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## A Comprehensive Comparison of Milk Types



MILK TYPE	CALORIES	PROTEIN	FAT	SAT FAT	SUGARS	CALCIUM	VITAMIN D
Cow (Whole)	150	8 g	8 g	4.6 g	12 g	270 mg	124 IU
Cow (2%)	125	8 g	5 g	2.9 g	12 g	290 mg	100 IU
Cow (1%)	102	8 g	2.5 g	1.5 g	13 g	300 mg	100 IU
Cow (Skim)	83	8 g	0 g	0.1 g	12 g	290 mg	100 IU
Goat	140	8 g	10 g	7 g	11 g	320 mg	124 IU
<b>◆◆◆◆◆◆◆◆◆◆ VEGAN ◆◆◆◆◆◆◆◆◆◆</b>							
Soy	80-120	7-12 g	4-6 g	0.5-1 g	1-2 g	40-300 mg	120 IU
Almond	30-50	1 g	2.5-3.5 g	0 g	0-1 g	20-450 mg	100 IU
Pea	75	8 g	4.5 g	0.5 g	0 g	450 mg	120 IU
Cashew	25-40	0-1 g	2-3.5 g	0-0.5 g	0-1 g	100-450 mg	100-140 IU
Rice	70-130	0-1 g	2-2.5 g	0 g	1-14 g	250-300 mg	100 IU
Coconut	45-60	0 g	4-5 g	4-5 g	0-1 g	40-450 mg	100-120 IU
Oat	30-50	4 g	2.5 g	0 g	19 g	350 mg	100 IU
Hemp	70-80	2-3 g	5-8 g	0.5 g	0 g	300 mg	100-120 IU

\*Based on milk that is unsweetened and fortified

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It typically has a mild and creamy flavor. However, the taste can vary between brands.. That's because soy milk packs in the most protein of the non-dairy bunch, coming in at 8 grams (roughly the same as cow's milk) for only 95 calories on average.

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The Best Non Dairy Milk For Cereal What Is The Best Non Dairy Milk Nexus mod manager skyrim download.. The Best Non Dairy Milk For Cereal Cow's milk boasts an impressive nutrient profile.

## **best dairy milk**

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It's rich in high-quality protein and important vitamins and minerals, including calcium, phosphorus and B vitamins.. For example, vegans exclude all products that come from animals, including cow's milk.. Around 80% of kids outgrow this allergy by age 16 (, ) What Is The Best Non Dairy Milk • Lactose intolerance: An estimated 75% of the world's population is the sugar found in milk. [Easeus Data Recovery Wizard 5.6.1 Serial Key Free Download](#)



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cause a range of symptoms, including rashes, vomiting, diarrhea and severe anaphylaxis.. Read on for a few great recommendations Soy milk is made with either soybeans or soy protein isolate, and often contains thickeners and vegetable oils to improve taste and consistency. 34bbb28f04 [1.2 All Email Nulled Definition](#)

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