

Milk and Milk Alternatives

Dairy foods and fortified soy products contain protein for muscles, calcium and vitamin D for strong teeth and bones as well as other vitamins and minerals for health, growth and development.

What types of milk does WIC provide?

- For children ages 12 to 23 months, WIC provides **whole milk**.
- For children **over** 2 years of age, WIC provides **low-fat milk** (skim, ½%, 1%).
- Other options include **lactose-free milk** and **soy beverage**.

What are important things to look for with milk alternatives?

- Look for the words **Fortified** or **Enriched**. This means it contains added vitamins and minerals such as vitamin D and calcium.
- Only buy milk alternatives that are **Unsweetened** or say **No Added Sugars**.

Did you know?

Soy beverage is the milk alternative most similar in nutrition to cow's milk.

Be sure to get enough **protein and calories** if choosing a milk alternative. WIC-approved, non-dairy protein foods are eggs, beans and peanut butter. Other options are lean meats and other nut butters such as cashew, almond or sunflower.

WHAT'S THE DIFFERENCE?

Type	Calories (cal)	Protein (g)	Fat (g)	Calcium (mg)	Vitamin D (mcg)
Whole	150	8	8	310	2.5
1%	100	8	2.5	310	2.5
Soy	90	9	5	250	1.5
Almond	40	1	3	430	2.5
Oat	120	2	6.5	360	4
Pea Protein	80	8	4.5	440	6
Coconut	40	0	4	470	2

Note: Nutrition for 1 cup serving size, based on fortified versions of unsweetened milk alternatives. Amounts may vary by brand. Sources: FoodData Central USDA, Ripple, Silk Coconut



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