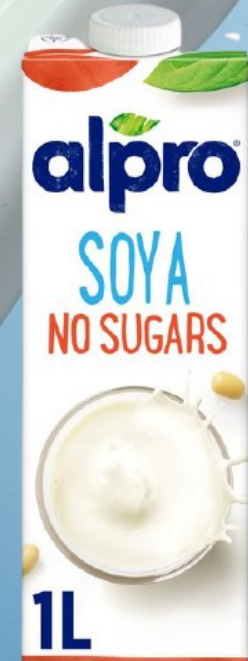
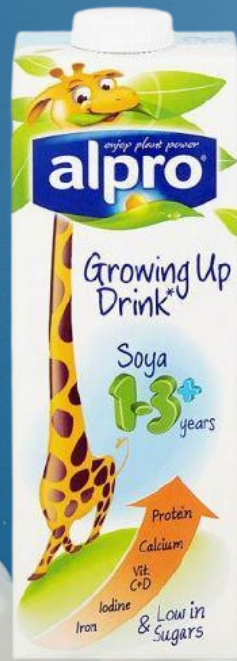


**Plant Based  
Milk Alternatives  
SOYA**



- Per 100ml
- Energy (kcal)
  - Protein (g)
  - CHO (g)
  - Fats (g)
  - Calcium (mg)
  - Riboflavin (mg)
  - Vitamin B12
  - Vitamin D (µg)
  - Iodine (µg)
  - Iron (mg)

Product	Energy (kcal)	Protein (g)	CHO (g)	Fats (g)	Calcium (mg)	Riboflavin (mg)	Vitamin B12	Vitamin D (µg)	Iodine (µg)	Iron (mg)
Tesco Whole Milk	66	3.5	4.7	3.7	124	0.24	0.9	Traces	32	0.02
alpro Growing Up Drink	64	2.5	8.3*	2.1	120	0.21	0.38	1.5	24.5	2.1
Provamel SOYA NATURAL	42	3.3	2.6**	1.9	120	0.21	0.38	0.75	Nil	Nil
M&S Unsweetened SOYA DRINK	39	3.4	1.6	2.0	120	Nil	0.9	0.75	30	Nil
Unsweetened SOYA by Sainsbury's	33	3.4	< 0.5	1.9	120	0.21	0.38	0.75	Nil	Nil
alpro SOYA NO SUGARS	33	3.3	Nil	1.8	120	0.21	0.38	0.75	Nil	Nil

Products arranged in descending order based on energy content \*Contains added sugar \*\* Contains apple extract





# Plant Based Milk Alternatives OAT



Per 100ml	Product 1 (Tesco)	Product 2 (Oatly! Barista)	Product 3 (Oatly! Whole)	Product 4 (M&S)	Product 5 (proVitamil)	Product 6 (alpro)	Product 7 (ASDA)
Energy (kcal)	66	59	57	49	40	40	39
Protein (g)	3.5	1.0	1.0	0.5	0.4	0.2	0.7
CHO (g)	4.7	6.5	6.6	8.1	8.7	5.6	5.5
Fats (g)	3.7	3.0	2.8*	1.6	1.2	1.5	1.5
Calcium (mg)	124	120	120	120	120	120	124
Riboflavin (mg)	0.24	0.21	0.21	Nil	0.21	0.21	0.20
Vitamin B12	0.9	0.38	0.38	0.9	0.38	0.38	0.39
Vitamin D (µg)	Traces	1.5	1.5	0.75	0.75	0.75	0.78
Iodine (µg)	32	22.5	24.5	30	Nil	Nil	25.1
Folic acid (µg)	0.8	Nil	2.1	Nil	30	Nil	Nil

Products arranged in descending order based on energy content  
 \*Whole/Semi/Skimmed varieties are available with varying fat content from rapeseed oil



**Plant Based  
Milk Alternatives  
COCONUT**



Per 100ml

Product	Energy (kcal)	Protein (g)	CHO (g)	Fats (g)	Calcium (mg)	Riboflavin (mg)	Vitamin B12	Vitamin D (µg)	Iodine (µg)
Tesco Whole Milk	66	3.5	4.7	3.7	124	0.24	0.9	Traces	32
Coconut DREAM	50	0.1	11*	0.8	120	Nil	0.38	0.75	Nil
koko Dairy Free SUPER	44	1.2	3.2**	2.9	170	0.5	0.2	1.2	13
Morrisons COCONUT MILK VEGAN	20	0.3	2.0*	1.1	120	Nil	0.4	0.8	Nil
ASDA COCONUT CREAMY & RICH	19	< 0.5	2.0*	1.0	122	Nil	0.38	0.76	24.7
koko UNSWEETENED COCONUT	15	0.7	0.3	1.3	120	Nil	0.38	0.75	Nil
alpro COCONUT NO SUGARS	14	0.1	Nil	1.2	120	Nil	0.38	0.75	Nil

Products arranged in descending order based on energy content

\*No added sugar, rice added to increase CHO content \*\* Added sugar from grape juice concentrate  
Tesco and Sainsbury's own brands contain added sugar