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

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sat Fat (g)	Sodium (mg)	Calcium (mg)	Vit D	Vit B12 (mcg)	Sweetener	"Vegan" on pkg or website	"Gluten Free" on pkg or website	Organic?
Dream Blends	Coconut, Almond, &		107	107	107				, ,	, <u>o,</u>	Evap Cane			
Enriched	Chia Original	70	1	4	8	2.5	140	300	100	3	Syrup	Yes	Yes	No
Dream Blends Enriched	Coconut, Almond, & Chia Original Unsweetened	70	1	4	1	2.5	170	300	100	3	None	Yes	Yes	No
Dream Blends Enriched	Coconut, Almond, & Chia Original Unsweetened	70	1	4	1	2.5	170	300	100	3	None	Yes	Yes	No
Silk	Original	80	0	5	7	5	45	450	100	3	Cane Sugar	Yes	Yes	No
Silk	Vanilla	90	0	5	9	5	45	450	100	3	Cane Sugar	Yes	Yes	No
So Delicious	Chocolate	100	1	5	12	4	160	100	120	3	Dried cane syrup, Reb A (stevia extract), monk fruit	Yes	Yes	Made with organic coconut
So Delicious	Mint Chocolate	100	0	5	14	4	160	0	0	0	Dried cane syrup, Reb A (stevia extract), monk fruit	Yes	Yes	No

											Dried			
So											cane			
Delicious	Nog	180	0	6	30	6	230	0	0	0	syrup	Yes	Yes	No
											Dried			
So											cane			
Delicious	Original	70	0	4.5	8	4	15	100	120	3	syrup	Yes	Yes	Yes
											Dried			
So	Pumpkin	1.10	0	_	20	2	200				cane	V		
Delicious	Spice	140	0	2	30	2	200	0	0	0	syrup	Yes	Yes	No
											Reb A			Made
											(stevia extract),			with
So	Sugar Free										monk			organic
Delicious	Original	45	0	4.5	2	4	65	100	120	3	fruit	Yes	Yes	coconut
2 011 01 0 010	011911101					-					Reb A	. 55	1.00	55551145
											(stevia			Made
											extract),			with
So	Sugar Free										monk			organic
Delicious	Vanilla	50	0	4.5	2	4	65	100	120	3	fruit	Yes	Yes	coconut
So														
Delicious	Unsweetened	45	0	4.5	2	4	15	100	120	3	None	Yes	Yes	Yes
So	Unsweetened	4.5	•	4 =	-		4 =	400	420	_	l <u>.</u> .	.,		
Delicious	Vanilla	45	0	4.5	2	4	15	100	120	3	None	Yes	Yes	Yes
Ca											Dried			
So Delicious	Vanilla	80	0	4.5	10	4	15	100	120	3	cane	Yes	Yes	Tes
Trader	vaillia	00	U	4.3	10	4	13	100	120	3	syrup	165	162	162
Joe's	Unsweetened	60	0	5	1	5	150	300	100	1.5	None	Yes	Yes	No
3000	3.15WCCCC11CG				-		100	300	100	1.5	Evap		. 23	
Trader											Cane			
Joe's	Vanilla	90	0	5	9	5	140	300	100	1.5	Sugar	Yes	Yes	No

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.