yes	Yes	Yes
New Barn Organics	Barista Almondmilk	120	3	8	11	55	7	0	0	Cane Sugar	Yes	Yes	No
New Barn Organics	Organic Chocolate Almondmilk	130	2	6	12	60	10	0	0	Cane Sugar	Yes	Yes	Yes
Orgain	Organic Protein Unsweetened Vanilla Almondmilk	80	10	3	3	220	250	100	0	None	Yes	Yes	Yes

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?
Orgain	Organic Protein Lightly Sweetened Vanilla Almondmilk	100	10	3	10	220	250	100	0	Cane Sugar	Yes	Yes	Yes
Pacific Foods	Organic Original Almondmilk	60	1	3	8	170	0	40	0	Cane Sugar	Yes	Yes	Yes
Pacific Foods	Organic Vanilla Almondmilk	70	1	3	11	180	0	40	0	Cane Sugar	Yes	Yes	Yes
Pacific Foods	Organic Unsweetened Original Almondmilk	40	1	3	2	180	0	40	0	None	Yes	Yes	Yes
Pacific Foods	Organic Unsweetened Vanilla Almondmilk	40	1	3	2	160	0	40	0	None	Yes	Yes	Yes
Silk	Organic Original Almondmilk	60	1	2.5	8	160	100	100	0	Cane Sugar	Yes	Yes	Yes
Silk	Dark Chocolate Almondmilk	100	1	2.5	19	230	450	100	0	Cane Sugar	Yes	Yes	No
Silk	Original Almondmilk	60	1	2.5	8	150	450	100	0	Cane Sugar	Yes	Yes	No
Silk	Unsweetened Almondmilk	30	1	2.5	1	125	450	100	0	None	Yes	Yes	No
Silk	Unsweetened Vanilla Almondmilk	30	1	2.5	1	115	450	100	0	None	Yes	Yes	No
Silk	Vanilla Almondmilk	80	1	2.5	14	125	450	100	0	Cane Sugar	Yes	Yes	No
Silk	Light Original Almondmilk	40	1	1.5	6	160	450	100	0	Cane Sugar	Yes	Yes	No
Silk	Light Vanilla Almondmilk	50	1	1.5	10	160	450	100	0	Cane Sugar	Yes	Yes	No

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?
So Delicious	Organic Unsweetened Almondmilk	35	1	3	1	105	0	0	0	None	Yes	Yes	Yes
So Delicious	Organic Vanilla Almondmilk	50	1	3	7	120	0	0	0	Cane Sugar	Yes	Yes	Yes
So Delicious	Unsweetened Almondmilk	25	0	2	1	130	450	100	0	None	Yes	Yes	No
So Delicious	Vanilla Almondmilk	80	1	2.5	13	170	450	100	0	Cane Sugar	Yes	Yes	No
Three Trees	Unsweetened Original Almondmilk	100	4	9	3	0	66	0	0	None	No	No	Yes
Three Trees	Unsweetened Vanilla Bean Almondmilk	100	4	9	3	10	66	0	0	None	No	No	Yes
365	Organic Unsweetened Original Almond Beverage	40	1	3	2	150	50	200	0.6	None	Yes	No	Yes
365	Organic Unsweetened Vanilla Almond Beverage	40	1	3	2	180	50	200	0.6	None	Yes	No	Yes
365	Organic Original Almond Beverage	60	1	2.5	8	150	50	200	0.6	Organic cane sugar	Yes	No	Yes
365	Organic Vanilla Almond Beverage	90	1	2.5	14	160	50	200	0.6	Organic cane sugar	Yes	No	Yes
Thrive Market	Organic Almond Beverage	30	1	2.5	1	80	0	0	0	None	Yes	No	Yes

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?
Trader Joe's	Unsweetened Original Almond Beverage	40	1	3	2	180	450	100	0	None	Yes	Yes	No
Trader Joe's	Unsweetened Vanilla Almond Beverage	40	1	3	2	180	450	100	0	None	Yes	Yes	No
Trader Joe's	Blueberry Lavender Almond Beverage	60	<1	2.5	9	100	20	0	0	Cane Sugar	Yes	Yes	No
Trader Joe's	Matcha Almond Beverage	60	1	2.5	9	100	20	0	0	Cane Sugar	Yes	Yes	No
Trader Joe's	Refrigerated Original Almond Beverage	60	1	2.5	8	150	450	100	0	Cane Sugar	Yes	Yes	No
Trader Joe's	Refrigerated Original Unsweetened Almond Beverage	40	1	3	2	180	450	100	0	None	Yes	Yes	No
Trader Joe's	Refrigerated Vanilla Unsweetened Almond Beverage	40	1	3	2	180	450	100	0	None	Yes	Yes	No

Cashew 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?
Califia Farms	Organic Cashew Homestyle Nutmilk	120	2	10	6	180	21	0	0	None	Yes	Yes	Yes
Forager	Unsweetened Plain Cashewmilk	50	1	3.5	3	10	20	0	0	None	Yes	Yes	Yes
Forager	Original Cashewmilk	60	1	3.5	7	10	20	0	0	Dates	Yes	Yes	Yes
Dream	Original Cashew Drink	50	1	2.5	7	120	300	100	3	Evaporated Cane Syrup	Yes	Yes	No
Dream	Unsweetened Cashew Drink	40	1	3	3	120	300	100	3	None	Yes	Yes	No
Elmhurst 1925	Milked Cashews (Original)	130	4	10	8	85	15	0	0	Cane Sugar	Yes	Yes	No
Elmhurst 1925	Milked Cashews (Unsweetened)	130	4	10	7	10	15	0	0	None	Yes	Yes	No
Malk	Unsweetened Cashew Malk	100	4	8	3	85	52	24	0	None	No	No	Yes
Pacific Foods	Original Cashewmilk	70	2	4	8	95	47	0	0	Cane Sugar	Yes	Yes	No
Pacific Foods	Vanilla Cashewmilk	70	2	4	8	95	47	0	0	Cane Sugar	Yes	Yes	No
Pacific Foods	Unsweetened Original Cashewmilk	70	2	4	8	95	47	0	0	None	Yes	Yes	No
Pacific Foods	Unsweetened Vanilla Cashewmilk	50	1	4	2	95	47	0	0	None	Yes	Yes	No
Silk	Unsweetened Cashewmilk	25	1	2	1	160	450	100	0	None	Yes	Yes	No

Silk	Chocolate Cashewmilk	90	1	2	18	200	450	100	0	Cane Sugar	Yes	Yes	No
Silk	Unsweetened Vanilla Cashewmilk	25	1	2	1	160	450	100	0	None	Yes	Yes	No
So Delicious	Unsweetened Cashewmilk	35	0	3.5	1	85	100	140	3.6	None	Yes	Yes	No
So Delicious	Unsweetened Vanilla Cashewmilk	35	0	3.5	1	85	100	140	3.6	None	Yes	Yes	No



Flaxseed 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?
Good Karma	Unsweetened Flaxmilk	25	0	2.5	1	110	300	120	1.5	None	Yes	Yes	No
Good Karma	Original Flaxmilk	50	0	2.5	7	105	300	120	1.5	Cane Sugar	Yes	Yes	No
Good Karma	Vanilla Flaxmilk	70	0	2.5	11	105	300	120	1.5	Cane Sugar	Yes	Yes	No
Good Karma	Unsweetened Flaxmilk + Protein	60	8	3	1	140	300	120	1.5	None	Yes	Yes	No
Good Karma	Unsweetened Vanilla Flaxmilk + Protein	60	8	3	1	140	300	120	1.5	None	Yes	Yes	No

Hazelnut 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?
Elmhurst 1925	Milked Hazelnuts (Original)	140	3	11	7	100	25	0	0	Cane Sugar	Yes	Yes	No
Elmhurst 1925	Milked Hazelnuts (Unsweetened)	90	2	9	1	110	24	0	0	None	Yes	Yes	No
Pacific Foods	Unsweetened Vanilla Hazelnut Milk	35	1	3	1	95	0	0	0	None	Yes	Yes	No
Pacific Foods	Original Hazelnut Milk	110	2	3.5	18	115	123	40	0	Rice Sweetener	Yes	Yes	No
Pacific Foods	Chocolate Hazelnut Milk	130	2	5	19	130	123	40	0	Rice Sweetener and Cane Sugar	Yes	Yes	No

<b>Hemp-seed Milks</b>													
<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 (IU)</b>	<b>Vit B12 (mcg)</b>	<b>Sweetener</b>	<b>"Vegan" on pkg or website?</b>	<b>"Gluten free" on pkg or website?</b>	<b>Organic?</b>
Pacific Foods	Original Hemp Milk	140	4	6	19	130	263	40	0	Brown Rice Syrup	Yes	No	No
Pacific Foods	Vanilla Hemp Milk	170	4	6	23	135	263	40	0	Brown Rice Syrup	Yes	No	No
Pacific Foods	Unsweetened Original Hemp Milk	60	3	4.5	0	110	257	40	0	None	Yes	No	No
Pacific Foods	Unsweetened Vanilla Hemp Milk	60	3	4.5	0	110	257	40	0	None	Yes	No	No
Pacific Foods	Chocolate Hemp Milk	200	4	6	32	150	265	40	0	Brown Rice Syrup	Yes	No	No
Tempt Hemp	Unsweetened Original Hempmilk	80	2	8	1	125	300	100	1.5	None	No	Yes	No
Tempt Hemp	Unsweetened Vanilla Hempmilk	80	2	8	1	135	300	100	1.5	None	No	Yes	No
Tempt Hemp	Vanilla Hempmilk	120	2	7	11	135	100	100	1.5	Raw Cane Sugar and Brown Rice Syrup	No	Yes	No
Tempt Hemp	Chocolate Hempmilk	170	2	6	24	135	300	100	1.5	Raw Cane Sugar	No	Yes	No

<b>Macadamia Milks</b>													
<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 (IU)</b>	<b>Vit B12 (mcg)</b>	<b>Sweetener</b>	<b>"Vegan" on pkg or website?</b>	<b>"Gluten free" on pkg or website?</b>	<b>Organic?</b>
Milkadamia	Original Macadamia Milk	70	1	5	7	105	450	100	3	Cane Sugar	Yes	Yes	No
Milkadamia	Unsweetened Macadamia Milk	50	1	5	1	85	450	100	3	None	Yes	Yes	No
Milkadamia	Unsweetened Vanilla Macadamia Milk	50	1	5	1	95	450	100	3	None	Yes	Yes	No
Milkadamia	Original Macadamia Milk (Chilled)	80	1	6	7	115	450	140	6	Cane Sugar	Yes	Yes	No
Milkadamia	Unsweetened Macadamia Milk (Chilled)	50	1	6	1	105	450	140	6	None	Yes	Yes	No
Milkadamia	Unsweetened Vanilla Macadamia Milk (Chilled)	50	1	6	1	105	450	140	6	None	Yes	Yes	No

<b>Peanut, Pecan, and other Milks</b>													
<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 (IU)</b>	<b>Vit B12 (mcg)</b>	<b>Sweetener</b>	<b>"Vegan" on pkg or website?</b>	<b>"Gluten free" on pkg or website?</b>	<b>Organic?</b>
Elmhurst 1925	Milked Peanuts (Chocolate)	130	8	3	18	115	19	0	0	Cane Sugar	Yes	Yes	No
Malk	Maple Pecan Malk	140	2	11	7	75	52	24	0	Maple Syrup	No	No	Yes
Three Trees	Pistachio Nutmilk	100	4	8	4	50	45	0	0	None	No	No	Yes
Three Trees	Black Sesame Nut and Seedmilk	140	4	9	12	55	78	0	0	Dates	No	No	Yes
Elmhurst 1925	Milked Walnuts (Original)	130	3	11	5	100	24	0	0	Cane Sugar	Yes	Yes	No
Elmhurst 1925	Milked Walnuts (Unsweetened)	120	3	11	1	5	24	0	0	None	Yes	Yes	No

<b>Nut Blends Milks</b>													
<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 (IU)</b>	<b>Vit B12 (mcg)</b>	<b>Sweetener</b>	<b>"Vegan" on pkg or website?</b>	<b>"Gluten free" on pkg or website?</b>	<b>Organic?</b>
Almond Breeze	Original Almond Cashew Milk	60	1	2.5	8	150	450	100	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Unsweetened Almond Cashew Milk	25	1	2	1	170	450	100	0	None	Yes	Yes	No
Almond Breeze	Vanilla Almond Cashew Milk	80	1	2	15	150	450	100	0	Cane Sugar	Yes	Yes	No
Almond Breeze	Unsweetened Vanilla Almond Cashew Milk	25	1	2	1	170	450	100	0	None	Yes	Yes	No
Califia Farms	Chocolate Coconut Almondmilk	90	2	4.5	11	170	472	0	0	Cane Sugar	Yes	Yes	No
Califia Farms	Toasted Coconut Almondmilk	45	0	4	2	180	472	0	0	None	Yes	Yes	No
Dream	Original Coconut Almond & Chia Drink	70	1	4	8	140	300	100	3	Evaporated Cane Syrup	Yes	Yes	No
Dream	Unsweetened Coconut Almond & Chia Drink	45	1	4	1	170	300	100	3	None	Yes	Yes	No
Dream	Original Almond Cashew and Hazelnut Drink	70	1	2.5	12	115	300	100	3	Evaporated Cane Syrup	Yes	Yes	No
Dream	Unsweetened Almond Cashew and Hazelnut Drink	50	1	2.5	5	125	300	100	3	None	Yes	Yes	No

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?
Forager	Unsweetened Vanilla Coconut Cashewmilk	100	1	8	4	10	20	0	0	None	Yes	Yes	Yes
Forager	Unsweetened Plain Coconut Cashewmilk	90	1	8	4	10	20	0	0	None	Yes	Yes	Yes
New Barn Organics	Organic Toasted Coconut Almondmilk	130	3	12	3	45	11	0	0	None	Yes	Yes	Yes
Silk	Original Almond Coconut Blend	50	1	2.5	6	130	460	40	0	Cane Sugar	Yes	Yes	No
Silk	Unsweetened Almond Coconut Blend	35	1	3	1	135	460	40	0	None	Yes	Yes	No
Silk	Original Protein Nutmilk	130	10	8	3	230	450	40	0	Cane Sugar	Yes	Yes	No
Silk	Vanilla Protein Nutmilk	140	10	7	8	160	450	40	0	Cane Sugar	Yes	Yes	No
Silk	Chocolate Protein Nutmilk	150	10	5	18	160	450	40	0	Cane Sugar	Yes	Yes	No
Trader Joe's	Cocoa Almond Cashew Beverage	80	2	2.5	13	130	160	0	0	Cane Sugar	Yes	Yes	No
Trader Joe's	Unsweetened Almond, Cashew, & Macadamia Nut Beverage	30	<1	2.5	1	120	160	0	0	None	Yes	Yes	No

Information in the table above was gathered from product labels, and manufacturers' websites in February-April, 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 intern Laneece Hurd.