



# EATING 101

## RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
 A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Moo Goes There?

With so many types of dairy and plant-based milk alternatives, choosing which to drink can be *udderly* confusing. The dining halls offer a variety of non-dairy milks including soy, almond, oat, coconut, and rice milk. How do these varieties stack up nutritionally against one another? Versus cow's milk? While all of these options generally contain adequate amounts of calcium, other nutritional aspects may differ. Refer to the chart below to compare key nutrients in each type of milk.

\*Values for milks at Rutgers dining halls per 1 cup serving



	Whole Cow's Milk	1% Cow's Milk	Almond Milk	Soy Milk	Rice Milk	Coconut Milk	Oat Milk
<b>Vitamin D</b>	15% Daily Value	15% Daily Value	25% Daily Value	15% Daily Value	25% Daily Value	10% Daily Value	20% Daily Value
<b>Total Fat</b>	8g	2.5g	2.5g	4.5g	2.5g	4.5g	3g
<b>Protein</b>	8g	8g	1g	8g	0g	0g	2g
<b>Added Sugar</b>	0g	0g	7g	5g	10g	5g	4g

*Don't Let Nutrition Facts Go Past-ur-ize!*

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References: *The Plain One Oatmilk*. Available at: <https://silk.com/plant-based-products/oatmilk/oatmilk/>. Accessed on: 1/30/20. *Original Almondmilk*. Available at: <https://www.bluediamond.com/brand/almond-breeze/almondmilk/original>. Accessed on: 1/31/20. *Original Soy milk*. Available at: <https://silk.com/plant-based-products/soymilk/original-soymilk/>. Accessed on: 1/30/20. *Rice Dream Original Rice Drink*. Available at: <http://www.dreamplantbased.com/product/rice-dream-classic-original-organic-rice-drink/>. Accessed on 1/30/20. *Original Coconutmilk*. Available at: <https://silk.com/plant-based-products/coconutmilk/original-coconutmilk/>. Accessed on: 1/30/20. *Whole Milk*. Available at: <https://www.stonyfield.com/products/milk-cream/milk/whole-milk>. Accessed on 1/30/20. *Low Fat 1% Milk*. Available at: <https://www.stonyfield.com/products/milk-cream/milk/low-fat-1-milk-gallon>. Accessed on 1/30/20.

Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (**@ru\_hdt**), Instagram (**@ru\_hdt**), Snapchat (**ru\_hdt**) or email [peggyp@dining.rutgers.edu](mailto:peggyp@dining.rutgers.edu).