

**Grain 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)	Vit D (IU)	Vit B12 (mcg)	Sweetener	"Vegan" on pkg or website	"Gluten Free" on pkg or website	Organic?
Pacific	Original	130	1	2	27	60	300	100	0	None	Yes	Yes	No
Pacific	Vanilla	130	1	2	27	60	300	100	0	None	Yes	Yes	No
Rice Dream	Classic Carob	150	1	2.5	30	80	0	0	0	None	Yes	Yes	No
Rice Dream	Classic Original	120	1	2.5	24	100	20	0	0	None	Yes	Yes	Yes
Rice Dream	Classic Vanilla	130	1	2.5	27	105	20	0	0	None	Yes	Yes	No
Rice Dream	Enriched Chocolate	160	2	3	34	90	300	100	1.5	None	Yes	Yes	No
Rice Dream	Enriched Original, refrigerated	120	1	2.5	23	80	300	100	1.5	None	Yes	Yes	No
Rice Dream	Enriched Original, shelf stable	120	1	2.5	23	100	300	100	1.5	None	Yes	Yes	Yes
Rice Dream	Enriched Unsweetened Original, refrigerated	90	1	2.5	15	130	300	100	1.5	None	Yes	Yes	No
Rice Dream	Enriched Unsweetened Original, shelf stable	70	1	2.5	11	125	300	100	1.5	None	Yes	Yes	Yes
Rice Dream	Enriched Vanilla, refrigerated	130	1	2.5	26	80	300	100	1.5	None	Yes	Yes	No
Rice Dream	Enriched Vanilla, shelf stable	130	1	2.5	26	105	300	100	1.5	None	Yes	Yes	No

365	Original	90	1	2.5	17	150	250	100	1.5	Brown rice syrup	Yes	Yes	Yes
365	Unsweetened	45	1	2	10	135	200	80	1.2	None	Yes	Yes	Yes
365	Vanilla	120	1	2.5	23	150	250	100	1.5	Brown rice syrup	Yes	Yes	Yes
Trader Joe's Organic	Unsweetened Original	120	1	2.5	23	100	300	100	1.5	None	Yes	Yes	Yes
Trader Joe's Organic	Unsweetened Vanilla	130	1	2.5	26	105	300	100	1.5	None	Yes	Yes	Yes

**Oat Milks**

<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>Vit 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	Original	130	4	2.5	24	115	350	100	0	None	Yes	No	Yes
Pacific	Vanilla	130	4	2.5	25	110	300	100	0	None	Yes	No	Yes

## Grain Blends

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (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 Rice & Quinoa Original Unsweetened	60	1	2.5	9	105	300	100	3	None	Yes	Yes	Yes
Dream Blends	Enriched Rice & Quinoa Original	90	1	3	16	140	300	100	3	None	Yes	Yes	Yes
Pacific	7 Grain Original	140	3	2	27	75	350	120	3	None	Yes	No	Yes
Pacific	7 Grain Vanilla	140	3	2	28	75	350	120	3	None	Yes	No	Yes

Information in the tables above was gathered from product labels and manufacturers' websites in July, 2013. These charts do 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.