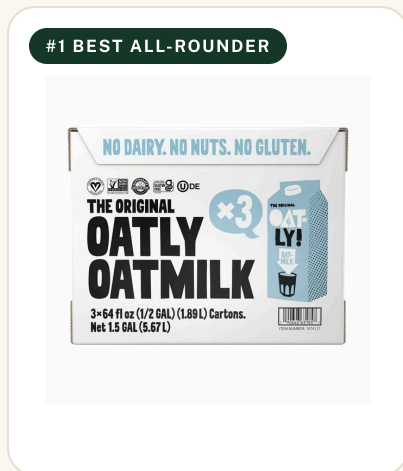


A FREE GUIDE FROM UVEGAN.ORG

The Best Vegan Milk.

Eight plant milks worth getting excited about, by taste, flavor, and nutrition, with the full label and who each one is for.



OAT · SOY · PEA · ALMOND · CASHEW · COCONUT

START HERE

How to choose

Plant milk is the most satisfying swap in the kitchen, because a good one does everything dairy did and brings things dairy never could: no lactose, no cholesterol, a much lighter footprint on the planet, and, in soy's case, real benefits for your heart. The lineup has never been better. Oat froths like a dream, pea milk packs as much protein as dairy, and the flavors have caught up too, with vanilla, chocolate, toasted coconut, full-fat, and barista blends all on the shelf.

This guide picks eight worth buying and tells you what each one is great at: how it tastes, the flavors it comes in, how it performs in coffee and baking, and the nutrition, straight from the official labels. One fact worth knowing up front: a cup of dairy milk carries about 12 grams of sugar from lactose, so an unsweetened plant milk often has less sugar than the "plain" milk it replaces. Nothing here is sponsored, and the science is linked to the studies behind it.

Shopping around an allergy? Start with these, free of the allergen by recipe. On shared-facility lines, confirm the mark on the specific carton you buy.

GLUTEN-FREE PICKS

Silk Organic Unsweetened Soymilk ·
Ripple Unsweetened Original Pea Milk ·
Chobani Oat Milk Extra Creamy ·
Califia Farms Unsweetened
Almondmilk · Elmhurst Unsweetened
Milked Oats · So Delicious
Unsweetened Coconutmilk · Forager
Project Organic Unsweetened
Cashewmilk

SOY-FREE PICKS

Oatly Original Oatmilk · Ripple
Unsweetened Original Pea Milk ·
Chobani Oat Milk Extra Creamy ·
Califia Farms Unsweetened
Almondmilk · Elmhurst Unsweetened
Milked Oats · So Delicious
Unsweetened Coconutmilk · Forager
Project Organic Unsweetened
Cashewmilk

On every product page: **Vegan** **Gluten-Free** **Soy-Free** **High Protein** **Non-GMO** — plus the full Nutrition Facts label, allergens, and where to buy.

Prices and stock vary by region and change often; confirm allergens and nutrition on the package before buying. Nothing here is sponsored.

The buyer's guide

Five quick rules for matching a milk to the way you actually drink and cook.

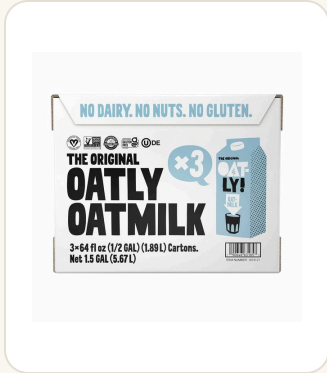
- 1 Match the milk to the moment.** Oat is the creamy, naturally sweet all-rounder and the best for coffee. Soy and pea are the protein milks, right up there with dairy. Almond and cashew keep things light and let your coffee or cereal shine. Coconut is the rich, indulgent one. There is a perfect milk for every job.
- 2 You control the sugar, and you might be surprised.** A cup of dairy milk already has about 12 grams of sugar from lactose, so an unsweetened plant milk, with zero, actually has less. Keep an unsweetened carton for everyday and cooking, and a vanilla or sweetened one for when you want dessert in a glass.
- 3 For real protein, reach for soy or pea.** Both deliver 7 to 8 grams a cup, matching dairy, with fortified calcium, vitamin D, and B12 along for the ride.
- 4 Explore the flavors.** Most brands go well beyond plain: vanilla, chocolate, toasted coconut, barista blends, and full-fat or extra-creamy versions. Use the variations to match your mood, sweet and creamy for a treat, light and unsweetened for every day.
- 5 Coffee and baking, sorted.** Oat froths and pours smoothly into coffee, while soy and pea brown and set like dairy, which makes them your baking milks. Reach for an unsweetened carton whenever you are cooking something savory.

1

OATLY Original Oatmilk

BEST ALL-ROUNDER

The oat milk that took over coffee shops, and the easiest one to love: creamy, gently sweet, with a whole lineup from barista to full fat.



In this line: Original · Barista Edition · Full Fat · Low-Fat · Unsweetened · Chocolate

Vegan

Soy-Free

Non-GMO

Oat is the crowd-pleaser and Oatly is the benchmark. It is naturally creamy with a gentle, cereal-like sweetness, and it froths better than any other plant milk, which is exactly why it took over the coffee world. The lineup is the best part: reach for Original for everyday coffee and cereal, the Barista Edition when you want cafe-grade foam, Full Fat for an indulgent whole-milk feel, Unsweetened for cooking and lighter days, and Chocolate for a treat. Whatever you pour it into, it just works, and it is the milk most people fall for on the very first sip.

MADE FROM

oats

WHAT'S IN IT

Oat base (water, oats), rapeseed oil, dipotassium phosphate, calcium carbonate, salt, vitamins (D2, riboflavin, B12).

ALLERGENS

Contains oats. Nut-free and soy-free.

WHERE TO BUY

Target · Walmart · Kroger · Whole Foods · Amazon · About \$4 to \$6 per half gallon

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 3g	6%
Vitamin D 3.6mcg	18%
Calcium 350mg	27%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary — confirm on the package.

2

SILK

Organic Unsweetened Soymilk

BEST FOR NUTRITION

The nutrition powerhouse: about 7 grams of protein a cup, real heart benefits, and a clean, smooth taste.



In this line: Organic Unsweet · Unsweet · Original · Vanilla · Less Sugar

- Vegan
- Gluten-Free
- High Protein
- Non-GMO

Soy is the nutrition powerhouse of the plant-milk world, and Silk makes the one to reach for. A single cup brings about 7 grams of protein, right alongside dairy, plus fortified calcium, vitamin D, and B12, and it is the one plant milk with real heart evidence behind it, gently lowering blood pressure and cholesterol. Modern Silk tastes clean and smooth, nothing like the chalky soy of decades past. Pick the Organic Unsweet for everyday and cooking, Original or Vanilla when you want a touch of sweetness, and know it browns beautifully in baking. Genuinely good for you, and genuinely good in coffee.

MADE FROM soybeans

WHAT'S IN IT Organic soymilk (filtered water, organic soybeans), calcium carbonate, sea salt, vitamins (D2, B12, A), gellan gum.

ALLERGENS **Contains soy. Gluten-free and nut-free.**

WHERE TO BUY Walmart · Target · Kroger · Publix · Amazon · **About \$3 to \$4 per half gallon**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 3mcg	15%
Calcium 300mg	23%

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3

CHOBANI

Oat Milk Extra Creamy

BEST FOR CREAMY COFFEE

Dairy-style creaminess from a brand you trust, in an Extra Creamy that drinks like whole milk.



In this line: Extra Creamy · Original · Plain Unsweetened · Vanilla

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Chobani brought its dairy know-how to oat milk and nailed the creaminess. The Extra Creamy drinks like whole milk, rich enough to make coffee feel like a treat and lovely over granola, while the Original is a lighter everyday pour and the Plain Unsweetened is your cooking carton, with a Vanilla in the mix too. It is certified gluten-free, stocked in nearly every grocery store, and usually a few dollars friendlier than the specialty brands. If you want oat milk that feels indulgent without a trip to a specialty shop, this is the one to grab.

MADE FROM
oats

WHAT'S IN IT
Oatmilk (water, whole grain oats), sunflower oil, contains less than 2%: dipotassium phosphate, calcium carbonate, sea salt, gellan gum, vitamins (D2, B12, A).

ALLERGENS
Contains oats. Certified gluten-free, nut-free, soy-free.

WHERE TO BUY
Walmart · Target · Kroger · Publix · Whole Foods · **About \$3 to \$5 per half gallon. Frequently the best-value oat in the chilled case.**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	4%

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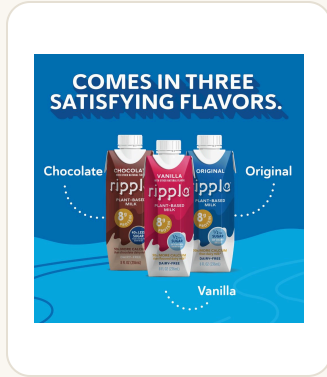
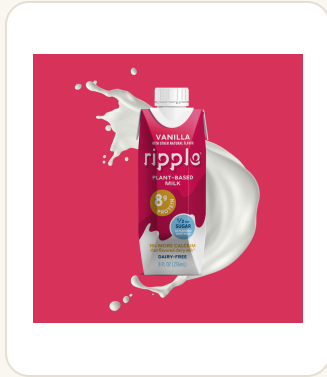
4

RIPPLE

Unsweetened Original Pea Milk

BEST ALLERGY-FRIENDLY PROTEIN

As much protein as dairy, totally allergy-friendly, and so smooth no one guesses it is pea.



In this line: Unsweetened Original · Original · Vanilla · Chocolate · Barista · Kids

- Vegan
- Gluten-Free
- Soy-Free
- High Protein
- Non-GMO

Ripple is the best-kept secret in the case: a full 8 grams of protein a cup, matching dairy and edging out soy, genuinely creamy, and completely free of soy, nuts, gluten, and dairy, which makes it the hero for households juggling allergies. It is fortified well above dairy on calcium, and the neutral, smooth flavor means no one will guess it is made from yellow peas. Grab the Unsweetened Original for everyday, or the Original, Vanilla, and Chocolate when you want it sweet. The Barista version steams for lattes, and there is a Kids line too.

MADE FROM
pea protein

WHAT'S IN IT
Water, pea protein, sunflower oil, contains 2% or less of: tricalcium phosphate, sea salt, natural flavor, gellan gum, vitamins (D2, B12, A).

ALLERGENS
Free of the major allergens: soy-free, nut-free, gluten-free, dairy-free.

WHERE TO BUY
Target · Whole Foods · Kroger · Sprouts · Amazon · **About \$4 to \$5 per half gallon. The protein and allergy profile earn it.**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 5mcg	25%
Calcium 440mg	34%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary – confirm on the package.

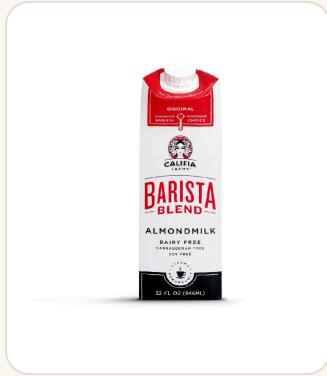


CALIFIA FARMS

Unsweetened Almondmilk

BEST LIGHT AND VERSATILE

Light, clean, and endlessly versatile, with a fun range from Unsweetened to Toasted Coconut.



In this line: Unsweetened · Unsweetened Vanilla · Original · Barista Blend · Toasted Coconut · Protein

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

When you want milk to stay light and let everything else shine, almond is the answer, and Califia makes the most pleasant one, in that sleek black bottle. It is clean and faintly nutty, the perfect base for smoothies, overnight oats, and tea, and barely there on calories. The range is where it gets fun: Unsweetened and Unsweetened Vanilla for daily use, Original and Vanilla for a sweeter glass, a Barista Blend that froths, a Protein line, and seasonal flavors like Toasted Coconut. Heavily fortified with calcium, and one of the most versatile bottles you can keep in the fridge.

MADE FROM almonds

WHAT'S IN IT Almondmilk (water, almonds), calcium carbonate, sea salt, natural flavors, locust bean gum, gellan gum, vitamins (D2, B12, A, E).

ALLERGENS Contains almonds (tree nuts). Gluten-free and soy-free.

WHERE TO BUY Target · Walmart · Kroger · Sprouts · Amazon · About \$4 per 48 oz bottle

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	35
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%

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6

ELMHURST

Unsweetened Milked Oats

BEST CLEAN LABEL

Just oats, water, and salt, and still creamy: the shortest, cleanest label in the case.



In this line: Unsweetened · Original (lightly sweetened) · Barista Edition

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

For anyone who reads ingredient lists, Elmhurst is a revelation: just oats, water, and a pinch of salt, with no gums and no added oils, yet still creamy thanks to a clever milling process. It is the cleanest oat milk on the shelf, gluten-free, and it comes Unsweetened for daily drinking, Original when you want a little sweetness, and a Barista Edition built for coffee. Give it a shake, since pure milks separate, and enjoy the shortest, most honest label in the case.

MADE FROM
oats

WHAT'S IN IT
Filtered water, whole grain oats, salt. That is the entire list.

ALLERGENS
Contains oats (gluten-free oats). No gums or oils. Nut-free, soy-free.

WHERE TO BUY
Whole Foods · Sprouts · Target · Amazon · **About \$5 to \$6 per 32 oz carton, for the shortest ingredient list around.**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary — confirm on the package.

7

SO DELICIOUS

Unsweetened Coconutmilk

BEST FOR RICHNESS

Rich, mellow, and a little tropical: the coconut milk that makes coffee feel like a treat.



In this line: Unsweetened · Original · Vanilla · Barista-style · Shelf-stable

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Carton coconut milk is the indulgent, mellow option, and So Delicious is the one to know. It brings genuine body and a soft tropical note that turns chai, golden milk, curries, and coffee into something special, all for very few calories. The lineup runs from Unsweetened for everyday and cooking to Original and Vanilla for a sweeter cup, plus barista-style and shelf-stable cartons. Naturally free of soy and gluten, it is the milk to reach for when you want your coffee to feel like a treat.

MADE FROM
coconut

WHAT'S IN IT
Coconutmilk (water, coconut cream), calcium carbonate, sea salt, gellan gum, vitamins (D2, B12, A), natural flavor.

ALLERGENS

Contains coconut (a tree nut for labeling). Gluten-free and soy-free.

WHERE TO BUY

Walmart · Target · Kroger · Whole Foods · Amazon · About \$4 per half gallon

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 100mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary — confirm on the package.

8

FORAGER PROJECT

Organic Unsweetened Cashewmilk

BEST CREAMY AND LIGHT

Cashew's creamy middle ground, organic and clean, and quietly one of the best tasters.



In this line: Unsweetened · Unsweetened Vanilla · Original

- Vegan
- Gluten-Free
- Soy-Free
- Non-GMO

Cashew milk is the creamy middle ground between almond's lightness and oat's body, and Forager's organic version is the standout. It is smooth and mild from a remarkably short ingredient list (organic cashews, a little gluten-free oat, water, and salt), with a touch more richness than almond. It is a lovely everyday drinker and a natural in coffee and smoothies, and it comes Unsweetened, Unsweetened Vanilla, and Original. Organic, clean, and quietly one of the best-tasting cartons in the case.

MADE FROM
cashews and oats

WHAT'S IN IT
Filtered water, organic cashews, organic gluten-free oats, sea salt.

ALLERGENS
Contains cashews (tree nuts) and oats. May contain coconut. Soy-free, gluten-free.

WHERE TO BUY
Whole Foods · Sprouts · Target · Amazon · **About \$4 to \$5 per 48 oz. Organic, with a notably short ingredient list.**

NUTRITION FACTS

Nutrition Facts	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 3g	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Figures are for the core product; flavors & formats vary – confirm on the package.

Start with *one* carton.

Start with one carton. Oat for your coffee or unsweetened soy for everything else is the easiest first move, and the one most people never reverse. The full guide, with the science on soy, blood pressure, and gut health, plus a flavored-milk roundup, is at uvegan.org.



uvegan.org/vegan-milk-guide.pdf