



	Nutrition (per 8 fl. oz.)	Price (per 8 fl. oz.)	Pros	Cons	Taste Test	
Dairy Milk	<b>Cow's Milk Whole</b>	150 calories; 4.6g sat fat; 8g protein; 12g carb	<b>CONVENTIONAL</b> \$0.30  <b>ORGANIC</b> \$0.58  <b>GRASS-FED ORGANIC</b> \$0.75	<b>► A NATURALLY GOOD SOURCE</b> of protein, calcium, and potassium, it's also fortified with vitamins A and D and offers a good protein-to-carb balance. Cow's milk, along with goat's milk, does not include synthetic thickeners (as most nondairy milks do).	<b>► FAT LEVELS VARY GREATLY</b> between skim and whole; the more fat, the higher the calories. While fat aids in mineral absorption and satiety, most of the fat is saturated. Cow's milk contains lactose and may also contain traces of hormones unless organic.	<b>► DEPENDING ON THE TYPE,</b> the flavor is rich, creamy, and slightly sweet (whole); moderately rich (2% and 1%); or very mild and bland (skim).
	<b>2%</b>	125 calories; 2.9g sat fat; 8g protein; 12g carb				
	<b>1%</b>	102 calories; 1.5g sat fat; 8g protein; 12g carb				
	<b>Skim</b>	83 calories; 0.1g sat fat; 8g protein; 12g carb				
	<b>Goat's Milk Whole</b>	140 calories; 7g sat fat; 8g protein; 11g carb	\$1.16	<b>► A NATURALLY GOOD SOURCE</b> of protein, calcium, and vitamin A, it also contains less lactose, making it a dairy milk that some with lactose intolerance can drink.	<b>► WHOLE GOAT'S MILK</b> has the most saturated fat per glass of any milk—more than half the daily recommended amount. Sat fat has been shown to raise blood cholesterol levels.	<b>► SIMILAR TO COW'S MILK</b> in consistency and color, with a pronounced goat flavor (think drinkable goat cheese).
	<b>Low-Fat</b>	100 calories; 1.5g sat fat; 8g protein; 11g carb				
Nondairy Alternatives	<b>Soy Milk</b>	80 calories; 0.5g sat fat; 7g protein; 4g carb	\$0.39	<b>► SOY WAS THE FIRST NONDAIRY</b> milk that could rival the protein in dairy until pea milk arrived. Usually fortified with calcium and vitamins B <sub>12</sub> and D.	<b>► SOY MILK IS RICH</b> in isoflavones, once thought to encourage cancer growth—though current research shows no correlation.	<b>► CREAMY BEIGE IN COLOR</b> with a subtly nutty, bean flavor; good for boosting protein in smoothies and as a milk substitute in baking.
	<b>Nut Milks</b> (almond, cashew)	25-60 calories; 0g sat fat; 0-2g protein; 1-2g carb	\$0.41	<b>► LOWER IN CALORIES</b> than all other milks, nut milks also have negligible sat fat and are usually fortified with calcium and vitamins A and D.	<b>► MOST NUT MILKS</b> offer no significant protein and little vitamin E unless fortified (despite the fact that nuts themselves are rich in protein and vitamin E).	<b>► CREAMY CONSISTENCY</b> and subtle flavor of the nut they originated from; good for smoothies and oatmeal or for stirring into coffee.
	<b>Pea Milk</b>	75 calories; 0.5g sat fat; 8g protein; 0g carb	\$0.72	<b>► OTHER THAN SOY,</b> pea milk is the only option that rivals the protein in cow's milk. It's also a source of iron and fortified with vitamins A and D, calcium, and omega-3 fatty acids.	<b>► THERE IS ONLY</b> one brand available; it adds sunflower oil for creaminess, which is primarily omega-6 fatty acids, the type that can contribute to inflammation (and most Americans need to cut back on).	<b>► THICK, CREAMY TEXTURE</b> with definite legume flavor and slight bitter note on the finish; good for using in a savory soup in place of cream to reduce saturated fat.
	<b>Rice Milk</b>	70 calories; 0g sat fat; 0g protein; 11g carb	\$0.47	<b>► IT'S LOW IN CALORIES,</b> with most coming from carbohydrates. It has no saturated fat or lactose and is usually fortified with calcium and vitamins B <sub>12</sub> and D.	<b>► WHILE SOME START</b> with brown rice, most producers refine it in processing, losing the extra nutrients offered in whole grains. It's lowest in protein, too.	<b>► ALMOST IDENTICAL</b> to skim cow's milk in color and consistency with a sweet, slightly nutty flavor; a good option for cereal.
	<b>Coconut Milk</b>	45 calories; 4g sat fat; 0g protein; 2g carb	\$0.41	<b>► IT COMES CLOSEST</b> in creaminess to 2% or whole milk, thanks to fat content. It's also lactose-free and fortified with calcium and vitamin D.	<b>► ITS FAT CONTENT</b> comes almost entirely from saturated fat, and it has negligible protein.	<b>► THICK WITH A</b> slightly tart flavor and faint coconut aftertaste; use with canned coconut milk to cut fat.
	<b>Oat Milk</b>	130 calories; 0g sat fat; 4g protein; 24g carb	\$0.65	<b>► HIGHEST IN PROTEIN</b> among nut and grain milks; 2g fiber per cup. Lactose-free; fortified with calcium and vitamin D.	<b>► IT HAS MORE CALORIES</b> than other nondairy options and double the carbohydrates of dairy milk.	<b>► COLOR AND TEXTURE</b> are similar to eggnog, and it has a naturally sweet oat flavor.
	<b>Soy Milk</b>				Good source of B vitamins	
				Allergy-friendly option		