

Milk (per 200ml serving – 1 small glass)	Calories	Carbohydrates (of which sugars)	Protein	Saturated fat
Soya Milk (Plenish)	64 kcal	0g	6.4g	0.6g
Almond milk (Plenish)	58 kcal	0g	2g	0.4g
Barista oat milk (Plenish)	92 kcal	5.2g	2.2g	0.6g
Coconut milk (Plenish)	64 kcal	6g	1g	2g
Oat milk (Plenish)	66 kcal	7.6g	1.2g	0.2g
Cow's milk (whole)	132 kcal	9.4g	7g	4.8g
Cow's milk (semi-skimmed)	100 kcal	9.6g	7.2g	2.2g
Rice milk (Joya)	100 kcal	14.2g	0.2g	0.2g