

Key Nutrition Differences Between Cow's Milk and Milk Alternatives

Beverage	Contains ≥ 8 g protein per 250 mL	Contains ≥ 300 mg calcium per 250 mL	Contains ≥ 8 g fat per 250 mL	Contains vitamin D	Contains folic acid	Contains other key nutrients found in cow's milk ⁱⁱ	Suitable for a 9-24 month old? ⁱⁱⁱ	Suitable for 24 month old and above? ⁱⁱⁱ
Cow's Milk (Whole 3.25% MF)	✓	✓	✓	✓ Fortification required by law ⁱ	✓	✓	✓ Pasteurized whole 3.25% milk	✓
Goat's Milk (Whole 3.25% MF)	✓	✓	✓	✓ If fortified	✓ If fortified	✓ If fortified	✓ If pasteurized and fortified with vitamin D and folic acid	✓
Soy Beverage	✓	✓ If fortified	✗	✓ If fortified	✓ If fortified	✓ If fortified	✗	✓
Almond Beverage	✗	✓ If fortified	✗	✓ If fortified	✓ If fortified	✓ If fortified	✗	✓
Coconut Beverage	✗	✓ If fortified	✗	✓ If fortified	✓ If fortified	✓ If fortified	✗	✓
Rice Beverage	✗	✓	✗	✓ If fortified	✓ If fortified	✓ If fortified	✗	✓
Hemp Beverage	✗	✓	✗	✓ If fortified	✓ If fortified	✓ If fortified	✗	✓

Sources

Nutritional analysis based on Canadian Nutrient File Data

i. Health Canada. Food and Drugs Act and Regulations.

ii. Vitamin B6, vitamin C, thiamine, niacin, folic acid, pantothenic acid, phosphorous, potassium, magnesium

iii. Health Link BC. (2015). Baby's First Foods. Retrieved from www.healthlinkbc.ca/healthfiles/hfile69c.stm