

## Nutritional Content: Rice Milk & Soy Milk

Brand	Price	Size	Serving Size	Calories	Fat (g)	Protein (g)	Calcium	Vitamin D	Ingredients
<i>Cow milk, whole</i>	\$1.43	32oz	8oz	160	9	8	30%	25%	<i>Cow milk, 4% milkfat</i>
<i>Cow milk, 2%</i>	\$1.55	32oz	8oz	120	5	8	30%	25%	<i>Cow milk, 2% milkfat</i>
RICE MILK									
Rice Dream	\$2.29	32oz	8oz.	120	2	1	2%	0%	Brown rice, water, safflower oil, sea salt
Enriched Rice Dream	\$2.39	32oz	8oz.	120	2	1	30%	25%	Brown rice, water, safflower oil, sea salt
Naturally Preferred Rice Milk	\$1.49	32oz	8oz.	120	2	2	15%	30%	Brown rice, water, canola oil, acidophilus, guar gum, xanthum gum, sea salt
Pacific Rice	\$1.84	32oz	8oz	90	2	1	15%	30%	Brown rice, water, canola oil, acidophilus, guar gum, xanthum gum, sea salt
Trader Joe's Rice-Um	\$1.29	32oz	8oz	120	2	1	30%	30%	Brown rice, water, canola oil, sea salt
Trader Joe's Basmati Rice Milk	\$1.09	32 oz.	8 oz.	100	2	1	30%	25%	Filtered water, basmati rice, expeller pressed canola oil, sea salt, carob bean gum
Westbrae Natural Rice Milk	\$2.99	64oz	8oz.	100	3.0	1	25%	25%	Brown rice, water, canola oil, pea protein
SOY MILK									
Eden Rice and Soy Blend	\$2.94	33.8oz	8oz	120	3	7	4%	0%	Brown rice, water, soy beans, kombu, sea salt
Naturally Preferred Lowfat Soy Milk	\$1.49	32oz	8oz.	100	2.5	8	30%	25%	Soy beans, water, cane juice, soy protein
Pacific Soy Ultra Plain	\$2.24	32oz	8oz.	140	5	9	40%	25%	Soy beans, water, brown rice sweetener, canola oil, acidophilus
Westsoy Plain	\$2.09	32oz	8oz.	90	1.5	4	20%	25%	Soy beans, water, malt cereal extract
Westbrae Natural Organic Soy Milk	\$2.59	32oz	8oz.	140	4.5	4	20%	25%	Soy beans, water, malt cereal extract, canola oil
Edensoy Extra	\$2.49	33.8oz	8oz.	130	4	11	20%	10%	Soy beans, water, malted corn & barley extract, seaweed, barley
Vitasoy Enriched	\$2.39	32oz	8oz.	90	4	6	30%	20%	Water, soy beans, barley flour, cane juice

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Westsoy Plus	\$2.07	32oz	8oz.	130	3	7	30%	25%	Soy beans, water, brown rice syrup, canola oil
Westsoy 100% Soy beverage	\$1.99	32oz	8 oz	90	4.5	9	4%	0%	Whole organic soybeans, water
Trader Joe's Soy-Um Fat Free	\$1.59	32oz	8oz	90	0	3	20%	30%	Brown rice sweetener, organic soy base, vanilla flavor
Trader Joe's Soy-Um Original	\$1.59	32oz	8oz	100	3	4	30%	30%	Organic soy milk, brown rice syrup, canola oil, sea salt
Silk Plain Soymilk	\$1.99	32oz	8oz	100	4	7	30%	30%	Water, organic soybeans, milled cane juice, sea salt
Soy Dream Enriched	\$2.19	32oz	8oz.	130	4	7	30%	25%	Soy beans, water, rice syrup
Kikkoman Pearl Soy	2.39	32 oz.	8 oz.	110	3.5	7	30%	35%	Water, soybean, evaporated cane juice, organic malt syrup, sea salt, vanilla flavor
OTHER									
Pacific Almond Milk	\$1.99	32 oz.	8 oz.	80	2.5	2	30%	25%	Almond base, brown rice sweetener, sea salt, xanthum gum, carob bean
Pacific Hazelnut milk	\$1.99	32 oz.	8 oz.	100	3.5	2	30%	25%	Roasted hazelnut base, brown rice sweetener, sea salt, xanthum gum, carob bean
Pacific Organic Oat	\$1.99	32 oz.	8 oz.	130	2.5	4	30%	25%	Filtered water, organic oat groats, oat bran, sea salt, xanthum gum, carob bean
Pacific Multigrain	\$1.99	32 oz.	8 oz.	160	2	5	30%	25%	Filtered water, oat groat, barley, organic soybeans, brown rice, amaranth, sea salt, xanthum gum, carob bean

Note – These are average prices. Product availability and price will vary from store to store.