

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

30 kcal

26 kcal

Protein

3.4g

2.5g

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

1.5 μg

0.75 μg

1.5 μg

0.8 μg

Iodine

31 μg

24.5 μg

22.4 μg

45 μg

22.5 μg

Vitamin B12

0.9 μg

0.38 μg

0.38 μg

0.76 μg

0.5 μg

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

47 kcal

39 kcal

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

1.5 μg

1.1 μg

0.75 μg

0.75 μg

Iodine

31 μg

11.3 μg

22.5 μg

22.5 μg

15 μg

Vitamin B12

0.9 μg

0.38 μg

0.38 μg

0.19 μg

0.38 μg

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

13 kcal

11 kcal

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

0.9g

Calcium

120mg

120mg

120mg

120mg

120mg

Vitamin D

traces μg

0.75 μg

0.75 μg

0.75 μg

0.75 μg

Iodine

31 μg

22.5 μg

22.4 μg

no value

22.5 μg

Vitamin B12

0.9 μg

0.38 μg

0.38 μg






0.38 μg

0.38 μg

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	28 kcal	20 kcal
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 μ g	1.2 μ g	0.76 μ g	0.75 μ g	0.75 μ g
Iodine	31 μ g	13 μ g	35 μ g	30 μ g	0 μ g
Vitamin B12	0.9 μ g	0.1 μ g	0.38 μ g	0.9 μ g	0.38 μ g

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 Plant Protein 50g (Soya)	Sproud Pea Protein Drink Unsweetened	Alpro Hazenut Drink	Mighty High Protein Pea M.lk
					
Per 100ml					
Energy	63kcal	57kcal	30kcal	29 kcal	25 kcal
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	0.75 μg	1.0 μg	0.75 μg	0.8 μg
Iodine	31 μg	no value	no value	22.5 μg	30 μg
Vitamin B12	0.9 μg	0.38 μg	0.38 μg	0.38 μg	0.9 μg

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



NHS GGC Dietitians

www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/

Developed by eResources Working Group, May 2026. Review Date 2028

References:

SACN and COT assessment of the health benefits and risks of consuming plant-based drinks:

summary - GOV.UK

Online Food Shopping & Grocery Delivery | Ocado

Online food shopping and grocery delivery - Tesco Groceries

Online Food Shopping - ASDA Groceries

Sainsbury's

Home | Alpro

Home page - Morrisons - Online Food Shopping & Grocery Delivery - Morrisons

Shop for your Groceries Online | Waitrose & Partners