

Soymilks – 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)
Bettergoods	Plant-Based Original Soymilk (refrigerated)	100	8	3	10	85	300	6	1.2
Dream	Soymilk Original with Calcium & Vitamin D (shelf-stable)	120	10	5	9	130	310	4.8	1.1
Edensoy	Original, Organic Soymilk (shelf-stable)	130	10	5	11	110	90	0	0
	Unsweetened, Organic Soymilk (shelf-stable)	120	12	6	4	10	40	0	0
	Original Extra, Organic Soymilk (shelf-stable)	130	10	5	12	105	280	1.1	2.9
Kirkland Signature	Organic Soy Non-Dairy Beverage, Original (shelf-stable)	100	8	4	8	110	390	6	1.2
Kikkoman	Pearl Organic Soymilk Original (shelf-stable)	130	7	4.5	13	130	300	2.5	0
	Pearl Organic Soymilk, Unsweetened (shelf-stable)	90	8	5	4	150	300	2.5	0
	Pearl Organic Soymilk, Smart Original, 8 oz carton (shelf-stable)	130	8	4.5	13	110	300	2.5	1.1
Lidl Foods	Organic Soymilk Original (refrigerated)	90	7	3.5	9	95	300	6	2
Nature's Promise	Organic Original Soymilk (refrigerated)	90	7	4	9	95	300	6	0
Pacific Foods	Organic Unsweetened Soy Milk (shelf-stable)	100	9	5	4	30	30	0	0
	Original Ultra Soy Milk (shelf-stable)	140	10	6	13	130	340	2.5	1.5
Silk	Original Soymilk (refrigerated)	110	8	4.5	9	90	450	3	3
	Organic Unsweet Soymilk (refrigerated)	80	7	4.5	4	80	300	3	2.5
	Original Soymilk (shelf-stable)	110	8	4.5	8	115	450	3	3
	Organic Unsweet Soymilk (shelf-stable)	80	8	4.5	4	75	300	3	3
Simple Truth	Organic Unsweetened Soymilk (shelf-stable)	80	7	4	4	85	300	6	0
	Organic Original Soymilk (refrigerated)	90	7	3.5	9	95	300	6	0
Simply Nature	Organic Original Soymilk (refrigerated)	100	7	4	8	85	300	0	0

Brand	Product	Calories	Protein (g)	Fat (g)	Carb (g)	Sodium (mg)	Calcium (mg)	Vitamin D (mcg)	Vit B12 (mcg)
365 by Whole Foods	Organic Unsweetened Original Soy Non-dairy Beverage (refrigerated)	70	7	3.5	3	85	300	5	1.2
	Organic Original Unsweetened Soymilk (shelf-stable)	70	7	3.5	3	85	300	5	1.2
	Organic Original Soy Non-dairy Beverage (refrigerated)	100	7	4	8	85	300	5	1.2
Trader Joe's	Organic Non-dairy Soy Beverage Unsweetened (shelf-stable)	100	9	4.5	5	25	30	0	0
Vitasoy	Original Soy Drink, 8 oz carton (shelf-stable)	130	7	4	17	60	0	0	0
Wegmans	Organic Original Soymilk (refrigerated)	90	7	3.5	9	95	300	6	1.2
West Life	Organic Unsweetened Soymilk Plain (shelf-stable)	100	9	4.5	5	25	30	0	0
	Organic Soymilk Plain (shelf-stable)	110	8	4	10	100	30	0	0
Wild Harvest	Organic Original Soy Milk (refrigerated)	90	7	3.5	9	95	300	6	1.2
Yeo's	Soy Milk Drink (shelf-stable)	140	5	3	22	0	20	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 "Soymilk" and "Soy 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 Ren Patel.

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