









Dairy vs Dairy Free Beverages for Kids of Different Ages

| |  BABY 0 - 12 mths* |  TODDLER 1 - 2 yrs |  CHILD 2 yrs+ |  Calories per cup (240ml) |  Fat |  Protein |  Calcium |  Vitamin D |
|------------------------|--|--|---|---|---|---|---|---|
| Cow's Full Fat | ✗ | ✓ | ✓ | 156 | 9g | 8g | 270 mg | 97 IU |
| Cow's Reduced Fat (1%) | ✗ | ✗** | ✓ | 122 | 2.4g | 8g | 286 mg | 105 IU |
| Ripple (pea protein) | ✗ | ✓ | ✓ | 70 | 4.5g | 8g | 450 mg | 180 IU |
| Soy Milk*** | ✗ | ✓ | ✓ | 110 | 4.5g | 8g | 450 mg**** | 120 IU**** |
| Almond | ✗ | ✗ | ✓ | 30 | 2.5g | 1g | 450 mg**** | 150 IU**** |
| Rice | ✗ | ✗ | ✓# | 112 | 2.3g | 0.7g | 430mg**** | 150 IU**** |
| Hemp | ✗ | ✗ | ✓ | 80 | 7.3g | 1g | 295mg**** | 100 IU**** |
| Oat | ✗ | ✗ | ✓ | 150 | 3.5g | 3g | 300 mg**** | 150 IU**** |
| Coconut Milk | ✗ | ✗ | ✓ | 60 | 5g | 0g | 300 mg**** | 101 IU**** |

*Just breastmilk or formula for babies before the age of 1.

**Children before 2 have a high fat requirement and low fat beverages are not a good option for them.

*** Human studies have consistently confirmed that soy products are safe for healthy children and adults. (BDA, 2014)

****Make sure that the plant beverages you choose are fortified with calcium and vitamin D. Nutrients and amounts used for fortification differ among different manufacturers and countries.

For kids older than age 4.5.