

## GOT MILK?!

<b>Nutrient per 1oz (30ml)</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Calcium (mg)</b>
<b>Human milk</b>	20	0.3	1	9
<b>Cow's milk-based infant formula</b>	20	0.4	1	15.6
<b>Whole cow's milk (3.25% fat)</b>	18.25	1	1	31
<b>2% cow's milk</b>	15.5	1	0.6	32.8
<b>1% cow's milk</b>	12.9	1	0.3	33.3
<b>Fat-free cow's milk</b>	10	1	0	34.4
<b>Almond milk</b>	5	0.1	0.4	23.3
<b>Coconut milk</b>	9	0	0.6	12.5
<b>Rice milk</b>	14	0	0.2	2.3
<b>Soy milk</b>	12	0.7	0.4	34.4