

# You don't have to have a cow

These days, the dairy case is full of milk from tons of places besides the obvious! Should you swap? SELF's nutrition team, Stephanie Clarke, R.D., and Willow Jarosh, R.D., run you through the many options.



How do you make milk from nuts or seeds? You soak them, then grind to form a liquid.

VARIETY	NUTRITIONAL STATS*	PROS	CONS
<b>Skim</b>	90 calories, 0 g saturated fat, 8 g protein, 30 percent calcium, 25 percent vitamin D	The cow comes out ahead of the herd if you're in the market for satiating, muscle-building protein.	It's high in natural sugar from lactose (12 g). And some brands use synthetic hormones, so consider choosing organic.
<b>Almond</b>	40 calories, 0 g saturated fat, 1 g protein, 45 percent calcium, 25 percent vitamin D	Almond milk has a nutty hint, but its flavor is fairly neutral overall. It works in both sweet (cereal) and savory (soup) dishes.	For some reason, it can be tough to find the unsweetened plain version, which has 0 g sugar, in grocery stores.
<b>Coconut</b>	50 calories, 5 g saturated fat, 1 g protein, 10 percent calcium, 30 percent vitamin D	If you love whole milk and cream, you'll dig the thick texture. And even in the unsweetened type, the coconut flavor supplies sweetness.	Like coconut meat, the milk is high in saturated fat; it packs nearly a third of the daily limit for women on a 1,600-calorie diet.
<b>Flax</b>	25 calories, 0 g saturated fat, 0 g protein, 30 percent calcium, 25 percent vitamin D	Flax milk is the lowest in calories, making it the perfect base for a slimming smoothie snack.	You won't find any energizing protein here, so it's not the best beverage when you want a sip that gets you going.
<b>Hemp</b>	70 calories, 1 g saturated fat, 2 g protein, 30 percent calcium, 25 percent vitamin D	Hemp seeds have a sweet, nutty flavor, and they're high in omega-3 fatty acids, which can hydrate skin and may boost heart health.	It's super pricey, at about \$4.60 for a 32-ounce bottle. Otherwise, we have no complaints, so if you have the cash, bottoms up.
<b>Rice</b>	90 calories, 0 g saturated fat, 0 g protein, 30 percent calcium, 25 percent vitamin D	This sweet choice is best for those with soy and nut allergies, but it's sometimes processed with the allergens, so check labels.	It's too watery for coffee or tea. Plus, you don't get much nutritional bang (protein, omega-3s) for the calories.
<b>Soy milk</b>	80 calories, 1 g saturated fat, 7 g protein, 30 percent calcium, 30 percent vitamin D	Soy milk is the only nondairy variety that's high in filling protein, so it's good for vegans and folks with lactose intolerance.	Scientists are still investigating soy's potential link to breast cancer. If you're worried, consult your doc before sipping regularly.
<b>Sunflower</b>	45 calories, 1 g saturated fat, 1 g protein, 30 percent calcium, 25 percent vitamin D	This pick is mildly nutty but not overpowering. And it's thick, so it stirs smoothly into coffee and tea without leaving gross lumps.	The grayish color may be a turnoff if you're drinking it straight from a glass.

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