

Coconut Milks – Nutritional Information is for a 1-cup (8-ounce) serving

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
Califia Farms	Organic Coconutmilk Unsweetened (refrigerated)	90	0	8	3	80	10	0	0
Dream	Coconutmilk Unsweetened Original with Calcium & Vitamin D (shelf-stable)	50	1	5	1	85	290	4.8	1.1
Good & Gather	Organic Unsweetened Coconut Milk (shelf-stable)	50	1	5	1	105	350	3.4	0
Pacific Foods	Organic Original Coconut Milk (shelf-stable)	60	1	4	5	120	60	2	0
	Organic Unsweetened Coconut Milk (shelf-stable)	40	0	4	1	70	40	2	0
Real Coco	Organic Unsweetened Coconut Milk (shelf-stable)	70	0	2.5	11	55	30	0	0
Silk	Unsweet Coconutmilk (refrigerated)	40	0	4	2	45	470	2	0.9
	Original Coconutmilk (refrigerated)	70	0	5	6	65	470	2	0.9
So Delicious	Organic Unsweetened Coconutmilk Beverage (shelf-stable)	45	0	4	2	10	130	2.5	3
	Organic Original Coconutmilk Beverage (shelf-stable)	70	0	4.5	9	10	130	2.5	3
	Organic Unsweetened Coconutmilk Beverage (refrigerated)	45	0	4.5	1	25	130	2.5	3
	Organic Original Coconutmilk Beverage (refrigerated)	70	0	4.5	8	30	130	2.5	3
365 by Whole Foods	Organic Unsweetened Coconut Milk (refrigerated)	50	<1	5	<1	30	140	5	1.2
Trader Joe's	Organic Non-Dairy Coconut Beverage Unsweetened (shelf-stable)	60	<1	6	1	80	300	4.8	1.1
Vita Coco	Coconut Milk Original (shelf-stable)	50	0	3	5	25	44	0	0

Information in the table above was gathered from product labels, and manufacturers’ websites in Summer and Fall, 2024. This chart includes original and unsweetened flavors and may not include all products available. In this table, we use the wording on the product’s website. That’s why you may see both “Coconutmilk” and “Coconut Milk,” for example.

None of these beverages should be used to replace infant formulas or breast milk. They are not suitable for use by infants as a main food since they do not resemble breastmilk or infant formula in composition.

Since information changes, if you have special concerns, verify information with the company.

This information was collected by VRG intern Aashay Mody.

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See more charts at https://www.vrg.org/nutrition/milk_alternatives/

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