

Grain and Pea Milks – Nutritional Information is for a 1-cup (8-ounce) serving

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
Bettergoods	Plant-Based Original Oatmilk (refrigerated)	100	2	3.5	17	125	310	2.4	1
	Plant-Based Extra Creamy Oatmilk (refrigerated)	140	2	8.0	15	115	300	2.1	1
Califia Farms	Original Organic Oatmilk (refrigerated)	80	3	1.0	14	160	30	0	0
	Extra Creamy Oatmilk (refrigerated)	110	2	6.0	12	115	260	4.4	0
	Zero Sugar Oatmilk (refrigerated)	100	1	4.5	12	100	260	4.4	0
	Original Protein Oatmilk (refrigerated)	140	8	7	10	220	590	5	0
	Kids' Complete Plant-based Milk (pea protein) (refrigerated)	130	8	6	9	115	310	4.4	1.1
Chobani	Original Oatmilk (refrigerated)	110	2	5	13	105	100	2	0
	Extra Creamy Oatmilk (refrigerated)	140	2	8	13	105	100	2	0
	Zero Sugar Unsweetened Oatmilk (refrigerated)	50	1	2	7	50	200	3	0
Dream	Ricemilk Original Classic (shelf-stable)	120	0	2.5	24	80	20	0	0
	Ricemilk Original with Calcium & Vitamin D (shelf-stable)	120	0	2.5	24	80	300	4.8	1.1
	Ricemilk Unsweetened Original with Calcium & Vitamin D (shelf-stable)	60	0	2.5	10	105	130	4.8	1.1
	Ricemilk 2% Fat (shelf-stable)	150	0	5	25	80	320	4.8	1.1
	Ricemilk "Whole" (shelf-stable)	170	0	8	25	80	320	4.8	1.1
Elmhurst 1925	Milked Oats (shelf-stable)	100	3	1.5	18	120	18	0	0
	Milked Oats, Unsweetened (shelf-stable)	100	3	2	17	120	22	0	0
Forager Project	Organic Oatmilk (shelf-stable)	130	2	2	27	50	33	0	0
Friendly Farms	Original Oat Milk (refrigerated)	120	2	5.0	16	140	350	5	1.2
Golden Wing	Barley Milk (shelf-stable)	130	3	0	23	110	468	11	0
Good Karma	Kids Original Oatmilk+ (refrigerated)	90	5	5	7	110	300	5.1	1.2
Kirkland Signature	Organic Non-Dairy Oat Beverage (shelf-stable)	120	3	5	16	95	390	4	0.6
MALK	Oat Malk Organic Original (refrigerated)	90	3	1.5	15	180	0	0	0
	Oat Malk Organic Original (shelf-stable)	90	3	1.5	15	180	0	0	0

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Mooala	Original Organic Oatmilk (shelf-stable)	80	1	3	12	130	192	0	0
	Simple Organic Oatmilk (shelf-stable)	90	2	1.5	17	140	10	0	0
Nature's Promise	Plant-Based Original Oat Milk (refrigerated)	120	2	5	16	140	350	5	0
	Plant-Based Unsweetened Original Oat Milk (refrigerated)	60	1	4	6	95	350	5	0
	Plant-Based Oat Milk Extra Creamy (refrigerated)	140	2	8	16	140	350	5	0
Oatly	Original Oatmilk (refrigerated)	120	3	5	16	100	350	3.6	1.2
	Super Basic Oatmilk (refrigerated)	80	3	1	16	110	0	0	0
	Unsweetened Oatmilk (refrigerated)	40	0	1.5	6	115	320	4	1.2
	Low-Fat Oatmilk (refrigerated)	90	3	1	16	100	350	3.6	1.2
	Full Fat Oatmilk (refrigerated)	160	3	9	15	100	350	3.6	1.2
	Original Oatmilk (shelf-stable)	120	3	5	16	100	350	3.6	0.4
Oatsome	Original Organic Oat Drink (shelf-stable)	130	2	4	21	60	289	2	0.9
Open Nature	Original Oat Non-Dairy Beverage (refrigerated)	120	3	5	16	140	350	N/A	0
Pacific Foods	Original Organic Oat Milk (shelf-stable)	140	4	2	26	105	120	2	0
Planet Oat	Original Oatmilk (refrigerated)	90	2	1.5	20	100	350	4	0.2
	Unsweetened Original Oatmilk (refrigerated)	40	1	0.5	9	90	350	4	0.2
	Extra Creamy Original Oatmilk(refrigerated)	120	2	3	22	105	350	4	0.2
	Unsweetened Extra Creamy Original Oatmilk (refrigerated)	70	1	3.5	9	90	350	4	0.2
Plantstrong	Unsweetened Oat Whole Plant-Based Milk (shelf-stable)	45	1	1	7	105	300	4.8	2.5
Ripple	Original Pea-based Milk (refrigerated)	90	8	4	6	130	440	5	1.1
	Unsweetened Original Pea-based Milk (refrigerated)	70	8	4	6	120	440	5	1.1
	Original Pea-based Milk (shelf-stable)	100	8	5	6	160	440	5	1.1
	Unsweetened Original Pea-based Milk (shelf-stable)	80	8	4.5	<1	120	440	5	1.1

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
Silk	Original Oatmilk (refrigerated)	120	1	5	18	100	470	4	2.4
	Extra Creamy Oatmilk (refrigerated)	160	1	9	18	105	470	4	2.4
	Original Protein Oatmilk (refrigerated)	110	5	3.5	15	160	500	3	2.4
	Kids Oatmilk Blend (refrigerated)	120	8	6	8	60	330	4	1.1
	Original Oatmilk (shelf-stable)	120	<1	5	18	110	450	3	2.2
	Unsweet Oatmilk (shelf-stable)	60	1	3	7	90	450	3	3
Simple Truth	Original Oat Milk (refrigerated)	90	2	1.5	18	150	360	4	1.2
	Unsweetened Oat Milk (refrigerated)	90	1	5	9	95	250	4	1.2
	Oatmilk Original (shelf-stable)	120	3	5	16	140	350	3.6	0
Sproud	Plant-based Original (pea-based milk) (shelf-stable)	90	5	6	6	95	325	5	0.6
	Plant-based Unsweetened (pea-based milk) (shelf-stable)	60	4	5	<1	95	325	5	0.6
365 by Whole Foods	Original Oatmilk (refrigerated)	120	3	5	16	140	350	3.6	1.2
Trader Joe's	Non-Dairy Oat Beverage with Vitamins A, D, & B12 (refrigerated)	90	2	5	9	170	110	2.9	0.9
	Non-Dairy Oat Beverage (shelf-stable)	110	2	2	22	25	20	0	0
	Non-Dairy Rice Beverage, Organic Original (shelf-stable)	120	0	2.5	24	80	300	4.8	1.1
Wegmans	Original Oatmilk (refrigerated)	110	2	3.5	18	100	350	3.6	1.2
	Extra Creamy Oatmilk (refrigerated)	160	3	9	15	100	350	3.6	1.2
	Zero Sugar Oatmilk (refrigerated)	80	0	5	7	120	330	4	1.2
Willa's Organic	Unsweetened Original Oat Milk (shelf-stable)	80	4	1.5	14	160	0	0	0

Information in the table above was gathered from product labels, and manufacturers' websites in Summer and Fall, 2024. This chart includes original and unsweetened flavors and may not include all products available.

In this table, we use the wording on the product's website. That's why you may see both "Oatmilk" and "Oat Milk," for example.

None of these beverages should be used to replace infant formulas or breast milk. They are not suitable for use by infants as a main food since they do not resemble breastmilk or infant formula in composition.

Since information changes, if you have special concerns, verify information with the company.

This information was collected by VRG volunteer Mae Y. Seon.

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See more charts at https://www.vrg.org/nutrition/milk_alternatives/

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