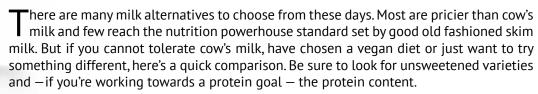


Health and Fitness Tips for Your Entire Family

HEALTHFUL TIPS

Milk Options



| Туре | Pros | Cons | Protein | Carbs | Fat | Calories | Vitamin D | Calcium |
|-------------------------------|--|--|---------|-------|-----|----------|-----------|---------|
| Skim Milk | Good source of well- absorbed calcium Good source of protein May help to regulate weight | Allergy and lactose intolerance common | | | | | | |
| | | May be a source of antibiotics | 8 | 12 | 0 | 80 | 100 IU | 300 mg |
| | | May be a source of bovine growth hormone | | | | | | |
| Goat Milk low fat | Dairy free, lactose free Easily digestible | Slightly tangy taste | 7 | 9 | 2.5 | 89 | 100 IU | 268 mg |
| Soy Milk unsweetened | Good source of calcium Good source of protein Dairy free, lactose free | Too much soy may lead to cancer May have "GMO" unless labeled "Non-GMO" | 7 | 3 | 4 | 80 | 120 IU | 300 mg |
| Almond Milk unsweetened | Good source of antioxidant vitamin E Fortified with calcium and vitamin D Dairy free, lactose free | Not a good source of protein | 1 | <1 | 2.5 | 30 | 100 IU | 450 mg |
| Rice Milk unsweetened | Dairy free, lactose free Fortified with calcium and vitamin D | Very low in protein | <1 | 15 | 2.5 | 90 | 100 IU | 250 mg |
| Coconut Milk unsweetened | Dairy free, lactose free Fortified with calcium and vitamin D | High in saturated fat Contains no protein | 0 | <1 | 4.5 | 45 | 100 IU | 450 mg |
| Sunflower Milk unsweetened | Dairy free, lactose free Good source of antioxidant vitamin E Fortified with calcium and vitamin D | Very low in protein | 1 | 2 | 4 | 45 | 120 IU | 300 mg |