



Milk Substitutions

Nutrient	Milk Substitute Nutrition Standards	Unit	RDI	% Daily Value 2,000 kcal/day
Calcium	276	Mg	1000 mg	27.6%
Protein	8	G	50 g	16%
Vitamin A	500	IU	5000 IU	10%
Vitamin D	100	IU	400 IU	25%
Magnesium	24	Mg	400 mg	6%
Phosphorus	222	Mg	1000 mg	22.2%
Potassium	349	Mg	3500 mg	10%
Riboflavin	.44	Mg	1.7 mg	25.9%
Vitamin B12	1.1	Mcg	6 mcg	18.3%

Pacific Ultra Soy Milk, 8th Continent Soy Milk, Pearl Smart Soy Milk, Kirkland signature Organic Soymilk Plain, Great Value Original Soymilk, Sunrich Naturals Original & Vanilla Soymilk (added March 2014)