

Dairy

This section includes:

- Dairy
 - Dairy Alternatives
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Dairy vs Non-Dairy Products

Dairy products come from animal milk, like cows, goats, and sheep. Non-dairy products come from a plant source, like almonds, cashews, and oats.

Which is better for me?

The best milk option for you depends on your own dietary preferences. Non-dairy options are great if you are lactose intolerant, vegetarian, or vegan. Dairy options are great if you can tolerate lactose and dairy and want more protein in your diet.

Use this guide to find the best dairy options for diabetes. We will help you avoid sweetened milk and yogurts, whether you go plant-based or full dairy.

Looking for cheese? See ["Protein."](#)





MILK EXCHANGES

Milk is a good source of calcium and protein. Generally, cow's milk and goat's milk have higher protein content than non-dairy milks.

HOW MUCH PROTEIN IS IN YOUR MILK?

CASHEW MILK	0 GRAMS
COCONUT MILK	0 GRAMS
ALMOND MILK	1 GRAM
OAT MILK	2 GRAMS
SOY MILK	7 GRAMS
GOAT MILK	8 GRAMS
TRADITIONAL (COW'S MILK)	8 GRAMS
PEA MILK	8 GRAMS
NUT MILK (PROTEIN FORTIFIED)	10 GRAMS
FAIRLIFE (COW'S MILK)	13 GRAMS
MOOTOPIA (COW'S MILK)	13 GRAMS

Calcium is important for building strong bones. Calcium content varies depending on the milk.

HOW MUCH CALCIUM IS IN YOUR MILK?

GOAT MILK	25%
SOY MILK	35%
TRADITIONAL (COW'S MILK)	25%
FAIRLIFE (COW'S MILK)	35%
ALMOND MILK	35%
CASHEW MILK	35%
COCONUT MILK	35%
MOOTOPIA (COW'S MILK)	35%
NUT MILK	35%
OAT MILK	25%
PEA MILK	35%



COW'S MILK

Fork Friendly Selections (Cal/g carb)

1 serving of milk = 1 cup (8 ounces) or 1/2 pint

Skim Milk (no fat)

- Fairlife***
 - Fairlife Fat Free (80/6)
- HEB Mootopia***
 - Lactose Fatfree Milk (80/6)
- Kroger CarbMaster***
 - Ultra Filtered Nonfat (60/3)
- Springdale**
 - Fat Free Skim Milk (80/13)



1/2% Milk

- Springdale**
 - 1/2 % low fat Milk (90/12)



1% Milk

- Springdale**
 - 1% Low Fat milk (100/12)



2% Milk

- HEB Mootopia***
 - Lactose Free 2% Reduced Fat (120/6)
- Fairlife***
 - 2% Reduced Fat (120/6)
- Springdale**
 - 2% Reduced Fat (120/12)



Whole Milk

- HEB Mootopia***
 - Lactose Free Whole Milk (150/6)
- Hill Country Fare**
 - Whole Milk (150/11)
- Springdale**
 - Vitamin D Whole Milk (150/12)



NIH How much calcium do I need? [Click here.](#)

* higher in protein than traditional cows milk.



GOAT'S MILK

Fork Friendly Selections (Cal/g carb)

1 serving of milk = 1 cup (8 ounces) or 1/2 pint

Goat Milk

- Meyenberg**
- Goat Milk (140/11)



NON-DAIRY MILK CHOICES

Fork Friendly Selections (Cal/g carb)

1 serving of milk = 1 cup (8 ounces) or 1/2 pint

Almond Milk

- Blue Diamond Almond Breeze**
- Original Almond Milk (60/8)
- Original Unsweetened (30/1)
- Vanilla Almond Milk (80/14)
- Chocolate Unsweetened (40/2)



Cashew Milk

- Silk**
- Unsweetened Cashew Milk (25/1)
- Unsweetened Vanilla (25/2)



Coconut Milk

- Silk**
- Unsweetened Coconut Milk (40/2)



Flax Milk

- Good Karma**
- Unsweetened + Protein (45/0)
- Sweetened + Protein (110/11)





Fork Friendly Selections (Cal/g carb)

1 serving of milk = 1 cup (8 ounces) or 1/2 pint

Oat Milk

Planet Oat

- Original (90/20)
- Vanilla (90/20)

Silk

- Original Oatmilk (100/15)



Pea Milk

Ripple

- Unsweetened Dairy Free (70/0)
- Original Dairy Free (90/6)



Soy Milk

Central Market

- Plain Soy Milk (100/8)

Silk

- Original Soy Milk (110/9)
- Unsweetened Soy Milk (90/4)
- Vanilla Soy Milk (100/11)

Simple Truth

- Organic Soy Milk (90/9)



[Click here](#) for the American Heart Association's dairy product recommendations.



YOGURT

Fork Friendly Selections (Cal/g carb)

- No more than 1 g saturated fat
- No more than 3X carb as compared to protein

Container size is variable depending on each brand.

225 grams = one cup
28 grams = 1 ounce

YOGURT AS A SUBSTITUTE

Ingredient	Substitute
1 cup of sour cream	= 1 cup of plain nonfat Greek yogurt
1 cup of butter	= 1 cup of plain nonfat Greek yogurt + 1/2 cup butter
1 cup of heavy cream	= 1 cup of plain nonfat Greek yogurt
1 cup of Canola oil	= 1/2 cup of plain nonfat Greek yogurt
1 cup of whole butter milk	= 2/3 cup of plain nonfat yogurt + 1/3 cup of milk
1 cup of mayonnaise	= 1 cup of plain nonfat yogurt

Activia Zero Sugar Non-fat

- Fruit Flavored (50/9)



Carbmaster

- Low Fat Vanilla (70/5)

Chobani Non-Fat

- Original (90/6)
- Fruit on the Bottom (110/16)



Dannon Oikos

- Triple 0 - All Flavors (90/7)
- Oikos Pro (140/8)



Dannon Light & Fit Greek

- All Flavors (80/9)



Dannon All Natural Nonfat

- Plain (120/18)



Fage

- Total NF plain 0% (90/5)



Hill Country Fair

- Protein Blended NF (90/7)

Kroger Greek Nonfat

- All flavors (90/4)



Siggis Icelandic Style Strained, 0% Fat

- Plain (100/7)
- Mixed Berries (120/13)



Stonyfield

- 0% Fat Plain Greek (130/9)



Too Good Non-fat

- Lower Sugar Vanilla (90/4)
- Zero Sugar Strawberry (70/6)



Yoplait Light, Fat Free

- All flavors (80/15)
- Protein yogurt (100/5)