

Milks Compared

Milk Type	Calories/cup	Fat/cup (grams)	Protein/cup (grams)	Calcium/cup (% daily value)
Cow, whole	147	8.1	7.9	33
Cow, skim	86	0	8	50
Goat	169	10	9	33
Almond	60	2.5	1	20
Soy	132	4	7	25*
Rice	120	2	0.4	2
Coconut	467	50.5	4.8	4

Pros and Cons for Milk Options

Milk Type	Pros	Cons
Rice milk	Very low in fat and calories; lactose- and soy-free	Lacks Vitamin A; very little protein
Coconut milk	Rich, creamy taste; fats more easily digested than cow's milk	Extremely high in calories; low in calcium and protein; high in saturated fat
Raw milk	No processing	Can harbor dangerous bacteria such as salmonella, E. Coli, and listeria
Organic milk	Produced without growth hormones, antibiotics, pesticides, or synthetic fertilizers	Costs about double processed milk; data does not support health claims beyond those of processed milk

The Skinny on Milk Nutrition: Cow, Goat, Rice or Soy? Jeannie Gazzaniga-Moloo, a spokeswoman for the American Dietetic Association; Maureen Salamon, MyHealthNewsDaily Contributor | July 07, 2011 02:41pm ET