



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

Udderly Delicious Milks

What is your milk of choice? Are you *milking* the nutrients you need out of your go-to milk? With a variety of dairy milks and a growing market for plant-based milk alternatives, it can be difficult to choose which to drink. How do they compare? Each milk product can vary nutritionally. Plant-based milk alternatives can be fortified with calcium and vitamin D to equal or exceed the values in fortified animal milks. For those avoiding dairy/lactose, following a vegan diet, or looking to make a sustainable choice, plant-based milk alternatives are a smart alternative. For those with nut allergies, avoid almond or other nut milk varieties.

Take a few minutes to *skim* the nutrition facts of milks you can find at the Rutgers dining halls. Then, find the six different milk varieties in the word search.

*Percentage of daily value in 1 cup serving	Whole Milk	Skim Milk	Soy Milk	Almond Milk	Oat Milk	Rice Milk
Calcium	20%	25%	30%	35%	35%	2%
Vitamin D	15%	15%	15%	25%	20%	0%
Total Fat	8 g	2.5 g	4.5 g	2.5 g	5 g	2.5 g
Protein	8 g	8 g	8 g	1 g	1 g	0 g
Added Sugars	0 g	0 g	5 g	7 g	7 g	12 g

S	O	U	U	O	W	U	P	D	D	F	X	N	A
D	T	L	K	Y	K	I	S	N	M	K	M	B	L
B	W	K	H	L	K	K	O	H	K	L	L	I	K
D	I	S	D	L	J	M	Y	P	L	I	K	D	L
L	U	I	B	O	I	I	M	S	I	M	H	S	I
X	L	K	D	L	V	H	I	X	M	E	I	I	M
O	E	L	M	B	B	N	L	Y	E	L	M	I	D
L	K	E	P	S	U	K	K	B	C	O	M	B	N
B	P	L	R	K	K	M	A	E	I	H	M	P	O
O	A	T	M	I	L	K	M	L	R	W	I	R	M
S	O	M	M	O	B	K	B	P	B	J	N	E	L
I	S	K	I	M	M	I	L	K	H	I	A	F	A
V	I	I	K	B	Y	I	O	K	K	J	O	P	X
O	E	B	C	O	O	K	J	L	I	P	L	N	Y

Whatever floats your oat!

Revised By: Emily Razak

Reviewed By: Marina Vineis, MS, RDN – Rutgers Dining Services

References: *Food Data Central*. Available at <https://fdc.nal.usda.gov/>. Accessed on 11/1/22 *How well do plant-based*

alternatives fare nutritionally compared to cow's milk? Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5756203/>.

Accessed on 11/7/22.



Dining Services

 / @rutgersdining
food.rutgers.edu