Nutrition Label – what to look for

Check the serving size

Nutrition Facts
Valeur nutritive
Serving Size 1 cup (250 mL)
Portion 1 tasse (250 mL)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 7 g	**11 %**
Saturated / saturés 0.5 g + Trans / trans 0 g	**3 %**
Polyunsaturated / polyinsaturés 1.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 3.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 105 mg	**4 %**
Potassium / Potassium 490 mg	**14 %**
Carbohydrate / Glucides 18 g	**6 %**
Fibre / Fibres 2 g	**8 %**
Sugars / Sucres 6 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	6 %
Vitamin D / Vitamine D	45 %
Riboflavin / Riboflavine	25 %
Vitamin B_{12} / Vitamine B_{12}	50 %
Phosphorus / Phosphore	25 %
Magnesium / Magnésium	8 %
Zinc / Zinc	10 %

This plant based milk has more potassium and phosphorous than cow's milk

Check Sodium
Choose products with less than 150 mg of sodium per serving

Check potassium
Choose products with less than 150 mg of potassium per serving

Check phosphorous

Check the % Daily Value
Choose products with less than 5 % sodium

Check the % Daily Value
Choose products with less than 3 % potassium

Check the % Daily Value
Choose products with less than 5 % phosphorous content

For your reference here is the nutritional information for dairy milk and cheese

1 cup milk: potassium 361 mg (8%), Phosphorous 237 mg (19%), calcium 309 mg (24%), sodium 121 mg (5%)
1 oz cheddar cheese: potassium 21.5 (0.5%), phosphorous 129 mg (10%), sodium 185 mg (8%)