

Soymilks – Nutritional information is for a 1 cup (8-ounce serving)

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?
365	Light Original	70	6	1.5	9	90	300	120	3	Organic evaporated cane juice	Yes	Yes	Yes
365	Light Vanilla	70	6	1.5	10	85	300	120	3	Organic evaporated cane juice	Yes	Yes	Yes
365	Original	90	6	3.5	9	110	300	120	3	Organic evaporated cane juice	Yes	Yes	Yes
365	Unsweetened	70	7	4	4	120	300	120	3	None	Yes	Yes	Yes
365	Vanilla	90	6	3.5	10	110	300	120	3	Organic evaporated cane juice	Yes	Yes	Yes
8th Continent	Complete Vanilla	80	6	2.5	8	95	400	100	1.2	Sugar, Fructose, Sucralose	Yes	Yes	No
8th Continent	Fat-Free Original	60	6	0	8	100	300	100	.9	Sugar	Yes	Yes	No
8th Continent	Fat-Free Vanilla	70	6	0	11	100	300	100	.9	Sugar, Fructose	Yes	Yes	No
8th Continent	Light Chocolate	90	7	1.5	12	120	300	100	.9	Sugar, Fructose, Sucralose	Yes	Yes	No
8th Continent	Light Original	50	6	2	2	115	300	100	.9	Sugar, Sucralose	Yes	Yes	No
8th Continent	Light Vanilla	60	6	2	5	110	300	100	.9	Sugar, Fructose, Sucralose	Yes	Yes	No
8th Continent	Original	80	8	2.5	7	95	300	100	1.2	Sugar	Yes	Yes	No

8th Continent	Vanilla	100	8	2.5	11	85	300	100	1.2	Sugar, Fructose	Yes	Yes	No
Earth Balance	Original	90	7	4	8	75	300	120	3	Organic Dried Cane Syrup	Yes	Yes	Yes
Earth Balance	Vanilla	90	6	3.5	9	85	300	120	3	Organic Dried Cane Syrup	Yes	Yes	Yes
Earth Balance	Chocolate	130	5	3	21	100	300	120	3	Organic Dried Cane Syrup	yes	yes	Organic soybeans
Earth Balance	Soy Nog	160	6	3	24	190	0	0	0	Organic Dried Cane Syrup	Yes	Yes	Yes
Earth Balance	Unsweetened	80	7	4	3	120	300	120	3	None	Yes	Yes	Yes
Eden Foods	Edensoy Carob	170	7	4	28	100	80	0	0	Organic wheat and barley malt	Yes	No	Yes
Eden Foods	Edensoy Chocolate	180	8	4	29	110	100	0	0	Organic wheat and barley malt	Yes	No	Yes
Eden Foods	Edensoy Extra Original	130	11	4	13	100	200	40	3	Organic wheat and barley malt	Yes	No	Yes
Eden Foods	Edensoy Extra Vanilla	150	7	3	23	90	200	40	3	Organic wheat and barley malt	Yes	No	Yes
Eden Foods	Edensoy Original	140	11	5	14	105	100	0	0	Organic wheat and barley malt	Yes	No	Yes
Eden Foods	Edensoy Unsweetened	120	12	6	5	5	40	0	0	None	Yes	Yes	Yes
Eden Foods	Edensoy Vanilla	150	7	3	24	85	80	0	0	Organic wheat and barley malt	Yes	No	Yes

Pacific All Natural	Original - Unsweetened	90	9	4.5	4	85	20	0	0	None	Yes	Yes	Yes
Pacific All Natural	Select Original	70	5	2.5	9	115	20	0	0	Evaporated cane juice	Yes	Yes	Organic soybeans
Pacific All Natural	Select Vanilla	80	5	2.5	11	115	20	0	0	Evaporated cane juice	Yes	Yes	Organic soybeans
Pacific All Natural	Ultra Original	140	10	5	12	150	300	100	1.5	Evaporated cane juice	Yes	Yes	Organic soybeans
Pacific All Natural	Ultra Vanilla	140	10	5	14	150	300	100	1.5	Evaporated cane juice	Yes	Yes	Organic soybeans
Silk	Chocolate, refrigerated	120	5	3	19	95	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Chocolate, shelf-stable	150	5	3	25	100	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Light Chocolate	90	3	1.5	16	85	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Light Original	60	6	1.5	5	135	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Light Vanilla	70	6	1.5	7	110	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Organic Original	100	7	4	8	100	300	120	3	Organic evaporated cane juice	Yes	Yes	Yes
Silk	Organic Unsweetened	80	7	4	3	70	300	120	3	None	Yes	Yes	Yes
Silk	Organic Vanilla	100	6	3.5	10	95	300	120	3	Organic evaporated cane juice	Yes	Yes	Yes
Silk	Original, refrigerated	90	6	3.5	8	100	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Original, shelf-stable	100	7	4	8	120	450	100	1.5	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Plain - DHA Omega 3	100	7	4	7	125	400	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Vanilla, refrigerated	100	6	3.5	10	100	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans

Silk	Vanilla, shelf-stable	100	6	3.5	10	100	450	100	1.5	Cane sugar	Yes	Yes	Non-GMO soybeans
Silk	Very Vanilla	130	6	3.5	18	110	450	120	3	Cane sugar	Yes	Yes	Non-GMO soybeans
Soy Dream	Classic Original	130	7	4	16	150	40	0	0	Organic rice syrup	Yes	Yes	Yes
Soy Dream	Classic Vanilla	140	7	4	18	135	40	0	0	Organic rice syrup	Yes	Yes	Yes
Soy Dream	Enriched Chocolate	150	7	4	21	125	400	100	3	Organic evaporated cane juice	Yes	Yes	Yes
Soy Dream	Enriched Original	100	7	4	8	135	350	100	3	Organic evaporated cane juice	Yes	Yes	Yes
Soy Dream	Enriched Original	100	8	3.5	9	140	300	100	3	Organic evaporated cane juice	Yes	Yes	Yes
Soy Dream	Enriched Vanilla	120	7	4	14	135	350	100	3	Organic evaporated cane juice	Yes	Yes	Yes
Soy Dream	Enriched Vanilla	120	8	3.5	14	130	300	100	3	Organic evaporated cane juice	Yes	Yes	Yes
Trader Joe's	Chocolate	130	4	2.5	23	110	400	120	0	Milled cane sugar, Brown rice syrup	No	No	Organic soybeans
Trader Joe's	Organic Chocolate Extra	130	7	3	17	120	300	120	0	Organic evaporated cane juice	No	No	Yes
Trader Joe's	Organic Original Extra	130	7	3	17	120	300	120	0	Organic evaporated cane juice	No	No	Yes
Trader Joe's	Organic Vanilla Extra	130	7	3	19	125	300	120	0	Organic evaporated cane juice	No	No	Yes

Trader Joe's	Original	100	5	2	13	120	400	120	0	Brown rice syrup	No	No	Organic soybeans
Trader Joe's	Soy Essential Unsweetened	90	7	4	6	70	350	120	3	None	Yes	Yes	Organic soybeans
Trader Joe's	Vanilla	100	5	2	16	120	400	120	0	Brown rice syrup	No	No	Organic soybeans
Trader Joe's S	Organic unsweetened	90	9	4.5	4	15	20	0	0	None	No	Yes	Yes
Westbrae Natural Westsoy	Low Fat Plain	90	4	2	15	80	200	100	0	Rice and barley malt	No	No	Non-GMO soybeans
Westbrae Natural Westsoy	Low Fat Vanilla	120	4	2	23	65	200	100	0	Rice and barley malt	No	No	Non-GMO soybeans
Westbrae Natural Westsoy	Non Fat Plain	70	6	0	10	105	250	100	0	Organic dehydrated cane juice	No	Yes	Yes
Westbrae Natural Westsoy	Non Fat Vanilla	80	6	0	12	105	250	100	0	Organic dehydrated cane juice	No	Yes	Yes
Westbrae Natural Westsoy	Original	130	8	3.5	18	125	40	N/A	0	Organic brown rice syrup	No	Yes	Yes
Westbrae Natural Westsoy	Plus Plain	110	8	4.5	11	125	300	100	3	Organic evaporated cane juice	No	Yes	Yes
Westbrae Natural Westsoy	Plus Vanilla	110	8	4.5	11	125	300	100	3	Organic evaporated cane juice	No	Yes	Yes
Westbrae Natural Westsoy	Soy Slender Cappuccino	70	7	3	4	125	300	100	0	Sucralose	No	No	Yes
Westbrae Natural Westsoy	Soy Slender Chocolate	70	7	3	5	125	300	100	0	Sucralose	No	No	Yes

Westbrae Natural Westsoy	Soy Slender Vanilla	70	6	3	4	125	300	100	0	Sucralose	No	No	Yes
Westbrae Natural Westsoy	Unsweetened	90	9	4.5	5	30	40	0	0	None	No	Yes	Yes
Westbrae Natural Westsoy	Unsweetened Almond	90	9	4.5	5	30	40	0N/A	0	None	No	Yes	Yes
Westbrae Natural Westsoy	Unsweetened Chocolate	100	9	4.5	6	30	40	0	0	None	No	Yes	Organic soybeans
Westbrae Natural Westsoy	Unsweetened Vanilla	100	9	4.5	5	30	40	0	0	None	No	Yes	Yes
Zensoy Soymilk	Cappuccino	150	7	3.5	22	160	300	120	3	Organic granulated cane juice	Yes	Yes	Yes
Zensoy Soymilk	Chocolate	170	7	4	27	160	300	120	3	Organic granulated cane juice	Yes	Yes	Yes
Zensoy Soymilk	Plain	110	7	3.5	14	80	300	120	3	Organic granulated cane juice	Yes	Yes	Yes
Zensoy Soymilk	Vanilla	110	7	3.5	14	80	300	120	3	Organic granulated cane juice	Yes	Yes	Yes

Information in the table above was gathered from product labels and manufacturers' websites in July, 2013. This chart does 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.