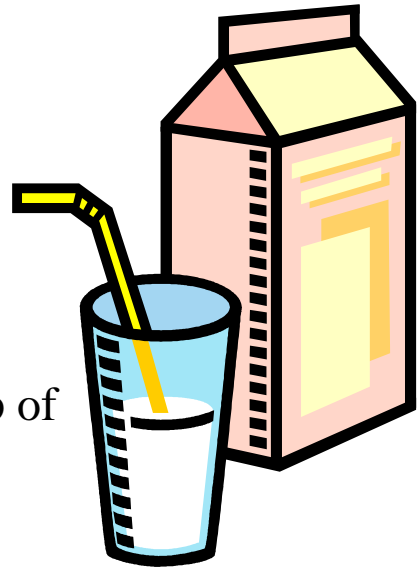









Milks Compared

Today's milk drinker is faced with many options.

Here are the nutrition factors for one cup of each type of milk:



		Calories	Total Fat (grams)	Protein (grams)	Calcium (% daily value)
	Cow, milk	147	8.1	7.9	28
	Cow, skim	86	0	8	30
	Goat	169	10	9	33
	Almond	60	2.5	1	20
	Soy	90	4	7/8	6
	Rice	120	2	0.4	2
	Coconut	467	50.5	4.8	4

Source: USDA, My Health News Daily

