

Stacking up

Milk & Milk Substitutes



Stacking up:

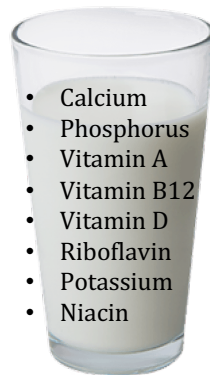
Milk

What is it?

How is it made?

What are the ingredients?

What nutrients does it provide?



- Calcium
- Phosphorus
- Vitamin A
- Vitamin B12
- Vitamin D
- Riboflavin
- Potassium
- Niacin

Serving Size: 8 oz.

Calories: 100

% Daily Value

Total Fat

Total Carbohydrate

Protein

Calcium (naturally occurring)

Stacking up:

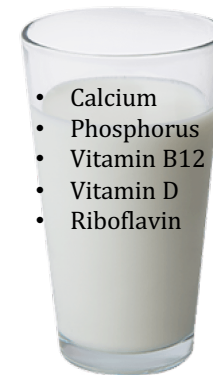
Soy

What is it?

How is it made?

What are the ingredients?

What nutrients does it provide?



- Calcium
- Phosphorus
- Vitamin B12
- Vitamin D
- Riboflavin

Serving Size: 8 oz.

Calories: 110

% Daily Value

Total Fat

Total Carbohydrate

Protein

Calcium (added)

Stacking up:

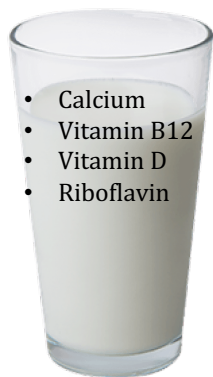
Almond

What is it?

How is it made?

What are the ingredients?

What nutrients does it provide?



Serving Size: 8 oz.

Calories: 60

% Daily Value

Total Fat

Total Carbohydrate

Protein

Calcium (added)

Stacking up:

Coconut

What is it?

How is it made?

What are the ingredients?

What nutrients does it provide?



Serving Size: 8 oz.

Calories: 70

% Daily Value

Total Fat

Total Carbohydrate

Protein

Calcium (added)

Stacking up:

Rice

What is it?

How is it made?

What are the ingredients?

What nutrients does it provide?



Serving Size: 8 oz.

Calories: 120

% Daily Value

Total Fat

Total Carbohydrate

Protein

Calcium (added)