



Dairy & Dairy Alternatives

Animal Milk	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Sugar (g)	Calcium (mg)	Vitamin D (IU)
Cow's Milk, Whole	1 cup	149	12	8	8	12	276	124
Cow's Milk, Skim	1 cup	83	12	8	0.2	12	300	115
Fairlife Ultra-Filtered Milk, 2%	1 cup	120	6	13	4.5	6	400	150
Fairlife Ultra-Filtered Milk, Skim	1 cup	80	6	13	0	6	400	150
Goat's Milk	1 cup	168	11	8.5	10	11	320	30

Milk Alternatives	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Sugar (g)	Calcium (mg)	Vitamin D (IU)
Almond Milk	1 cup	60	8	1	2.5	7	200	100
Almond Milk, Unsweetened	1 cup	30	<1	1	2.5	0	200	100
Cashew Milk	1 cup	60	9	<1	2.5	7	320	100
Cashew Milk, Unsweetened	1 cup	25	1	<1	2	0	450	150
Coconut Milk	1 cup	80	7	0	5	7	200	100
Good Karma Flax Milk, Unsweetened	1 cup	25	1	0	2.5	0	300	150
Good Karma Original Flax Milk	1 cup	50	7	0	2.5	7	300	150
Good Karma Flax Milk + Protein	1 cup	70	2	8	3.5	0	300	150
Hemp Milk	1 cup	100	9	2	6	6	300	100
Oat Milk, Original	1 cup	130	24	4	2.5	19	350	150
Rice Milk	1 cup	120	23	1	2.5	10	300	100
Ripple Original Pea Milk	1 cup	100	6	8	4.5	6	450	200
Ripple Unsweetened Original Pea Milk	1 cup	70	0	8	4.5	0	450	200
Silk Protein Nut Milk, Unsweetened	1 cup	130	4	10	8	2	450	150
Soy milk	1 cup	110	9	8	4.5	6	300	120



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Cheese	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Sugar (g)	Calcium (mg)	Vitamin D (IU)
Cheese, American	1 slice (1 oz)	106	0	6	9	0	175	0
Cheese, Cheddar	1 slice (1 oz)	114	0	7	9.5	0	205	5
Cheese, Parmesan	1 slice (1 oz.)	22	0	2	1.5	0	55	<1
Cheese, Mozzarella	1 slice (1 oz)	72	1	7	4.5	0	220	3
Cheese, Swiss	1 slice (1 oz)	108	2	8	8	0	225	6
Cheese, Feta	1 slice (1 oz)	60	1	5	4	0	100	2
Cheese, Ricotta	1/2 cup	171	6	14	10	0	340	1
Cream Cheese	1 Tbsp	50	1	1	5	0	15	<1
String Cheese, fat free	1 stick (1 oz)	39	1	9	0	0	270	0
Cheese, Non-dairy 'veggie'	1 slice (1 oz)	35	5	1	2	0	200	0
Cottage Cheese, low-fat	1/2 cup	102	4	16	2	0	80	0

Yogurt	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Sugar (g)	Calcium (mg)	Vitamin D (IU)
Yogurt, Non-fat Plain	8 oz.	130	20	11	0	13	450	100
Greek Yogurt, Plain Non-Fat	8 oz.	120	9	22	0	6	270	100
Soy Yogurt, Dairy-free, Plain	8 oz.	140	13	9	5	7	310	200
Coconut Yogurt, Dairy-free, un-sweetened	8 oz.	110	10	<1	7	<1	200	80
Almond Yogurt, Dairy-free, Plain	8 oz.	150	30	1	3	14	300	100
Rice Yogurt, Dairy-Free, low fat, blueberry	8 oz.	180	37	3	1	19	200	200
Frozen yogurt, low fat	8 oz.	220	40	6	5	38	220	200
Kefir, whole milk, unsweetened	8 oz.	160	12	11	8	12	300	150
Kefir, lowfat, unsweetened	8 oz.	110	12	11	2	12	300	150