

| | Cows milk 1% Lowfat | Fairlife 2% Milk | Almond Milk (Unsweet) | Soy Milk (Unsweet) | Cashew Milk (Unsweet) | Oat Milk | Coconut Milk (Unsweet) |
|--------------------------------|--|--|--|---|---|--|--|
| Calories | 110 | 120 | 30 | 80 | 130 | 120 | 45 g |
| Carbs | 12 g | 6 g | 1 g | 4 g | 4 g | 16 g | 1 g |
| Protein | 8 g | 13 g | 1 g | 7 g | 1 g | 3 g | 0 g |
| Fat | 2.5 g | 4.5 g | 2.5 g | 4 g | 10 g | 5 g | 4.5 g |
| Vitamin D + Calcium | Yes | Yes | Some | Yes | Some | Some | Some |
| Allergy info | Free of Nuts, Soy, Gluten. | Free of Nuts, Lactose, Soy Gluten. | Free of Dairy, Gluten, Soy. | Free of Dairy, Gluten. | Free of Dairy, Gluten, Soy, | Free of Dairy, Soy, Nuts, may be Gluten free | Free of Dairy, Gluten. |
| Pros | Great for cooking. Good for athletes & children. Great taste and froth. Low cost. No binder. | Lower in sugar. Higher in protein than regular milk. Great taste and froth. No binder. | Great for smoothies. Lowest calorie & carb choice. Usually Fortified. | Great for vegan. Good protein. Creamy taste. No sugar. Great froth. Soy not linked consistently to cancer risk. | Low carb, high fat choice. Creamy taste. Great for coffee. | Great for several allergies. Good for athletes. Good froth. Creamy taste. Some fiber. Sustainable for environment. | Low carb high fat choice. Great tropical flavor for smoothies. Lower calorie option. |
| Cons | Higher in sugar and carb. Not for lactose intolerant. Hormone concern. | High cost. Questionable farming practices at one of their dairy farms. | Watery. No protein. Not sustainable for environment. May contain binder. | Concern with pesticide use and GMO soy. Separate from thyroid meds. May contain binder. | Not always fortified. Higher carb than almond milk. May contain binder. | Higher carb content. Some use GF oats but not for true Celiac. May contain binder. | Watery. No protein. Higher in saturated fat. No froth. May contain binder. |