

What's in Your Glass?

Choices are great, but they can be overwhelming.

This at-a-glance chart can help you understand what's in your glass.



**THE DAIRY
ALLIANCE**



\$0.30
per 8 oz.*

\$0.22
8 oz. per
gallon¹

Dairy Milk, 1%
(8 oz., unsweetened)

106 Calories

8g Protein

2g Fat

13g Carbohydrates



\$0.55
per 8 oz.*

**Lactose-Free
Dairy Milk, 1%**
(8 oz., unsweetened)

105 Calories

8g Protein

2g Fat

13g Carbohydrates



\$0.51
per 8 oz.*

Soy Beverage
(8 oz., unsweetened)

94 Calories

9g Protein

5g Fat

3g Carbohydrates



\$0.46
per 8 oz.*

**Almond
Beverage**
(8 oz., unsweetened)

37 Calories

1g Protein

3g Fat

1g Carbohydrates



\$0.69
per 8 oz.*

Oat Beverage
(8 oz., unsweetened)

118 Calories

2g Protein

7g Fat

13g Carbohydrates

*Cost per
8 ounces
based on
½ gallon
sized
container

Vitamins and Minerals²⁻⁴	Dairy Milk, 1% (% Daily Value)	Lactose-Free Dairy Milk, 1% (% Daily Value)	Soy Beverage (% Daily Value)	Almond Beverage (% Daily Value)	Oat Beverage (% Daily Value)
Vitamin B12	60%	60%	40%	35%	50%
Iodine	60%	-	2%	-	-
Calcium	25%	25%	20%	30%	30%
Riboflavin (B2)	25%	25%	15%	6%	55%
Phosphorus	20%	20%	15%	6%	20%
Pantothenic acid (B5)	20%	-	-	-	-
Niacin (B3)	15%	15%	4%	<2%	<2%
Potassium ⁵	10%	10%	10%	2%	10%
Zinc	10%	10%	6%	4%	2%
Selenium	10%	10%	8%	-	-
Vitamin A	15%	15%	15%	10%	25%
Vitamin D	15%	15%	8%	10%	20%

*Source: Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending July 16, 2023. (Dairy milk, unflavored (1%); Dairy Milk, Lactose-Free, unflavored (1%), unflavored almond, soy and oat beverages.) 1. IRI Total US -Multi Outlet + Conv 2022 YTD ending 5-22, based on U.S. average price of unflavored, private label milk, 1 gallon. 2. USDA, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/>. Foundation Foods. FDC IDs: 746772, 2340766, 1999630, 1999631, 2257046. Accessed July 2023. 3. USDA, Agricultural Research Service. USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 3.0 (2023). 4. Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023. 5. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. These values are based on the 2019 DRI of 3400 mg.



= Naturally occurring nutrients

- = Nutrition data not available or reported quantitatively