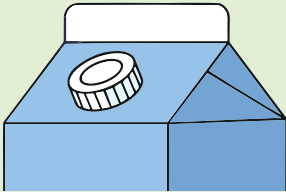
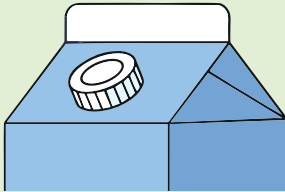
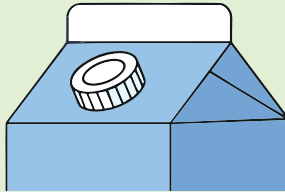
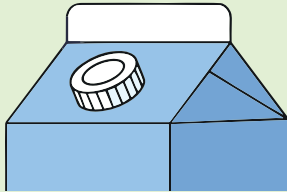
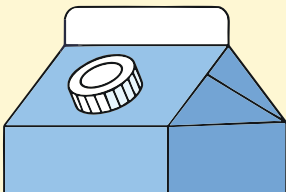
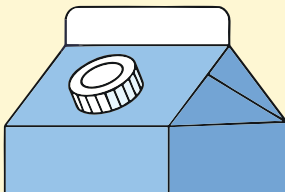
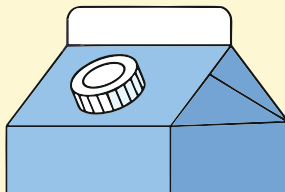
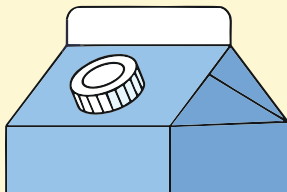


Soya Based Drinks

	Whole Dairy Milk	Alpro Growing Up Soya Drink	Waitrose Essential Soya Original	M&S Soya Drink Unsweetened	Sainsbury's Unsweetened Soya Drink
Per 100ml					
Energy	63kcal	65kcal	45kcal	30kcal	26kcal
Protein	3.4g	2.6g	3.4g	2.8g	2.2g
Carbohydrates	4.6g	8.6g	2.6g	1.5g	1.2g
Fats	3.6g	2.1g	1.9g	1.4g	1.3g
Calcium	120mg	120mg	120mg	120mg	120mg
Vitamin D	traces µg	1.5µg	0.75µg	1.5µg	0.8µg
Iodine	31µg	24.5µg	22.4µg	45µg	22.5µg
Vitamin B12	0.9µg	0.38µg	0.38µg	0.76µg	0.5µg

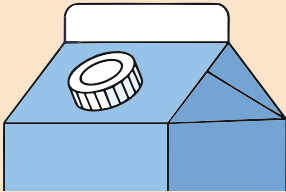
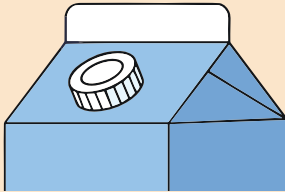
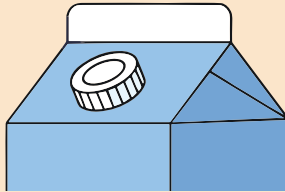
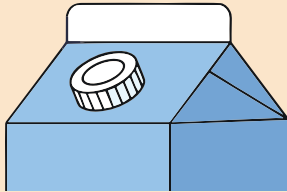
Products arranged from the highest (left) to the lowest (right) energy content (kcal) in comparison to whole dairy milk.

Oat Based Drinks

	Whole Dairy Milk	Alpro Growing Up Oat Drink	Oatly Whole Drink	Moma Signature Oat Drink Unsweetened	Plenish Enriched Oat Drink
Per 100ml					
Energy	63kcal	65kcal	60kcal	47kcal	39kcal
Protein	3.4g	1.3g	1.1g	0.8g	0.7g
Carbohydrates	4.6g	7.4g	7.1g	8.2g	7.6g
Fats	3.6g	3.3g	2.8g	1.2g	0.7g
Calcium	120mg	120mg	120mg	120mg	240mg
Vitamin D	traces µg	1.5µg	1.1µg	0.75µg	0.75µg
Iodine	31µg	11.3µg	22.5µg	22.5µg	15µg
Vitamin B12	0.9µg	0.38µg	0.38µg	0.19µg	0.36µg

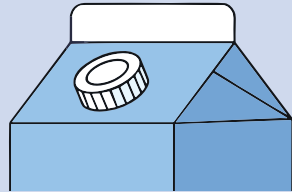
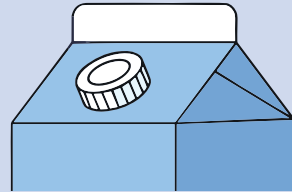
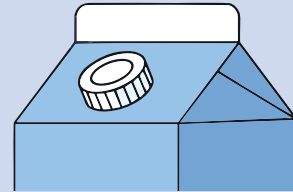
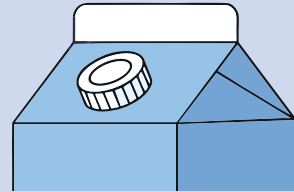
Products arranged from the highest (left) to the lowest (right) energy content (kcal) in comparison to whole dairy milk.

Almond Based Drinks

	Whole Dairy Milk	Alpro Original Almond Drink	Tesco Almond Drink	Blue Diamond Almond Breeze	M&S Plant Kitchen Almond Drink
Per 100ml					
Energy	63kcal	23kcal	15kcal	13kcal	11kcal
Protein	3.4g	0.4g	0.7g	0.5g	0.1g
Carbohydrates	4.6g	2.4g	0.5g	0.2g	0.8g
Fats	3.6g	1.1g	1.0g	1.1g	0.8g
Calcium	120mg	120mg	120mg	120mg	120mg
Vitamin D	traces µg	0.75µg	0.75µg	0.75µg	0.75µg
Iodine	31µg	22.5µg	22.4µg	no value	22.5µg
Vitamin B12	0.9µg	0.38µg	0.38µg	0.38µg	0.38µg

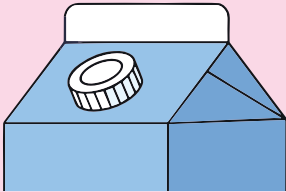
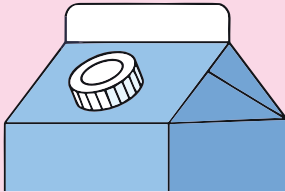
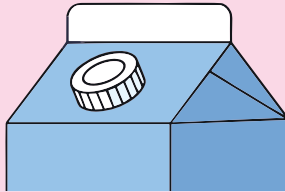
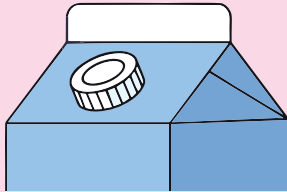
Products arranged from the highest (left) to the lowest (right) energy content (kcal) in comparison to whole dairy milk.

Coconut Based Drinks

	Whole Dairy Milk	Koko Growing Up Drink	Plant Based Asda Coconut Drink	M&S Plant Kitchen Coconut Drink	Alpro Coconut Original Dairy Free Drink
Per 100ml					
Energy	63kcal	53kcal	28kcal	28kcal	20kcal
Protein	3.4g	1.9g	0.5g	0.2g	0.1g
Carbohydrates	4.6g	1.9g	4.1g	2.2g	2.7g
Fats	3.6g	4.1g	1.1g	2.0g	0.8g
Calcium	120mg	170mg	122mg	120mg	120mg
Vitamin D	traces µg	1.2µg	0.76µg	0.75µg	0.75µg
Iodine	31µg	13µg	35µg	30µg	0µg
Vitamin B12	0.9µg	0.1µg	0.38µg	0.9µg	0.38µg

Products arranged from the highest (left) to the lowest (right) energy content (kcal) in comparison to whole dairy milk.

Mixed Plant Based Drinks

	Whole Dairy Milk	Alpro Growing Up Soya Drink	Waitrose Essential Soya Original	M&S Soya Drink Unsweetened	Sainsbury's Unsweetened Soya Drink
Per 100ml					
Energy	63kcal	57kcal	30kcal	29kcal	25kcal
Protein	3.4g	5.0g	2.0g	0.4g	2.0g
Carbohydrates	4.6g	2.5g	0g	3.2g	0.5g
Fats	3.6g	2.8g	3.0g	1.6g	1.9g
Calcium	120mg	120mg	120mg	120mg	180mg
Vitamin D	traces µg	0.75µg	1.0µg	0.75µg	0.8µg
Iodine	31µg	no value	no value	22.5µg	30µg
Vitamin B12	0.9µg	0.38µg	0.38µg	0.38µg	0.9µg

Products arranged from the highest (left) to the lowest (right) energy content (kcal) in comparison to whole dairy milk.

Useful Information

- Plant-based drinks/products are legally no longer allowed to be called ‘milks’, so the terminology has been changed in this information sheet
- For children (aged 1 to 5 years), that eat/drink animal products, whole or semi-skimmed cow’s milk is preferred for higher nutrients
- Fortified and unsweetened plant-based drinks are an acceptable alternative to cow’s milk for children and adults
- For children under 12 months, plant-based drinks are not suitable as the main source of milk - breastmilk or formula is required
- Rice drinks are not suitable for children under 5 years old due to their levels of arsenic
- Unfortified or sweetened plant-based drinks are not an acceptable alternative to cow’s milk
- Most organic plant-based drinks are not fortified with calcium/vitamins under the current UK law, therefore are not suitable cow’s milk alternatives
- Plant-based drinks are lactose free and suitable for those with lactose intolerance



NHSGGC Dietitians



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