

## Non-Dairy Milks - Nutrients of importance in Chronic Kidney Dysfunction

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Protein, sodium, potassium and phosphorous are nutrients of special interest for people diagnosed with chronic kidney dysfunction. The following tables provide nutrition facts for 1 cup (8 fl. oz./240 ml) of non-dairy milks for the above four nutrients. The tables have been sorted by lowest to highest content of protein, followed by sodium, then by potassium and finally by phosphorous. The source of information in these tables is product websites, product labels and nutrition databases and websites such as [EWG](#), [Nutritionix](#), [Fooducate](#), [Innit](#) and [MyFitnessPal](#). Blank cells indicate that the nutrient is not listed by the manufacturer or nutrition database.

### Milk Type: Soy

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Better Than Milk	Soy Original Vegan Powder	90	1	115	25	
Better Than Milk	Soy Vanilla Vegan Powder	90	1	115	25	
Westbrae Natural Westsoy	Low Fat Vanilla	120	4	65	170	150
Westbrae Natural Westsoy	Low Fat Plain	90	4	80	170	150
Yeo's	Less Sugar Soymilk	100	5	0		
Nature's Soy	Black Sesame Soymilk	110	5	65	290	
Yeo's	Soymilk Drink, Black	140	5	85		
Nature's Promise Organic	Soymilk Chocolate	120	5	95		
Yeo's	Soymilk Vietnamese Style	180	6	25		
Yeo's	Soymilk	160	6	60		
Nature's Soy	Matcha Soymilk	100	6	65	240	
Eden Foods	Organic Edensoy Extra Vanilla	150	6	75	280	80
Silk	Vanilla, Shelf Stable	100	6	80	300	
Silk	Vanilla Soymilk	100	6	85	300	80
Silk	Vanilla, Refrigerated	100	6	85	300	80

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Silk	Organic Vanilla, Refrigerated	100	6	85	300	100
Organic Great Value	Vanilla Soymilk Organic	90	6	90	220	
Greenwise (Publix)	Greenwise Soymilk, Organic, Vanilla	90	6	90	220	
Silk	Very Vanilla, Refrigerated	130	6	90	300	80
Nature's Promise Organic	Soymilk Vanilla	100	6	90		
Hiland	Hiland Organic Soy Vanilla Soymilk	100	6	95	300	
Westbrae Natural Westsoy	Non-Fat Plain	70	6	105	210	150
Westbrae Natural Westsoy	Non-Fat Vanilla	80	6	105	220	150
Silk	Light Original, Refrigerated	60	6	115	340	100
Westbrae Natural Westsoy	Soy Slender Vanilla	70	6	125	210	250
O Organics	Vanilla Organic Soymilk	100	6	160		
Kikkoman Pearl	Pearl Organic Soymilk, Coffee	150	6	190	210	
Nature's Soy	Unsweetened Soymilk	80	7	10	290	
Nature's Soy	Sweetened Soymilk	130	7	10	290	
Trader Joe's	Organic Vanilla	90	7	70	270	
Wildwood	Wildwood Organic Soymilk, Unsweetened	70	7	70	300	100
Trader Joe's	Organic Unsweetened	70	7	70	300	
Silk	Organic Unsweetened Vanilla, Refrigerated	80	7	70	350	90
Nature's Soy	Reduced Sugar High Fiber	120	7	75	290	
Sprouts	Organic Soymilk Vanilla	100	7	80	280	
Sprouts	Organic Soymilk Original	100	7	80	300	
365	Organic Unsweetened Original	70	7	85	280	

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Full Circle Market	Full Circle Market Organic Unsweetened Soymilk (Shelf Stable)	70	7	85	280	
Simple Truth Organic	Unsweetened Soymilk	70	7	85	280	
365	Organic Original	100	7	85	280	
365	Organic Shelf Stable	100	7	85	280	
Full Circle Market	Full Circle Market Organic Original Soymilk (Refrigerated)	100	7	85	280	
Eden Foods	Organic Edensoy Vanilla	150	7	85	310	100
Kikkoman Pearl	Pearl Organic Soymilk, Creamy Vanilla	110	7	90	270	
Organic Great Value	Original Soymilk Organic	90	7	95	260	
Greenwise (Publix)	Greenwise Soymilk, Organic, Plain	90	7	95	260	
Nature's Promise Organic	Soymilk Original	90	7	95	260	
365	Organic Vanilla	100	7	95	280	
Simply Nature	Vanilla	100	7	95	280	
Kikkoman Pearl	Pearl Organic Soymilk, Green Tea	110	7	95	280	
Shoprite Wholesome Pantry	Wholesome Pantry Organic Original Soymilk	100	7	95	300	
Shoprite Wholesome Pantry	Wholesome Pantry Organic Vanilla Soymilk	100	7	95	300	
Full Circle Market	Full Circle Market Organic Vanilla Soymilk (Refrigerated)	100	7	95		
Eden Foods	Organic Edensoy Carob	150	7	100	340	110
Kikkoman Pearl	Pearl Organic Soymilk, Original	110	7	110	300	
Laura Lynn	Vanilla	100	7	120	296	
Wild Harvest	Wild Harvest Organic Soymilk Vanilla	100	7	120	296	
Hiland	Hiland Organic Soy Original Soymilk	100	7	120	300	
Trader Joe's	Organic Chocolate Extra	130	7	120		

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Trader Joe's	Organic Original Extra	130	7	120		
Westbrae Natural Westsoy	Soy Slender Cappuccino	70	7	125	210	250
Simple Truth Organic	Plain Soymilk	100	7	125	270	
Westbrae Natural Westsoy	Soy Slender Chocolate	70	7	125	290	250
Westbrae Natural Westsoy	Chocolate Peppermint Stick	180	7	130	290	150
Best Choice	Best Choice Vanilla Soymilk	100	7	130		
Dream	Organic Enriched Original	100	7	135	360	150
Dream	Organic Enriched Vanilla	120	7	135	360	150
O Organics	Plain Organic Soymilk	90	7	140	296	
Wild Harvest	Wild Harvest Organic Soymilk Original	90	7	140	296	
Giant Eagle Nature's Basket	Nature's Basket Organic Soymilk	90	7	140	300	
Best Choice	Best Choice Original Soymilk	90	7	150	300	
Laura Lynn	Original	90	7	150	300	
Now	Organic Soymilk Powder	90	8	10	344	
Great Value	Great Value Original Soymilk	100	8	85	390	250
8 <sup>th</sup> Continent	Vanilla	100	8	85	460	250
Silk	Original, Refrigerated	110	8	90	380	220
Eden Foods	Organic Cocoa	200	8	95	340	140
8 <sup>th</sup> Continent	Original	80	8	95	360	250
Silk	Original, Shelf Stable	110	8	115	380	228
Westbrae Natural Westsoy	Organic Original	130	8	125	240	
Westbrae Natural Westsoy	Organic Plus Plain	110	8	125	440	250
Westbrae Natural Westsoy	Organic Plus Vanilla	110	8	125	440	250

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Kikkoman Pearl	Pearl Organic Soymilk, Unsweetened	90	8	130	210	
Organic Great Value	Original Soymilk Unsweetened	80	8	135	350	
Kikkoman Pearl	Pearl Organic Soymilk, Chocolate	150	8	180	290	
Pacific Foods	Organic Unsweetened Soy Original	90	9	10	430	
Westbrae Natural Westsoy	Organic Unsweetened Vanilla	100	9	30	300	
Westbrae Natural Westsoy	Organic Unsweetened Plain	100	9	35	390	
Silk	Chocolate, Refrigerated	150	9	85	520	80
Eden Foods	Organic Edensoy Extra Original	130	10	105	430	140
Eden Foods	Organic Edensoy Original	130	10	110	430	140
Pacific Foods	Ultra Soy Original	140	10	125	512	280
Eden Foods	Organic Edensoy Unsweetened	120	12	10	440	140

**Milk Type: Almond**

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Almond Breeze	Almond Milk Nog	70	1	75	85	
Thrive Market	Organic Almond Beverage	30	1	80		
Trader Joe's	Pumpkin Spice Almond Beverage	100	1	100		
Silk	Unsweetened Vanilla Almond Milk	30	1	115	170	
So Delicious	Organic Vanilla Almond Milk	50	1	120		
Silk	Unsweetened Almond Milk	30	1	125	170	
Silk	Vanilla Almond Milk	80	1	125	170	
Silk	Organic Unsweet Almond Milk	40	1	130	0	
So Delicious	Unsweetened Shelf Stable Almond Beverage	30	1	130	0	
Dream	Unsweetened Almond Drink	50	1	135		200
Pacific Foods	Organic Almond Chocolate (Single Serve)	110	1	140	151	
365	Organic Unsweetened Original Almond Milk, 48 Fl. Oz	40	1	150	0	
365	Organic Original Almond Beverage	60	1	150	0	
Silk	Original Almond Milk	60	1	150	0	
Trader Joe's	Unsweetened Original Almond Beverage	40	1	150	0	
Almond Breeze	Reduced Sugar Almond Milk	40	1	150	160	20
Almond Breeze	Original Almond Milk	60	1	150	170	20
Almond Breeze	Vanilla Almond Milk	80	1	150	170	20
Almond Breeze	Reduced Sugar Vanilla Almond Milk	60	1	150	170	20
Almond Breeze	Chocolate Almond Milk	100	1	150	220	30
Califia Farms	Unsweetened Barista Blend Almond Milk	35	1	160	30	

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Califia Farms	Unsweetened Almond Milk	35	1	160	30	
Califia Farms	Original Almond Milk	60	1	160	40	
Silk	Less Sugar Original Almond Milk	30	1	160	140	
Silk	Less Sugar Vanilla Almond Milk	45	1	160	140	
365	Organic Vanilla Almond Beverage	90	1	160	0	
Califia Farms	Unsweetened Vanilla Almond Milk	40	1	160		
Califia Farms	Vanilla Almond Milk	50	1	160		
Silk	Organic Unsweet Almond Milk	40	1	170	0	
So Delicious	Vanilla Shelf Stable Almond Beverage	80	1	170	0	
Silk	Organic Original Almond Milk	50	1	170	0	
So Delicious	Vanilla Almond Milk	80	1	170	0	
Almond Breeze	Unsweetened Original Almond Milk	30	1	170	160	20
Almond Breeze	Unsweetened Vanilla Almond Milk	30	1	170	160	20
Pacific Foods	Organic Original Almond Milk	60	1	170		
Pacific Foods	Organic Vanilla Almond Milk	70	1	180	108	
Pacific Foods	Organic Unsweetened Original Almond Milk	40	1	180		
Silk	Dark Chocolate Almond Milk	100	1	220	130	
New Barn Organics	Organic Chocolate Almond Milk	130	2	60	56	
Almond Breeze	Almond Milk Blended With Real Bananas	80	2	150	470	20
Califia Farms	Barista Blend Almond Milk	70	2	180	50	
New Barn Organics	Barista Almond Milk	120	3	55	3	
New Barn Organics	Organic Unsweetened Almond Milk	90	3	55	5	
New Barn Organics	Organic Vanilla Almond Milk	120	3	80	135	80
Elmhurst 1925	Barista Almonds	90	3	85	584	
Three Trees	Unsweetened Original Almond Milk	100	4	10	125	

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Three Trees	Unsweetened Vanilla Bean Almond Milk	100	4	10	125	
Malk	Unsweetened Almond Malk	100	4	75	123	
Malk	Unsweetened Vanilla Almond Malk	110	4	75	123	
Elmhurst 1925	Milked Almonds (Unsweetened)	130	5	5	160	
Califia Farms	Maca-'Nilla Almond Milk	140	8	230	109	
Califia Farms	Choc-A-Maca Almond Milk	160	8	250	238	
Orgain	Organic Protein Unsweetened Vanilla Almond Milk	80	10	220	140	90
Orgain	Organic Protein Lightly Sweetened Vanilla Almond Milk	100	10	220	140	90



### Milk Type: Oats and Rice

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Rice Dream	Enriched Unsweetened Rice Drink	70	0	110		100
Rice Dream	Horchata Rice Drink	160	1	10	70	
Forager	Unsweetened Organic Coconut Cashew Oat	90	1	10	94	
Kirkland's	Original (Rice)	120	1	75	75	
Silk Oat Yeah	0g Sugar One Oat Milk	60	1	85	170	
Forager	Unsweetened Organic Oat Milk	45	1	95	0	
Trader Joe's	Rice Drink Original	120	1	100	20	
Rice Dream	Enriched Original (Rice)	120	1	100		150
Rice Dream	Original (Rice)	120	1	100		
Trader Joe's	Rice Drink Vanilla	130	1	105	0	
Rice Dream	Enriched Vanilla (Rice)	130	1	105		150
Rice Dream	Vanilla (Rice)	130	1	105		
Califia Farms	Oat Barista Blend	130	1	110	320	
Silk Oat Yeah	Plain (Oat)	80	2	100	190	
Silk Oat Yeah	Vanilla (Oat)	80	2	105	190	
Planet Oat	Original (Oat)	90	2	120	400	
Planet Oat	Vanilla (Oat)	90	2	120	400	
Planet Oat	Extra Creamy (Oat)	120	2	120	410	
Silk Oat Yeah	Chocolate (Oat)	120	2	135	170	
Oatly	Original (Oat)	120	3	100	390	270
Oatly	Low Fat (Oat)	90	3	100	390	270
Elmhurst 1925	Milked Oats - Chocolate	110	3	125	229	
Planet Oat	Chocolate (Oat)	140	3	135	520	
Oatly	Chocolate (Oat)	150	3	150	200	120
Pacific Foods	Organic Oat Original	130	4	105	133	
Pacific Foods	Organic Oat Vanilla	130	4	105	134	

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Elmhurst 1925	Unsweetened Oat Milk	80	4	120	94	
Elmhurst 1925	Milked Oats - Oat Milk	100	4	120	95	
Pacific Foods	Organic Reduced Sugar Oat Original	130	4	125	100	
Elmhurst 1925	Milked Oats™ - 11 Oz. Vanilla Oat Milk (Single Serve)	160	4	125	135	
Elmhurst 1925	Milked Oats™ - 11 Oz. Blueberry Oat Milk (Single Serve)	150	4	180	138	

**Milk Type: Other non-dairy milks and milk blends**

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Pacific Foods	Organic Unsweetened Coconut Original	45	0	70		
Pacific Foods	Organic Unsweetened Coconut Vanilla	50	0	70		
Good Karma	Unsweetened Flax Milk	25	0	80	0	130
Good Karma	Original Flax Milk	50	0	80	0	130
Good Karma	Vanilla Flax Milk	60	0	80	10	130
Dream	Coconut DREAM™ Original Coconut Drink	80	0	140		
Dream	Coconut DREAM™ Unsweetened Coconut Drink	60	0	150		
Califia Farms	Go Coconuts Coconut Milk	45	0	180	72	
Forager	Unsweetened Organic Cashew Milk	50	1	10	94	
Forager	Unsweetened Coconut, Cashew, & Oat Organic Dairy-Free Blend	90	1	10	94	
Pacific Foods	Hazelnut Unsweetened Original	30	1	90	118	
Pacific Foods	Unsweetened Vanilla Hazelnut Milk	30	1	90	118	
So Delicious	Unsweetened Vanilla Shelf Stable Cashew Beverage					
So Delicious	Unsweetened Shelf Stable Cashew Beverage					
Pacific Foods	Cashew Original	80	1	95		
Pacific Foods	Cashew Unsweetened Original	50	1	95		
Milkadamia	Unsweetened Macadamia Milk	50	1	95		
Milkadamia	Unsweetened Vanilla Macadamia Milk	50	1	95		
Milkadamia	Original Macadamia Milk	70	1	105		
So Delicious	Organic Unsweetened Almond Milk with Cashew Beverage	35	1	105		
Trader Joe's	Unsweetened Almond, Cashew, & Macadamia Nut Beverage	30	1	120	0	

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Almond Breeze	Unsweetened Original Almond Milk Coconut Milk Blend	40	1	120	170	20
Pacific Foods	Organic Coconut Original	60	1	120	270	
Silk	Original Almond Coconut Blend	50	1	130	160	
Silk	Unsweet Almond Coconut Blend	35	1	135	0	
Silk	Unsweetened Cashew Milk	25	1	160	0	
Califia Farms	Toasted Oats N' Almond Milk	30	1	160	23	
Silk	Unsweetened Vanilla Cashew Milk	25	1	160	25	
Pacific Foods	Organic Unsweetened Vanilla Almond Milk	40	1	160		
Califia Farms	Toasted Coconut Almond Milk	45	1	170	40	
Almond Breeze	Unsweetened Almond Cashew Milk	25	1	170	160	20
Almond Breeze	Unsweetened Vanilla Almond Cashew Milk	25	1	170	160	20
Silk	Chocolate Cashew Milk	90	1	200	130	
Elmhurst 1925	Milked Hazelnuts (Unsweetened)	90	2	5	105	
Malk	Maple Pecan Malk	140	2	75	89	
Tempt Hemp	Original Hemp Milk	100	2	110		200
Pacific Foods	Hazelnut Original	110	2	115		
Tempt Hemp	Unsweetened Original Hemp Milk	80	2	125		200
Trader Joe's	Cocoa Almond Cashew Beverage	80	2	130	130	
Pacific Foods	Hazelnut Chocolate	130	2	130	253	
Tempt Hemp	Chocolate Hemp Milk	170	2	135	95	200
Califia Farms	Chocolate Coconut Almond Milk	90	2	170	125	
Elmhurst 1925	Milked Walnuts (Unsweetened)	120	3	5	77	
New Barn Organics	Organic Toasted Coconut Almond Milk	130	3	45	111	
Pacific Foods	Unsweetened Hemp Original	60	3	110	100	

Brand	Product	Calories (kcal)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Pacific Foods	Unsweetened Hemp Vanilla	60	3	110	100	
Three Trees	Pistachio	100	4	50	150	
Three Trees	Black Sesame Nut and Seed Milk	140	4	55	190	
Malk	Unsweetened Cashew Malk	100	4	85	114	
Elmhurst 1925	Milked Cashew	130	4	85	150	
Pacific Foods	Hemp Original	140	4	130	145	
Pacific Foods	Hemp Vanilla	170	4	135	150	
Ripple	Vanilla Pea	120	8	80	450	470-500*
Ripple	Unsweetened Vanilla Pea	80	8	80	450	470-500*
Ripple	Chocolate Pea	140	8	85	449	470-500*
Ripple	Original Pea	90	8	110	450	470-500*
Ripple	Unsweetened Pea	70	8	110	450	470-500*
Good Karma	Unsweetened Flax Milk + Protein	60	8	190	20	210
Good Karma	Unsweetened Vanilla Flax Milk + Protein	60	8	190	20	210
Silk	Vanilla Silk Protein (Almond Cashew Milk)	140	10	160	360	
Silk	Unsweet Vanilla Silk Protein (Almond Cashew Milk)	110	10	160	360	
Silk	Chocolate Silk Protein (Almond Cashew Milk)	150	10	160	450	
Silk	Original Silk Protein (Almond Cashew Milk)	130	10	230	80	

*\*\*Per the Ripple team, chocolate has the highest phosphorus content.*

The contents of this article, our website, and our other publications, including Vegetarian Journal, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

**Information in these tables was collected in August 2020. Since information changes, if you have special concerns, verify information with the company.** The charts above were done in response to a question by a dietitian. More non-dairy tables are at [https://www.vrg.org/nutrition/milk\\_alternatives/index.htm](https://www.vrg.org/nutrition/milk_alternatives/index.htm) Thank you to Gabriella Walker, Reed Mangels, and Emilio Girona for their assistance with this article.