

## 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?
<b>8th Continent</b>	Original	80	8	2.5	7	95	300	100	1.2	Sugar	Yes	Yes	No
	Vanilla	100	8	2.5	11	85	300	100	1.2	Sugar, Fructose	Yes	Yes	No
	Light Original	50	6	2	2	115	300	100	0.9	Sugar, Sucralose	Yes	Yes	No
	Light Vanilla	60	6	2	5	110	300	100	0.9	Sugar, Fructose, Sucralose	Yes	Yes	No
	Light Chocolate	90	7	1.5	12	120	300	100	0.9	Sugar, Fructose, Sucralose	Yes	Yes	No
<b>365</b>	Complete Vanilla	80	6	2.5	8	95	400	100	1.2	Sugar, Sucralose	Yes	Yes	No
	Organic Original	100	7	4	8	85	300	100	1.2	Organic Cane Sugar	Yes	Yes	Yes
	Organic Vanilla	100	7	4	10	95	300	100	1.2	Organic Cane Sugar	Yes	Yes	Yes
	Organic Unsweetened Original	70	7	3.5	3	85	300	100	1.2	None	Yes	Yes	Yes
<b>Best Choice</b>	Original	90	7	4	7	150	300	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	Vanilla	100	7	4	9	130	300	120	3	Organic Cane Sugar	No	No	Organic Soybeans
<b>Better Than Milk</b>	Original Vegan Powder	90	1	1.5	18	115	60	0	1.5	Maltodextrin	Yes	Yes	No
	Vanilla Vegan Powder	90	1	1.5	18	115	60	0	1.5	Maltodextrin	Yes	Yes	No
<b>Eden Foods/ Edensoy</b>	Organic Original	140	11	5	14	105	100	0	0	Malted Organic wheat and barley extract	No*	No	Yes
	Organic Vanilla	150	7	3	24	85	80	0	0	Malted Organic wheat and barley extract	No*	No	Yes

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<b>Eden Foods/ Edensoy, continued</b>	Organic Cocoa	200	8	4.5	32	95	97	0	0	Malted wheat and barley extract, maple syrup	No*	No	Yes
	Organic Carob	170	7	4	28	95	80	0	0	Malted Organic wheat and barley extract	No*	No	Yes
	Organic Unsweetened	120	12	6	5	5	40	0	0	None	No*	Yes	Yes
	Organic Extra Original	130	11	4	13	100	200	40	3	Malted Organic wheat and barley extract	No*	No	Yes
	Organic Extra Vanilla	150	7	3	23	90	200	40	3	Malted Organic wheat and barley extract	No*	No	Yes
<b>Full Circle Market</b>	Organic Original (refrigerated)	100	7	4	8	85	300	200	1.2	Organic Cane Sugar	No	No	Organic Soybeans
	Organic Vanilla (refrigerated)	100	7	4	10	95	300	200	1.2	Organic Cane Sugar	No	No	Organic Soybeans
	Organic Original (shelf stable)	100	7	4	8	100	300	120	3	Organic Dried Cane Syrup	No	No	Organic Soybeans
	Organic Vanilla (shelf stable)	100	7	3.5	11	95	300	120	3	Organic Dried Cane Syrup	No	No	Organic Soybeans
	Organic Unsweetened (shelf stable)	80	7	4	4	85	300	120	3	None	No	No	Organic Soybeans

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<b>Giant Eagle Nature's Basket</b>	Organic	90	7	3.5	7	140	250	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	Organic Vanilla	100	7	3.5	9	120	300	240	1.2	Organic Cane Sugar	No	Yes	Organic Soybeans
<b>Great Value</b>	Original	100	8	4	9	85	300	120	3	Sugar	No	No	No
<b>Organic Great Value</b>	Original Organic	90	7	3.5	9	95	300	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	Vanilla Organic	90	6	3	11	90	300	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	Original Unsweetened	80	8	4.5	4	135	340	60	0	None	Yes	No	Organic Soybeans
<b>Greenwise (Publix)</b>	Organic, Plain	90	7	4	7	150	300	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	Organic, Vanilla	100	7	4	9	130	300	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
<b>Hiland</b>	Organic Soy Original	100	7	4	8	120	300	120	3	Organic Evaporated Cane Syrup	No	No	Organic Soybeans
	Organic Soy Vanilla	100	6	3.5	11	95	300	120	3	Organic Evaporated Cane Syrup	No	No	Organic Soybeans
<b>Kikkoman Pearl</b>	Organic Original	110	7	3.5	12	110	300	140	0	Organic Evaporated Cane Juice, Organic Malt syrup	No	No	Non GMO soybeans
	Organic Creamy Vanilla	110	7	3.5	11	90	300	140	0	Organic Evaporated Cane Juice	No	No	Non GMO soybeans
	Organic Chocolate	150	8	4.5	21	180	300	140	0	Organic Evaporated Cane Juice	No	No	Non GMO soybeans
	Organic Green Tea	110	7	3.5	13	95	300	140	0	Organic Evaporated Cane Juice	No	No	Non GMO soybeans

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<b>Kikkoman Pearl, continued</b>	Organic Coffee	150	6	4	24	190	300	100	0	Organic Evaporated Cane Juice	No	No	Non GMO soybeans
	Organic Unsweetened	90	8	4.5	6	130	200	100	0	None	No	No	Non GMO soybeans
<b>Laura Lynn</b>	Original	90	7	3.5	7	140	300	240`	1.2	Organic Cane Sugar	No	No	Organic Soybeans
	Vanilla	100	7	3.5	9	120	300	240	1.2	Organic Cane Sugar	No	No	Organic Soybeans
<b>Nature's Place</b>	Organic Plain	90	7	3.5	7	140	250	120	3	Organic Cane Sugar	No	No	Organic Soybeans
	Organic Vanilla	100	7	4	9	130	300	120	3	Organic Cane Sugar	No	No	Organic Soybeans
<b>Nature's Promise Organic</b>	Original	110	8	4	9	95	450	120	3	Organic Cane Sugar	No	No	Yes
	Vanilla	100	6	3	11	90	450	120	3	Organic Cane Sugar	No	No	Yes
	Chocolate	120	5	2.5	20	95	450	120	3	Organic Cane Sugar	No	No	Yes
<b>Nature's Soy</b>	Matcha	100	6	3.5	10	65	40	0	0	Cane Sugar	No	No	No
	Unsweetened	80	7	4	3	10	170	100	3	None	No	No	No
	Black Sesame	110	5	3.5	13	65	40	0	0	Cane Sugar	No	No	No
	Sweetened	130	7	4	16	10	170	100	3	Cane Sugar	No	No	No
	Reduced Sugar High Fiber	120	7	4	14	75	170	100	3	Cane Sugar	No	No	No
<b>NOW</b>	Organic Soy Milk Powder	90	8	3.5	6	10	53	0	0	None	No	No	Non GMO soybeans
<b>O Organics</b>	Plain Organic	100	7	4	8	85	250	200	1.2	Organic Cane Sugar	No	No	Non GMO soybeans

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<b>O Organics, continued</b>	Vanilla Organic	100	7	4	10	95	250	200	1.2	Organic Cane Sugar	No	No	Non GMO soybeans
<b>Pacific All Natural</b>	Organic Unsweetened Original	90	9	4	5	10	35	0	0	None	Yes	Yes	Yes
	Select Soy Original	70	5	2.5	9	115	20	0	0	Dried Cane Syrup	Yes	Yes	Organic Soybeans
	Select Soy Vanilla	80	5	2.5	11	115	20	0	0	Dried Cane Syrup	Yes	Yes	Organic Soybeans
	Ultra Soy Original	140	10	5	13	125	276	100	1.5	Cane Sugar	Yes	Yes	Organic Soybeans
	Ultra Soy Vanilla	150	10	5	15	125	276	100	1.5	Cane Sugar	Yes	Yes	Organic Soybeans
<b>ShopRite Wholesome Pantry</b>	Organic Original	100	7	4	8	100	300	240	1.2	Organic Cane Sugar	No	Yes	Organic Soybeans
	Organic Vanilla	100	7	3.5	11	95	300	240	1.2	Organic Cane Sugar	No	Yes	Organic Soybeans
<b>Silk</b>	Original, Refrigerated	110	8	4.5	9	90	450	120	3	Cane Sugar	Yes	Yes	Non GMO soybeans
	Vanilla, Refrigerated	100	6	3.5	11	85	450	120	3	Cane Sugar	Yes	Yes	Non GMO soybeans
	Organic Vanilla, Refrigerated	100	6	3.5	10	85	300	120	3	Organic Cane Sugar	Yes	Yes	Yes
	Very Vanilla, Refrigerated	130	6	3.5	18	110	450	120	3	Cane Sugar	Yes	Yes	Non GMO soybeans
	Chocolate, Refrigerated	150	9	5	19	85	450	120	3	Cane Sugar	Yes	Yes	Non GMO soybeans
	Organic Unsweetened, Refrigerated	80	7	4	3	75	300	120	3	None	Yes	Yes	Yes

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<b>Silk, continued</b>	Organic Unsweetened Vanilla, Refrigerated	80	7	4	4	70	210	120	3	None	Yes	Yes	Yes
	Light Original, Refrigerated	60	6	2	5	115	450	120	3	Cane Sugar	Yes	Yes	Non GMO soybeans
	Light Vanilla, Refrigerated	70	6	2	7	90	450	120	3	Cane Sugar	Yes	Yes	Non GMO soybeans
	Original, Shelf Stable	100	7	4	7	105	450	100	1.5	Cane Sugar	Yes	Yes	Non GMO soybeans
	Vanilla, Shelf Stable	100	6	3.5	9	80	450	100	1.5	Cane Sugar	Yes	Yes	Non GMO soybeans
<b>Simple Truth Organic</b>	Plain	100	7	4	8	125	300	120	3	Organic Sugar	No	No	Organic Soybeans
	Vanilla	100	6	3.5	11	95	300	120	3	Organic Sugar	No	Yes	Organic Soybeans
	Chocolate	140	5	3.5	23	105	300	120	3	Organic Sugar	No	Yes	Organic Soybeans
	Unsweetened	80	7	4	4	85	300	100	3	None	No	No	Organic Soybeans
	Light Vanilla	90	6	1.5	11	85	300	120	3	Organic Sugar	No	Yes	Organic Soybeans
<b>Simply Nature</b>	Original	100	7	4	7	100	300	120	3	Organic Cane Sugar	Yes	Yes	Non GMO soybeans
	Vanilla	100	6	3.5	9	100	300	120	3	Organic Cane Sugar	Yes	Yes	Non GMO soybeans
<b>Soy Dream</b>	Organic Classic Original	130	7	4	16	135	40	0	0	Organic Rice Syrup	Yes	Yes	Non GMO soybeans
	Organic Classic Vanilla	140	7	4	18	135	40	0	0	Organic Rice Syrup	Yes	Yes	Non GMO soybeans

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<b>Soy Dream, continued</b>	Organic Enriched Original	100	7	4	8	135	300	100	3	Organic Evaporated Cane Syrup	Yes	Yes	Non GMO soybeans
	Organic Enriched Vanilla	120	7	4	14	135	350	100	3	Organic Evaporated Cane Syrup	Yes	Yes	Non GMO soybeans
<b>Sprouts</b>	Organic Original	100	7	4	8	80	300	120	3	Organic Evaporated Cane Syrup	No	No	Organic Soybeans
	Organic Vanilla	100	7	4	9	80	300	120	3	Organic Evaporated Cane Syrup	No	No	Organic Soybeans
<b>Trader Joe's</b>	Organic Vanilla	90	7	3.5	8	70	300	120	3	Organic Cane Sugar; Organic Sugar	Yes	Yes	Yes
	Organic Unsweetened	70	7	3.5	3	70	300	120	3	None	Yes	Yes	Yes
	Organic Original Extra	130	7	3	17	120	300	120	0	Organic Evaporated Cane Juice	No	No	Yes
	Organic Vanilla Extra	130	7	3	19	125	300	120	0	Organic Evaporated Cane Juice	No	No	Yes
	Organic Chocolate Extra	130	7	3	17	120	300	120	0	Organic Evaporated Cane Juice	No	No	Yes
	Organic Unsweetened, shelf stable	90	9	4.5	4	85	20	0	0	None	No	Yes	Yes
<b>Vitasoy</b>	Soy Drink	130	7	4	17	60	0	0	0	Sugar	No	No	Non GMO soybeans
	Malt	140	7	4	20	125	0	0	0	Sugar	No	No	Non GMO soybeans
	Less Sugar	110	7	4	11	60	0	0	0	Sugar, Fructose	No	No	Non GMO soybeans

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<b>Vitasoy, continued</b>	Chocolate Flavored	160	3	3.5	29	130	20	0	0	Sugar	No	No	Non GMO soybeans
	Coconut	150	5	4.5	22	100	20	0	0	Sugar	No	No	Non GMO soybeans
	Melon Flavored	130	4	3.5	21	100	20	0	0	Sugar, Maltodextrin, Fructose	No	No	Non GMO soybeans
	Black Soy	140	6	4	20	95	20	0	0	Sugar, Maltodextrin	No	No	Non GMO soybeans
<b>Westbrae Natural Westsoy</b>	Organic Original	130	8	3.5	18	125	40	0	0	Organic brown rice syrup	No	Yes	Non GMO soybeans
	Non Fat Plain	70	6	0	10	105	250	100	0	Organic dehydrated cane juice	No	Yes	Yes
	Non Fat Vanilla	80	6	0	12	105	250	100	0	Organic dehydrated cane juice	No	Yes	Yes
	Low Fat Plain	90	4	2	15	80	200	100	0	Rice and barley malt	No	No	Non GMO soybeans
	Low Fat Vanilla	120	4	2	23	65	200	100	0	Rice and barley malt	No	No	Non GMO soybeans
	Organic Plus Plain	110	8	4.5	11	125	300	100	3	Organic Evaporated Cane Juice	No	Yes	Non GMO soybeans
	Organic Plus Vanilla	110	8	4.5	11	125	300	100	3	Organic Evaporated Cane Juice	No	Yes	Non GMO soybeans
	Soy Slender Cappuccino	70	7	3	4	125	300	100	0	Sucralose	No	No	Yes
	Soy Slender Chocolate	70	7	3	5	125	300	100	0	Sucralose	No	No	Yes
	Soy Slender Vanilla	70	6	3	4	125	300	100	0	Sucralose	No	No	Yes



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<b>Westbrae Natural Westsoy, continued</b>	Chocolate Peppermint Stick	180	7	3.5	30	130	300	100	0	Organic Evaporated Cane Syrup	No	No	Yes
	Organic Unsweetened Plain	100	9	5	4	35	0	0	0	None	No	Yes	Non GMO soybeans
	Organic Unsweetened Vanilla	100	9	5	4	30	0	0	0	None	No	Yes	Non GMO soybeans
<b>Weis Organics</b>	Organic Original	90	7	3.5	7	140	250	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	Organic Vanilla	100	7	3.5	9	120	250	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
<b>Wild Harvest</b>	Organic Original	90	7	3.5	7	140	300	240	1.2	Organic Cane Sugar	No	No	Organic Soybeans
	Organic Vanilla	100	7	3.5	9	120	300	240`	1.2	Organic Cane Sugar	No	No	Organic Soybeans
<b>Wildwood</b>	Organic, Original	90	7	3.5	7	70	300	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	Organic, Vanilla	90	7	3.5	8	70	300	120	3	Organic Cane Sugar	No	Yes	Organic Soybeans
	Organic Unsweetened	70	7	3.5	3	70	300	120	3	None	No	Yes	Organic Soybeans
<b>Yeo's</b>	Soymilk	160	6	6	21	60	0	0	0	Cane Sugar	No	No	No
	Black Soy	140	5	4.5	19	85	20	0	0	Cane Sugar	No	No	No
	Less Sugar	100	5	3	14	0	20	0	0	Cane Sugar	No	No	No
	Vietnamese Style	180	6	4	29	25	20	0	0	Cane Sugar	No	No	No

\*Although the Eden Foods website does not explicitly say that products are vegan, it states, "None of our foods contain dairy derivatives, eggs, gelatin, or animal derived by-products." [https://www.edenfoods.com/faqs/view.php?categories\\_id=1#faq6](https://www.edenfoods.com/faqs/view.php?categories_id=1#faq6)

Information in the table above was gathered from product labels, manufacturers' websites, and company spokespeople between August, 2018 and January, 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 and the table created by VRG volunteer Marcia Schveibinz.